



Fighting for Our Mental Health – Pastor Mark Pope
February 17 & 18, 2024

1. Why should we be fighting for our mental health?
2. Read Philippians 4:6-7 The soul encompasses both heart and mind. What are some ways we can care for both?
3. Read Psalm 23:1-3 How can having a firm connection to the Shepherd help you through times when you are burdened or weary? What does it look like practically for you and the Good Shepherd to be inseparable?
4. Read John 15:5 How does being close to Him sustain and transform you? What are some things you do daily / weekly to stay connected to God?
5. Read Matthew 20:1-10 What about this passage challenges you most? What are some ways comparison ruined your mental space?
6. Read Philippians 4:12-13 Why should we be cautious of letting our disappointments drive us? What are some things that have helped you move past letting “fairness” rule your emotional life?
7. Reflect on the good things God has given you. What is one practical thing you will do this week to enjoy what He has put in your hands?