

Discussion Questions for Advent 2019 Pt6 | December 15, 2019

Key Passages: Psalm 38

Discussion Questions

1. Why kind of stigma does mental illness/disorder have in our culture and why?
2. Have you experienced crippling anxiety, depression, or another mental disorder? Would you be willing to share that experience with the group?
3. What did it feel like? How did you process your faith or who God was during that season?
4. Read Philippians 4:6-7. How might this passage be helpful. How can he used or understood in unhelpful ways? How do we find a balance?
5. Do you think you are a safe person to talk with for someone who is going through mental illness? How can you be a safe person? What do they need from you?
6. How can this group be a safe place?
7. Is there someone specific (in or outside of your group) that you can pray for and/or help? Spend some time in prayer.

Moving Forward

- Read the Psalms. Pick anywhere and begin reading them this week. Notice the emotions they communicate to God.
- If you need help, talk to someone this week and seek out professional help. Utilize the resources at www.newdenver.org/mentalhealth.