

# JESUS AND MENTAL HEALTH

## Anxiety

### Introduction

The people of the Bible weren't heroes to emulate but broken people who trusted God to save them. The greatest Christians in history were not those that God delivered from all pain and misery but those he delivered through pain and misery. Faith starts with honesty before God. But it doesn't stop there.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. Read Phillips 4:4-7 together. What do you know about the church in Philippi, Paul, or the context of this letter? What do you notice about this passage? What might you struggle with?
2. When was the last time you didn't feel anxious about anything? Why were you so worry-free? When you're stressed out, what's your go-to method of relaxing?
3. Why do you think God desires for us to be anxious for nothing?
4. Have you ever thought of anxiety as a signal? How could viewing anxiety as a signal change what you think about anxiety?
5. Why was Paul able to rejoice while still in prison? Read Philippians 1:12-13 for context. Has there ever been a time in your life when a new perspective made a big difference? What happened?

### Do Life Together

Take a moment and think of someone who might be anxious. How can you encourage them this week? Make a plan to hold each other accountable to make this encouragement.