

DISCUSSION QUESTIONS

- 1.** Why do people feel comfortable talking about their physical health issues but not their mental health issues?
- 2.** How can we make it safe for people to share when they're struggling with their mental health?
- 3.** Has there been a time you've struggled with your mental health? How did it impact your life?
- 4.** Why is it important for you to understand that Jesus never promised that you wouldn't get weary and burdened?
- 5.** What does it mean to you to cast all your anxieties on Jesus?
- 6.** How have you cast your anxieties and mental health challenges onto Jesus?
- 7.** Why is it important for you to know that Jesus cares about everything you are struggling with in life?
- 8.** Has Jesus ever healed you from a mental health struggle? Tell us about it.
- 9.** Has Jesus ever taken you through a mental health struggle? Tell us about it.
- 10.** How have you seen God's grace be sufficient for you when you were struggling with your mental health?