



COMMUNITY GUIDE

October 24, 2021

 ethosoh.com

 @ethos_oh

 facebook.com/ethosoh

WEEKLY APPLICATION

TAKEAWAY: The Church should be on the forefront of the conversation surrounding mental health.

HEAD CHANGE: Depression and Suicide are not taboo topics and pretending is not safer than honesty & vulnerability.

HEART CHANGE: Mental health is sickness like a physical ailment; therefore, we don't think less of people who struggle in their minds.

LIFE CHANGE:

- For those with a mental health illness/distress; they would take the next step to receive help.
- For those who are mentally healthy; they would be a safe place to serve those who are struggling in their mental health journey.
- For those who see mental health as a weakness; they would see mental health like physical health and different than spiritual health.

OVERVIEW

The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are an essential part of our humanity and unique personhood as men and women created in God's image. Scripture reveals Jesus as an emotional being who feels as a person. Having been created in his image, we also are created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God's will for our lives. While it is true that we are not to be led by our emotions, they do serve a critical function in our emotional health and ultimately in our relationship with God.

"Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit."

-3 John 2-

DISCUSSION QUESTIONS

1. In what areas of your life are you currently struggling with fear or have in the past?
2. What would it look like for you to invite God into your pain?
3. Is there someone you know who is walking through a painful season, someone who you could personally reach out to and encourage? What would you say to that person?
4. How can you support and love those around you who are suffering from the crippling effects of mental illness?

IN THIS TOGETHER!



COMMUNITY GUIDE

October 24, 2021

 ethosoh.com

 @ethos_oh

 facebook.com/ethosoh

DISCUSSION QUESTIONS FOR KIDS

1. In what areas of your life are you struggling with fear?
2. How can you trust God when you're having thoughts that make you afraid?
3. Do you feel comfortable talking to God about your feelings? Why or why not?
4. Can you name 3 people that you could talk to about anything, and they would pray for you about anything?
"Let's write their names down and thank God that He has placed people in your life that you can freely express your feelings to."
5. How can you support and love those around you who are suffering from the effects of mental anxiety or depression?

CLOSE IN PRAYER

Heavenly Father, help me to be still before you. Lead me to a greater vision of who you are, and in doing so, may I see myself – the good, the bad, and the ugly. Help me to identify my feelings and name them for what they are and give me the courage to be honest before you and my trusted friends & family. In Jesus' name, amen

HELPLINES

1. National Suicide Prevention Lifeline

Available 24-7 across the United States for those who are worried about a friend or loved one, or who would like emotional support. Visit www.suicidepreventionlifeline.org or call 1 (800) 273-TALK (8255)

2. Crisis Text Line

Serves anyone, in any type of crisis. That doesn't just mean suicide. It's a resource for any painful emotion for which you need support. The program provides free, 24-7 support and information via a medium people already use and trust: text. A trained crisis counselor receives the text and responds quickly. Visit www.crisistextline.org or text HOME to 741-741

IN THIS TOGETHER!