

Talk It Over

MISSING PEACE

Part 1

Dangerous Myths About Mental Health

SMALL TALK

1. What do you think about when you hear the words “mental health”? How is your mental health right now?

VIEWPOINT

2. **Read Isaiah 26:3.** How can we practically apply the idea of fixing our thoughts on God as a way to combat anxiety and stress in our lives?
3. **Read 1 Thessalonians 5:23–24.** How does seeking God's will for our mental health align with Paul's message in these verses?
4. **Read Romans 3:23.** Discuss the myth that mental health issues are solely a result of personal sin. How does this verse remind us that everyone falls short, and mental health struggles can affect anyone?
5. **Read Romans 12:2.** How does this statement debunk the myth that God isn't interested in “psychology.” How does this verse encourage us to renew our minds and thought patterns, even in the context of mental health?
6. **Read John 14:27.** Discuss the myth that seeking treatment or support for mental health contradicts relying on the peace that Jesus gives.

GETTING PERSONAL

7. What is the connection between this peace and trust? What are your challenges of maintaining inner peace in a world filled with turmoil, conflict, and stress. How do you keep your focus on Jesus' promise of peace in such circumstances?

MAKING PROGRESS (THIS WEEK)

How will you apply Romans 12:2 this week?