

BE KIND  
*to your*  
MIND



# OVERVIEW

Let's face it, life can be hard. School, friends, parents, jobs, and a whole host of other things to manage. And for some, traumatic life experiences get thrown into the mix, too. In this series we'll look at what the Bible says about having good mental health, hear from some Christian mental health experts to learn from them, and gain some skills to help our mental health be strong and weather life's storms.

## **Additional Resource:**

**HOPELINE™** by the Center for Suicide Awareness, is a text-in (versus voice call-in) free service for help and hope. HOPELINE™ Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: texting.

**Text HOPELINE™ --- 741741 --- anywhere, anytime, about any type of challenge or struggle.**

A live, trained specialist receives the text and responds quickly.

## WEEK ONE

### Jeremiah's Complaint! (Jeremiah 20:7-18)

Jeremiah was a prophet for God delivering His message to the people. Sounds cool, right? Wrong. Jeremiah had to prophesy that the Babylonians were coming to take the Israelites into captivity because of their rebellious ways. This didn't make him popular. People wanted to shut him up and even hurt him. Even his own friends were against him. So, what does he do? He gets honest with God about his pain. For the best mental health possible, we need to learn from Jeremiah's example and be honest with God about how we're feeling.

## VIDEO



# DISCUSSION QUESTIONS:

## Table Fellowship Round 1:

- What did you hear in the message that had real meaning for you?
- What was new for you in tonight's message?
- What challenged you from Scripture tonight?
- Where could you use more clarity on tonight's Scripture?

## Table Fellowship Round 2:

- What assumptions do we need to test or challenge in thinking about this scripture?
- Have you ever felt "deceived" and life wasn't turning out how you wanted? Explain.
- Do you think we can talk to God as honestly as Jeremiah did? Why or why not?
- How can we support each other in taking the next steps?
- What needs your immediate attention going forward?

## Additional Resources:

- ["All the Feels: Take Charge of Your Feelings \(Instead of the Other Way Around\)" YouVersion Bible Study](#)

VIDEO



WEEK TWO

### **Mental Health Seminar**

Hear from a Christian Mental Health Professional, and then get practical tools you can use to help keep your mental health as strong as possible.

## ADDITIONAL RESOURCES:

### **Bible Study:**

- YouVersion Bible Study: ["When My Mental Health Is Suffering"](#)

### **Agency:**

**HOPELINE™** by the Center for Suicide Awareness, is a text-in (versus voice call-in) free service for help and hope. HOPELINE™ Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: texting.

**Text HOPELINE™ --- 741741 --- anywhere, anytime, about any type of challenge or struggle.**

A live, trained specialist receives the text and responds quickly.

## WEEK THREE:

### Abuse! (II Samuel 13)

The Bible doesn't shy away from the reality of how dark human sinfulness can get. In this Old Testament account, a girl is sexually assaulted at the hands of her half-brother, and then the family covers it up. This week we'll look at abuse and what to do about it.

## DISCUSSION QUESTIONS:

### Table Fellowship Round 1:

- What did you hear in the message that had real meaning for you?
- What was new for you in tonight's message?
- What challenged you from Scripture tonight?
- Where could you use more clarity on tonight's Scripture?

### Table Fellowship Round 2:

- What assumptions do we need to test or challenge in thinking about this scripture?
- What does Tamar's story teach us about the effects of sexual violence?
- How have you seen churches handle abuse in the past?
- How have you seen the destructive power of sin in your own life or in the lives of others?



## VIDEO



## ADDITIONAL RESOURCES:

### **Bible Study:**

- YouVersion Bible Study: ["There Is Hope: A Road to Healing"](#)

### **Books:**

**The Wounded Heart** For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing.

**The Wounded Heart Workbook** Designed to be used on your own or in a group, the workbook will lead you step by step through the process of change: facing the truth about past and present experiences and feelings; wrestling with God, other people, and yourself; and understanding the goals and fears that have determined how you relate to others. It also includes specific sections for men, ideas for discussion-group facilitators, and reflective quotations from other victims of sexual abuse.

ts, community education and outreach, legal advocacy, batterer's treatment program and emergency transportation to safety.

**Helpline 920-832-1666**

## **Agencies:**

### **Outagamie County Children Youth and Families**

Address: 320 S Walnut St, Appleton, WI 54911

TO REPORT CHILD ABUSE OR NEGLECT - 920-832-5161

**Sexual Assault Crisis Center – Fox Cities, Inc.**, a not-for-profit agency created to help survivors (and their families and friends) of all forms of sexual assault or abuse – including recent sexual assault, past sexual assault, incest, sexual harassment, and sexual exploitation. Services include free, confidential crisis services and 24/7 Hotline (920) 733-8119 or (800) 722-7797, as well as support groups for victims and families.

**24/7 Hotline: (920) 733-8119**

**Toll Free: (800) 722-7797**

### **Harbor House**

Provides emergency shelter for battered women and their children. Also offers 24-hour helpline, individual counseling and support groups for adults and children, advocacy and legal information and support on behalf of battered women and their children. Offers referrals to counseling for abusers. In addition, provides perpetrator assessments, community education and outreach, legal advocacy, batterer's treatment program and emergency transportation to safety.

**Helpline 920-832-1666**



## WEEK FOUR:

Hear from a Christian Mental Health Professional, and then get practical tools you can use to help keep your mental health as strong as possible.

## ADDITIONAL RESOURCES:

### **Bible Study:**

- YouVersion Bible Study: ["Wisdom for Mental Health"](#)

### **Agency:**

**HOPELINE™** by the Center for Suicide Awareness, is a text-in (versus voice call-in) free service for help and hope. HOPELINE™ Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: texting.

**Text HOPELINE™ --- 741741 --- anywhere, anytime, about any type of challenge or struggle.**

A live, trained specialist receives the text and responds quickly.

