

ROCK AND A HARD PLACE

HOW THE CHURCH MUST HANDLE MENTAL HEALTH

November 16th, 2025

Prayer Focus for today:

Pray for opportunities this week to share the Good News of Jesus with someone.

Scripture Memory for today:

Deuteronomy 6:7

Theology Question for today:

What does justification mean?

Discuss

1. Prior to today, how have you heard the church speak about mental health issues?
2. How open are you to talking about your mental health?
3. As you read the Psalms that David wrote, what kind of mental health problems do you think he struggled with?
4. Do you believe Jesus dealt with depression or anxiety? Why/why not?
5. Do you feel like mental health issues are a symptom of sin? Why/why not?
6. Have you ever experienced depression, anxiety, or loneliness?
 - a. Was it an extended period of time or temporary?
 - b. If you have found healing from that, how did you do it?
 - c. What advice would you give to someone dealing with a mental health crisis?
7. Share with your group some Scripture that is helpful to you in times of depression, anxiety, and loneliness.
8. How urgent is it for you to share Jesus with those struggling with mental health?
 - a. Who do you need to reach out to this week that needs know about Jesus?

Growth Track (November 16-22)

Prayer Focus of the Week:

Pray for our community and those who are struggling with mental health problems.

Theology Question of the Week:

What does sanctification mean?

Scripture Memory of the Week:

Deuteronomy 6:8

Scripture Reading this Week:

Acts 28:11-31