



GROUP STUDY GUIDE

WEEK OF APRIL 7, 2024 | I'M NOT OK, AND THAT'S OK

WARM-UP QUESTION

How do you think our mental health impacts our relationship with Jesus

DISCUSS

Start your discussion by sharing what stood out to you from Sunday's message. Were there any new insights or key takeaways for you?

Read [Matthew 4:23-25](#)

- What does this passage teach you about Jesus? Where do you see examples of His compassion?
- Verse 23 specifies that Jesus was teaching and healing. What is the connection between mind and body? Why do you think Jesus focused on both of them? What does that tell us about the importance in keeping our mind and bodies healthy?
- Verse 24 says the Jesus healed people no matter what their sickness was. Why is that significant? Do you approach Jesus in asking for mental and physical healing in the same way? Why or why not?
- Word spread about Jesus healing people. Why do you think word spread? Knowing the time period that Jesus lived in, why is that even more impressive? What's the danger in not from talking about healing? How does that limit our view of God? In what ways do you think you minimize God's power over mental challenges in your life? In other's lives?

Read [Ecclesiastes 4:9-12](#)

- What imagery stands out to you in this passage? How does it add to your understanding of it?
- What do these verses say about isolation? What is dangerous about it? When is a time when you felt isolated? How did it impact your mental health?
- How are relationships connected to our mental health? How have you seen this play out in your life?
- What does the Bible's teaching on relationships tell us about our relationship with God? How can you take what you learn from this passage and apply it to your relationship with Him?

Read Romans 12:21 (NIV), *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will."*



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- What words or phrases stand out to you?
- What's the danger in conforming your mind to the patters of this world? How do you be in the world, but not conform your mind to it? How does this play out in your life?
- How does aligning your mind with God help you know what His will is?
- We are not capable of renewing our minds on our own – we need God. Does that bring you comfort, make your frustrated, or another feeling? How can you invite God into the process of renewing our mind? What does that practically look like?

RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.