



RENEW

RENEW Your Mental Health

January 14, 2024 // Director of Missions, Deana Dickerson

DISCUSSION QUESTIONS:

1. **New Year Resolutions:** Perhaps some of you answered this question last week, but if not, what resolutions or goals do you have for 2024, especially in the areas of spiritual, mental, and physical health?
2. **Mental Health.** Can we recognize together that this is a loaded topic! What comes to mind when you think about “mental health”? Does the topic trigger something in you?
3. **Read Matthew 11:28-30.**
 - a. A yoke is a work instrument. At the moment you may prefer a bed or a vacation, not a yoke.... But Jesus knows that the most restful and thoughtful gift he can give, is himself.
 - b. How does sharing a yoke with Jesus feel/sound to you? Is it easy/hard to say yes to him?
4. **Read Mark 5:24-34.**
 - a. Why did Jesus ask who touched Him? Did He not know the answer? What was the result of this question? For the woman? For the crowd? For the disciples?
 - b. How must she have felt suffering through this illness for 12 years? Her suffering was emotional, mental, physical, financial, not to mention social. She was the epitome of an outcast.
 - c. In a sea of urgent need, Jesus stops for **HER**. Do you believe he sees **YOU** in the sea of urgent need? Why or why not?
5. **Take the movie Inside Out.**
 - a. How do you feel about sadness being a necessary part of life?
 - b. Is there an emotion that resonates with you in this season? (Anger, Disgust, Fear, Sadness, and Joy)
 - c. Riley's transition from Minnesota to San Francisco is pretty traumatic for her. Do you have an experience you've gone through that feels similar?
 - d. Expressing our emotions and what's really going on in our brain can be difficult. What gets in the way of your vulnerability and expressing what you're feeling inside? Do you feel you have a safe place to talk openly?
 - e. Who might you need to sit with this week and simply offer a listening ear?
6. **Kintsugi.** Kintsugi is the Japanese art of repairing broken pottery with gold, silver, or platinum – turning brokenness into beauty. Like the art of kintsugi, God

repairs the brokenness in our lives and makes us even more beautiful through the process. Was there anything that stood out to you in Katie's story that you'd like to discuss with the Small Group?

7. Additional Scriptures you can look up and read together.

- a. Isaiah 26:3.
- b. Romans 12:12.
- c. Philippians 4:8.
- d. 2 Corinthians 10:3-6.
- e. 1 Corinthians 2:16.
- f. Matthew 22:37.

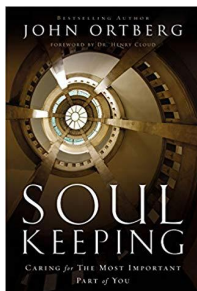
8. Prayer: Share prayer requests and pray for one another. Pray for those who struggle with mental illness. If anyone in your group is currently struggling and they are willing to share, pray for them now.

RESOURCES

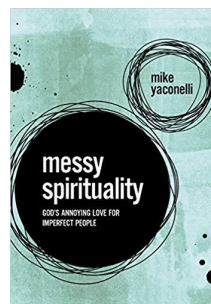
1. God's word :) Download the Bible App!
2. Learn more about CPCC, our church's counseling center [HERE](#).
3. Learn more about Teen Esteem [HERE](#).

BOOK RESOURCES

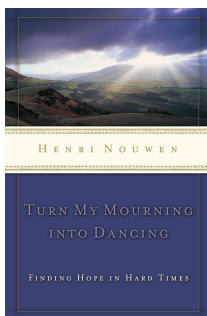
[Ortberg, John. *Soul Keeping. Caring for the most important part of you.*](#)



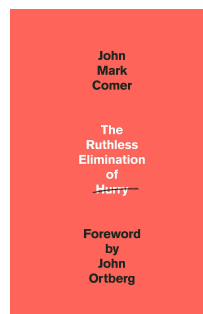
[Yaconelli, Michael. *Messy Spirituality. God's annoying love for imperfect people*](#)



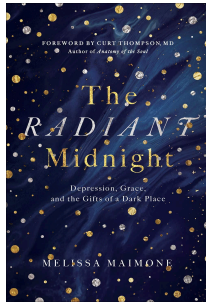
[Nouwen, Henri. *Turn My Mourning into Dancing. Finding Hope in hard times.*](#)



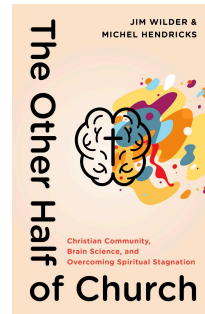
[Comer, John Mark. *The Ruthless Elimination of Hurry*](#)



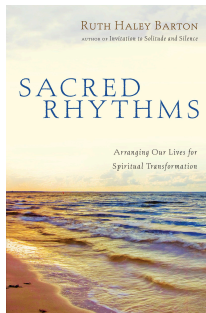
Maimone, Melissa. *The Radiant Midnight. Depression, Grace and Gift of the dark place*



Wilder and Hendricks. *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation.*

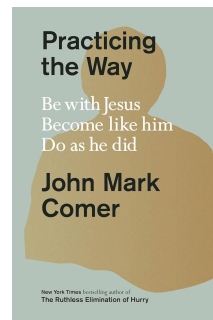


Barton, Ruth Haley. *Sacred Rhythms. Arranging our lives for Spiritual Transformation.*



Comer, John Mark. *Practicing the Way: Be with Jesus. Become like him. Do as he did.*

Coming out soon!



Hodges, Chris. *Out of the Cave. Stepping Into the Light when Depression Darkens What You See.*

