

What does the Bible say about Mental Health?

Discussion Questions following Sunday 17 November 2019

Introduction

How is mental illness a kind of suffering? What have you noticed or experienced?

1. God declares his love for all who suffer

- His plan
- His understanding – e.g. Psalm 88
- His experience – e.g. Gethsemane and the Cross

He expects his people to reflect him.

Q. How could someone at ACC with depression hear and experience God's love, even if their ability to respond/enjoy /participate is broken?

On a Sunday, in the week?

Q. What practical aspects of body/soul health can the church help with directly?

2. God reveals his importance to all who suffer

His people can affirm or deny it

Q. At ACC, where does your help come from in mental illness?

- Medication can be God's gift to calm the storm, hold up the broken
- Counselling/CBT can shed very valuable light on thoughts, backgrounds, secondary causes,
- But they cannot intentionally help, and may distract from, your relationship with God.

Q. At ACC, what does "healthy" look like?

- Well, well off, well educated, well provided for, well useful, well generous, well mannered?
- Or a full-hearted dependence on, yearning for and worship of the Lord God of heaven, or a desire to grow in those things?
- "Someone crawling towards the sea will swim quicker than a man running away."

Q. When people need mental health services, what goals should ACC have to walk alongside them?

3. God promises an end to all his people's suffering

His people must hope most in him

Q. Where does your hope lie? Describe your Christian hope to someone else.

Q. When someone is struggling with poor mental health, how can the church help them hope in God while getting important help outside the church?