

Let's Talk About Mental Health

The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.

Week 2: Let's Talk About What We Think About

1. **CONCERNING THIS CRISIS** *Mental health challenges have always existed but it is worse now than it has ever been.* Rick shared a few reasons why this is the case (*lifestyle changes, diminished human connection, an increasingly secular worldview, and the prevalence of digital platforms*). How have you seen these factors impact yourself or others?
2. **CONSIDER THESE TRUTHS: *You are more than a brain.*** Why is it important to remember that you are more than a brain? Follow up: ***Your mind can be renewed.*** Read **Romans 12:2**. What are some of the ways our minds can be renewed? What steps do you need to take to continue the process of changing the way you think by renewing your mind?
3. **CONSIDER THESE TRUTHS: *Better mental health includes taking responsibility for your thoughts.*** How concerned should we be with what goes through our minds? Follow up: Read **2 Corinthians 10:5**. Why do you think Paul uses such emphatic language? Share an example of how you've captivated a thought before and made it obedient to Christ.
4. **CONFRONT THESE LIES: *"I must keep quiet" is a lie.*** Why are you most tempted to keep quiet? How has seeking help in the past led you down the path of freedom?
5. **CONFRONT THESE LIES: *"I am my struggle" is a lie.*** Why is it important to know that your diagnosis is not your identity? When has God *turned a test into a testimony* for you?
6. **CONFRONT THESE LIES: *"I'm a bad Christian" is a lie.*** What is something you can do on a regular basis to be reminded of just how much God loves you?
7. **CONFRONT THESE LIES: *"God is not close" is a lie.*** How do verses like **Psalm 34:18** and **Romans 8:35-39** combat this lie and bring you peace and comfort?
8. **CONFRONT THESE LIES: *"There is no hope" is a lie.*** What makes hope real to you? When have you experienced some hope recently? Spend some time praying for each other!

