

House Church Gathering Discussion Questions
Sunday August 16, 2026
“How Can God Help My Mental Health?” – Practical Hope

Scripture: Philippians 4:6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Summary: This lesson explores how God meets us in the middle of anxiety, stress, and emotional struggles through the practical hope of Philippians 4:6–7. You can discover that experiencing anxiety does not mean you have weak faith or that God has abandoned you; instead, God invites you to bring your fears and concerns honestly to Him through prayer, thanksgiving, and trust. While God does not always immediately change our circumstances, He promises a peace that can guard our hearts and minds. The lesson also emphasizes that faith and mental-health support can work together, encouraging us to seek help from trusted people and professionals while relying on God for strength, hope, and peace.

Discussion Questions:

1. Why do you think people sometimes hide their anxiety or struggles from others?
2. What's the difference between asking God to change a situation and asking God to give you strength to face it?
3. Who are safe people you could talk to when you're struggling?
4. When do you think it is time to seek outside help from a professional?