

CONNECT AND GROW

Spring 2026 Churchwide Study

I'm Struggling: I Struggle with Mental Illness

Jun 7, 2026

Icebreaker: Are you comfortable talking about mental health? Why or why not?

Opening Discussion: Looking back on your Engage and Grow notebook or your notes from the message, what stands out to you the most?

Digging Deeper

Read Romans 5:1 and 1 Thessalonians 5:23

1. PK mentioned that it is important to remember the difference between justification and sanctification when it comes to our mental health. Discuss.
2. Why do you suppose a common response after hearing someone share a mental health issue, has been to essentially tell the person "You need to get over it" or "Just stop it" ?
3. When we struggle, why are these three things important to do? Pray. Pause. Praise. Which is hardest for you to do?
4. Read Galatians 6:2. Apply this verse to mental health and discuss.

PK mentioned to reduce the negativity.

Read Philippians 4:8

5. What are you thinking about? How does that impact your mental health?

PK mentioned the future hope we have in Christ.

Read Hebrews 6:19 and 1 Timothy 6:12

6. How is Christ your anchor when you face depression, worry, anxiety?

7. How does the future hope give you strength and perseverance now?

Moving Forward: Continue to pray for those you are relentlessly pursuing.

Prayer