

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Series: Therapy & Theology

Title: Part 2: Five Factors

Text: Luke 4:14-21

Speaker: Matt Ewert & Lisa DeVries

Date: January 12, 2020



WARM-UP

Share one thing that stood out to you from this past weekend's worship service.

DISCUSSION

Read Luke 4:14-21.

- What summary statement would you make about Jesus' mission in the world?

Read Isaiah 61:1-3, a longer portion of the Isaiah text that Jesus quoted from. Note the point at which Jesus chooses to stop reading from the Isaiah scroll.

- Do you think there is any significance that Jesus chose to stop reading at that spot in the text?
- Does that tell us anything further about his mission on earth? (Compare also with John 3:16-17)

Our church's mission statement is "Following Jesus, making Him known in all we do."

- As we think about Jesus' self proclaimed mission statement, what does it look like for us to follow Him in that?
- How does this call us to relate to other people?

On Sunday, Lisa shared the first three of five factors that can influence our mental health. Among them was "Brain Chemistry" and "Lifestyle Choices". Lisa pointed out that while our mental health is not something we have complete control over, experiencing mental wellness has been shown to be linked to:

- Thinking positively
- Feeling like you are part of a bigger whole
- Putting others before yourself
- Trusting in someone bigger/stronger than you who cares about you

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DISCUSSION

With those things in mind, talk about the connections you might see between mental wellness and:

- Reading scripture
- Living in obedience to Jesus
- Engaging in worship of God
- Exercising Faith

Considering the above, what is one new choice you could make that would have the potential to contribute positively to your own mental wellness?

Lisa cautioned that just because our choices can have an impact on our mental health, we CANNOT assume that everyone who has a mental health struggle is engaged in a poor lifestyle. Likewise, not everyone who has an unhealthy lifestyle struggles from poor mental health.

- How do you make sense of a God who is good when we live in a world in which sometimes those who make right choices still suffer?
- What helpful direction might we take from 2 Corinthians 1:3-10 in dealing with our own experiences of suffering in spite of doing good?