

The Life Challenge

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

Series: Therapy & Theology

Title: Part 3

Text: Ephesians 4:23-24; 6:11-12

Speaker: Matt Ewert & Lisa De Vries

Date: January 19, 2020



WARM-UP

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

DISCUSSION

On Sunday, Lisa shared the final 2 of the 5 Factors that can contribute to mental unwellness. One of them was "How You Make Meaning of Your Experiences." Lisa said that our experiences impact us less than how we make sense of our experiences.

- Describe a time when you had an experience, and you discovered later that the meaning you made of that experience was wrong.
- When you attach meaning to your experiences in life, do you find you are predisposed to more frequently attach negative meaning, or positive meaning, to your experiences?
- Do you tend to make meaning of your experiences in a way that causes you to feel shame, or value (and specifically, the value you have as a child of God)?
- In what ways can our feelings be helpful to us in making right meaning of our experiences, and in what way can our feelings be a barrier to doing that?

Attaching negative meaning to our experiences that doesn't reflect truth can be a factor in experiencing mental unwellness.

- What are some practical strategies you can think of for making sure that we are making sense of our experiences in a way that reflects truth?

Read Psalm 119:160, John 8:31-32, John 14:6, John 16:13, John 17:17.

- In what direction do these verses (or others you can think of) point us when it comes to knowing and abiding in what is true?
- How can we apply this to the way we make meaning of the experiences we have in life?

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DISCUSSION

The final factor Lisa referenced was regarding Spiritual Influences and the impact they can have on where we are on the mental health spectrum. Read Ephesians 6:10-17.

- What are some practical ways that we can take a spiritual "stand," as this passage calls us to?

It sometimes seems that in the midst of suffering there is a fine line between calling people to hope, and at the same time not sounding trite, or belittling a person's very real challenges. Read John 16:33.

- What are unhelpful, or trite ways of calling people to "take heart" or "take courage" in the midst of struggle?
- What are meaningful and helpful ways of calling people to "take heart" or "take courage" in the midst of struggle?