



GO FURTHER | JANUARY 16 | UNDER THE HOOD: MENTAL

START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- Are you hoping your favorite football team makes it to the Superbowl? Why or why not?
- If you are comfortable, share the practices in your life to care for your mental health.

START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- Love, empathy and connection restore our mental health. They come from God.
- Read 1 John 4:7-12
- What words or phrases stand out to you?
- How does God show God's love for us?
- Where do we see God's empathy in this passage?
- How has God connected with humanity in this passage and others? How has God connected with you in your own life?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- Even Biblical heroes, regular everyday people, needed help with their mental health
- Read 1 Kings 19:1-9
- Does Elijah go on the journey with a companion or by himself?
- We must resist disconnecting from people when times are difficult.
- What specific things does God do for Elijah to restore his health before talking about the issue at hand?
- We cannot overemphasize taking care of the basics in our mental health.

START PRAYING | BE BOLD AND PRAY WITH POWER.

God of love, empathy and connection, may we live like you in the world, seeing the people around us in desperate need of relationship and connection with others. I make myself available to be a part of the healing of others. Whether through a small act or a large one, use me to bring someone else to a place of restoration and healing in you. In the resurrected name of Jesus we pray together, Amen.

START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- For more on empathy, check out this 5-day Bible reading plan:
<https://www.bible.com/reading-plans/21416-showing-empathy>