

Myths
April 16
GO FURTHER



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

- WHAT GIFT OR RANDOM ACT OF KINDNESS HAVE YOU RECEIVED RECENTLY?

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

- Which part of this message was most impactful for you and why?
- What do you think about when you hear the words "mental health"? How is your mental health right now?
- Read Isaiah 26:3. What does it look like to trust God? How can you fix your thoughts on Him?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- Talk about the role God plays in your mental health. What would it look like to bring any mental health struggle to Him?
- Share about a time when you experienced God's peace in the midst of problems or hardships. What were you doing then that you could start doing again?

START PRAYING | BE BOLD AND PRAY WITH POWER.

Father, You are bigger than our mental health struggles. You are our source of peace, so we choose to lean on You even more. Show us where our thoughts are taking us, so we're able to walk in line with You. In Jesus' name, amen.

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

- Spend time each day this week asking God to be your source of peace. Talk about your experience with others
- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan