



At Involve Church, you're likely to hear us talk about a few important concepts we call our Core Values. They define who we are and prioritize our time, energy, and resources. You will find each of our Core Values below along with some follow up questions that pertain to this week's talk. Life Groups meet during the week to discuss these questions and encourage one another in their relationship with Jesus. For more information on our Core Values or Life Groups, visit involvechurch.com.

Life Group Discussion Guide

Mental Illness



Authenticity | Making it Real

Have you or someone close to you been affected by mental illness? What have you learned about mental illness through the experience?

How has the church responded to you or the person that has been impacted by mental illness?



Cultural Relevance | Bridging the Gap

What is Bridging the Gap? *The Words of the Bible were written in a time and culture that is much different than ours. The principles of the Bible are timeless, but the background, style of writing, and flow of thought is often much different than today. It's always a good idea to ask the question, "What did this portion of the Bible mean to the people it was written to?" Once you've answered this question you can draw out principles that apply to our world today.*

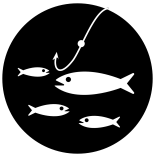
Read Mark 5:1-5. How would people in our society respond to this situation? What was really happening with this man (continue reading through the passage)? If you met a person who was troubled mentally, how would you know if they are mentally ill or demon possessed?



Discipleship | Asking the Tough Questions

For more study: Ecclesiastes 2:17-26; 4:1-3

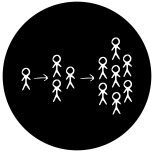
Read the two passages above, does it sound like the author, King Solomon, is depressed? Now read Ecclesiastes 12:9-14. What is Solomon's advice for dealing with these types of depressing thoughts? What do you think about this advice?



Evangelism | *Reaching Our Community*

In 2014, the National Center for Health Statistics reported that the rate of suicide increased by 24% from 1999 to 2014. There are a number of factors for this increase, but most can be traced back to a sense of hopelessness. We hold the greatest cure for hopelessness. What is it and how do we get it to people who really need it?

Consider these passages: Romans 5:1-11; Hebrews 6:18-20; Titus 3:3-7



Multiply | *Reproducing Our Faith*

Even though people have the hope of Christ in them, feelings like depression, anxiety, and despair can weigh people down. How can the church help people who struggle to stay fixed on the hope we have in Christ?

At what point should we advise people to turn to a professional for counseling and/or medication?



Service | *Serving Our Church and Community*

Mental Illness is on the rise. The church should be a place for people to get help. Would you consider how God might use you to help people who are struggling with mental illness?

1 Corinthians 12:25-26

Wrap-Up - Review Your Pi3 and Pray if you Haven't Already



Pray
for them



Invest
in them



Invite
Dinner, Church,
Testimony



Involve
in serving