May 13, 2020

Scripture and Reflection Questions

**Philippians 4:6-7**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**1 Peter 5:7**

“Cast all your anxiety on him because he cares for you.”

**2 Timothy 1:7**

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

**Matthew 6:34**

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

**Isaiah 41:10**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

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1. There are tons of Scripture verses that address how to respond to worry, suffering, fear, anxiety, depression, and grief in a Christ-like manner. How can these Scriptures be helpful to someone dealing with a mental health issue? How might they not be helpful?
2. In the lesson, it was stressed that that Scripture is *vital* in healing, but it must be accompanied by love, care, presence, and listening. Why do you think that distinction has to be made?
3. Why is it hard for us to acknowledge and approach mental health with confidence?
4. What would be helpful for you in acknowledging either your own mental health, or helping a peer acknowledge and respond to their mental health needs?