INTRODUCTION
Mental health issues have been given much of a stigma. To wrestle with mental health is to be human and suffering in silence is far too common. Small groups are a healthy way to ensure you aren’t doing life alone. In all of this chaos, where’s the health? Seriously. WTH?

CONVERSATION STARTERS
1. Given the choice of anyone in the world, whom would you want as a dinner guest?

2. Complete this sentence: “I wish I had someone with whom I could share…”

SERMON NOTES REVIEW
Looking back at your sermon notes from this weekend’s teaching, was there anything said that caught your attention, challenged you, or confused you?

WATCH THE VIDEO
https://youtu.be/zRaXGt8-EEo

GROUP DISCUSSION
1. What is one area that you have struggled with over these past few months?

2. What does the phrase “it’s OK to not be OK” mean to you?

3. During the message, Robert said, “You will almost always believe what you tell yourself.” In Philippians, Paul tells us to think about what’s true and says, “if anything is excellent or praiseworthy - think about such things.” It is likely all of us have some things we think about that are healthy and other things that are unhealthy. What are some things you spend a lot of time thinking about?

4. Read aloud Colossians 3:1-2. When Paul says, “set your mind on things above” what do you think he is talking about?

5. What are some steps we can encourage one another to take when facing mental health struggles? How can we “carry one another’s burdens” as mentioned in Galatians 6:2?

6. During this WTH? series, we will be talking about mental, physical, and relational health. Which of these three topics are you most interested in hearing about and why?
PRAYER
Jesus, we pray for those with vulnerable minds, who have been hurt by disease, injury, stress, or trauma to find hope and help through You and through those around them who care about them. Lead them towards what they need as they deal with their struggle. We pray for acceptance, for comfort in their grief, and hope amid worry or loss. We put our trust in You. In Jesus’ name, Amen.

ANNOUNCEMENTS

● Join us for MDWK Prayer & Worship at 7:00pm on Wednesday at http://live.sv.cc/ and again online for services next weekend as we continue with WTH?