Where’s the Health? || Mental Health (Part 2)
Small Group Notes

INTRODUCTION
Sooner or later, mental health will be a challenge for us. Mental health issues have been given much of a stigma, especially within the church. Shame, whether from ourselves or others, prevents us from dealing with trauma we may have never dealt with. Seriously, WTH?

CONVERSATION STARTERS
1. Would you like to be famous? If so, in what way? If not, why not?

2. What is the first word you think of when you hear the phrase “mental health issues?”

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://www.youtube.com/watch?v=yYiOVCX701k&feature=youtu.be

GROUP DISCUSSION
1. Why do you think mental health issues are such a stigma in the church?

2. How can we help someone with mental health issues who has been hurt by the church?

3. What was one of the most challenging seasons of your life? How did you deal with it?

4. In the interview with Michelle Lacy, she says “Trauma is in the eye of the beholder.” Can you name a time in your life where something affected you more than you thought it would? Why do you think that was?

5. In this weekend’s message, we heard about some of the ups and downs in David’s life (1 Samuel 18-21). David wrote Psalm 34:18 during a time of heartbreak. How does this verse comfort you? When was there a time in your life you could have shared this verse with someone? Is there someone you need to share this verse with now?

6. Next week, we will be talking about physical health. How have the past couple of months affected your physical health?

PRAYER
Jesus: You know our needs, our wounds, our hurts, and our fears before we can even put them into words. Help us to remain brave as we share and heal from the trauma that has affected our lives. Thank You for Your healing taking place within us and allow the Holy Spirit to comfort us in times of mental, physical, relational, and spiritual need. We pray all these things in the name of Jesus, Amen.
ANNOUNCEMENTS

● Do you have a need? We are here to help! Have the courage to reach out. http://care.sv.cc

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

● To hear the latest on our re-gathering plan, visit https://www.sunvalleycc.com/updates/