

STUDY GUIDE

April 19

START WITH PRAYER

Use this Prayer Prompt



God, You see every part of us—our hearts, our minds, our struggles, and our stories. As we talk about mental health, help us to be honest and open. Remove shame, bring clarity, and remind us that You care about our whole selves. Guide our conversation so it is filled with grace, truth, and compassion. In Jesus' name, Amen.

STUDY THE BIBLE

Think through and discuss your reactions as you read through Scripture:

- Mark 12:30 – Loving God with heart, soul, *mind*, and strength
- 1 Kings 19:3–8 – Elijah's exhaustion and God's response
- Matthew 26:36–39 – Jesus in deep distress in Gethsemane
- Galatians 6:1–5 – Carry each other's burdens
- Psalms 34:18 – God is near to the brokenhearted

STIR UP DISCUSSION

How does this week's teaching affect me personally?

1. What are some common ways mental health has been misunderstood or misrepresented in Christian spaces? How have those misunderstandings affected people?
2. Why can telling someone to "just pray more" be incomplete or unhelpful? What truths might be missing from that response?
3. In Mark 12:30, Jesus includes the *mind* in loving God. What does it look like to care for your mental health as part of your spiritual life?
4. In 1 Kings 19:3–8, God responds to Elijah with rest and food before anything else. What does that teach us about how God

- cares for us in moments of burnout or distress?
5. Why do we sometimes assume mental struggles are spiritual failures or character flaws? How can we grow in responding more wisely and compassionately?
 6. In Matthew 26, Jesus expresses deep distress. What does it mean to you that Jesus understands what it feels like to be overwhelmed?

STEP INTO ACTION

Let's try to apply this by taking some Next Steps.

Care for Your Whole Self

Take one intentional step to care for your mental/emotional health this week:

- Get proper rest
- Eat well
- Take a break from something draining
- Talk to someone you trust

Remember: this is not separate from your faith—it's part of it.

Practice Honest, Integrated Prayer

Bring both your **spiritual and mental state** to God:

- "God, here's what I'm feeling..."
- "Here's what I'm struggling with mentally..."

Invite Him into the real, not just the "spiritualized" version of your life.

Don't Carry It Alone

Reach out to someone this week:

- A trusted friend
- A mentor or leader
- A counselor or professional if needed

Healing often happens through **prayer, people, and process**—not isolation.