



In this week's introduction, Nathan said that the church tends to drift towards over-spiritualization. Even in the first century James warned of a faith that: *wishes people well but fails to meet the physical and emotions needs of others* (James 2:14-16).

Paul in his letter to the Thessalonians reminds us that God is interested in every aspect of who we are: **Spirit, Soul, and Body.**

1 Thessalonians 5:23-24 - *Now may the God of peace himself sanctify you completely, and may your whole **spirit and soul and body** be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.*

Discussion Questions: ¹

1. **What words or images come to mind when you think of mental illness?**
2. **How does it feel to ask for help when you are in need? What holds you back from asking for help?**
3. **Did your family ever have family secrets? What happens when we keep family secrets or don't share our stories? What was it like for you when you finally shared a secret?**
4. **Why do you think it might be hard for some people to share their experiences with mental illness?**
5. **Consider Job's journey and how his friends responded to his experience. If you had friends like that, would you feel safe to share with them again?**
6. **Is our church (or your home) a safe community where people can be honest with themselves, each other, and with God? Is your church (home) a place where feelings, both "good" and "bad," can safely be experienced and expressed?**
7. **How can this group begin to cultivate an environment that encourages honesty and transparency?**

1 – Discussion Questions Source:

<https://network.crcna.org/disability-concerns/small-group-bible-study-mental-illness>