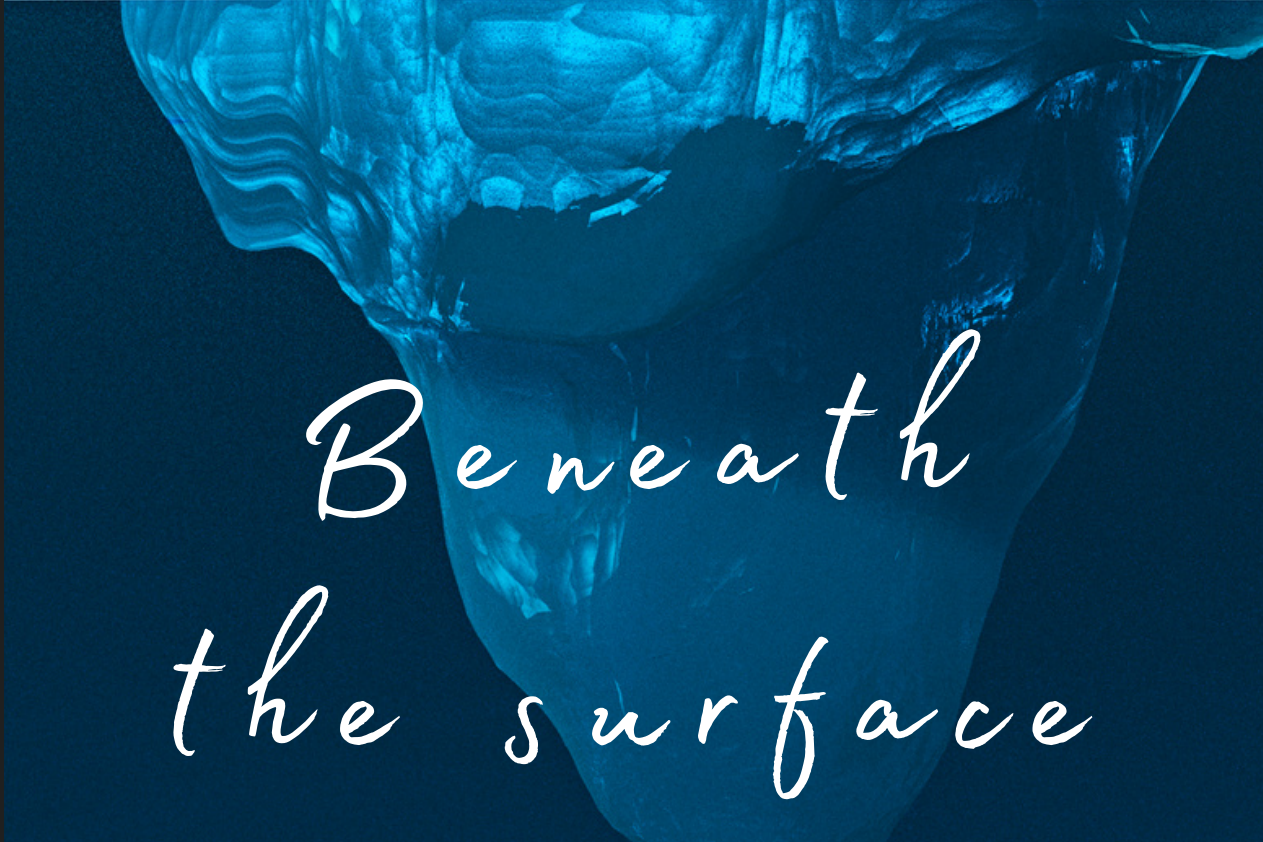




STUDY GUIDE

Nov 5
-
Dec 17



*Beneath
the surface*

MENTALLY HEALTHY
CHURCH

BENEATH THE SURFACE

A STUDY

through the Mental Health

November 5 - December 17

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Written by TJ Johnson

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STUDY GUIDE

Nov 5



*Beneath
the surface*

OVERCOMING ANXIETY
MATTHEW 6:24-34

Overcoming Anxiety

Matthew 6:24-34

24 "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Do Not Be Anxious

25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Overcoming Anxiety

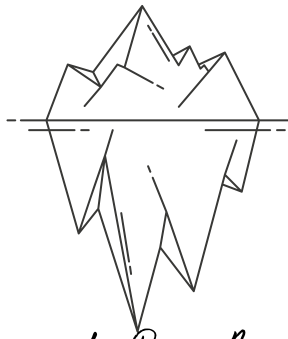
The greatest battles for all believers are held in the mind. When challenges come, the first reaction is to worry about what is going to happen. If we are not careful, we can be so worn down with worry and anxiety that we began to live a defeated life instead of looking to Jesus. Do you have anxiety about your life? Do you consistently worry about things you have no control over? Jesus tells us in Matthew 6:25, Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing?" Believers can overcome Anxiety by trusting in Jesus and his provision for our lives.

Elder Rico Corporal



DISCUSSION QUESTIONS

1. What is anxiety?
2. Discuss a time when you had anxiety about something in your life. How did you overcome it?
3. Discuss three characters in the Bible that experience anxiety.
4. Read 2 Corinthians 1:8. Discuss where Paul talks about how they “despaired life itself.”
5. Read Psalm 143:3-6. Discuss what living in deep anxiety and fear may look like for some believers.
6. Why is worrying a sin?
7. Read Matthew 6:33. What does mean to “seek first the Kingdom of God.”
8. Why do you think many believers do not seek God first? What are some consequences of not seeking God first? What are the benefits of seeking God first?



Do Not Be Anxious

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports



STUDY GUIDE

Nov 12



*Beneath
the surface*

BUILDING A BETTER
BODY IMAGE
PSALM 139:14-24

Building a Better Body Image

Psalm 139

To the choirmaster. A Psalm of David.

- 1 O Lord, you have searched me and known me!
- 2 You know when I sit down and when I rise up;
you discern my thoughts from afar.
- 3 You search out my path and my lying down
and are acquainted with all my ways.
- 4 Even before a word is on my tongue,
behold, O Lord, you know it altogether.
- 5 You hem me in, behind and before,
and lay your hand upon me.
- 6 Such knowledge is too wonderful for me;
it is high; I cannot attain it.
- 7 Where shall I go from your Spirit?
Or where shall I flee from your presence?
- 8 If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
- 9 If I take the wings of the morning
and dwell in the uttermost parts of the sea,
10 even there your hand shall lead me,
and your right hand shall hold me.
- 11 If I say, "Surely the darkness shall cover me,
and the light about me be night,"
12 even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.

Building a Better Body Image

Psalm 139

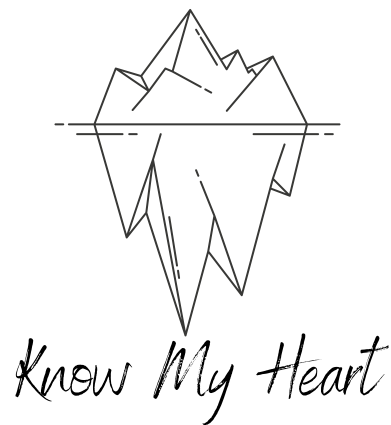
- 13 For you formed my inward parts;
you knitted me together in my mother's womb.
14 I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well.
15 My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
16 Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.
17 How precious to me are your thoughts, O God!
How vast is the sum of them!
18 If I would count them, they are more than the sand.
I awake, and I am still with you.
19 Oh that you would slay the wicked, O God!
O men of blood, depart from me!
20 They speak against you with malicious intent;
your enemies take your name in vain.
21 Do I not hate those who hate you, O Lord?
And do I not loathe those who rise up against you?
22 I hate them with complete hatred;
I count them my enemies.
23 Search me, O God, and know my heart!
Try me and know my thoughts!
24 And see if there be any grievous way in me,
and lead me in the way everlasting!

Building a Better Body Image

On average, people glance at their reflection more than twenty times a day and devote around 54 hours each year taking selfies. But it seems that while we spend a lot of time LOOKING at ourselves, we don't really LIKE what we see. If statistics are correct, most of us have an unhealthy understanding of body image. As we continue our sermon series on Mental Health, this week's sermon will draw from Psalm 139 to help us understand two truths that should inform how we relate to our bodies. Firstly, your identity is MORE than your body, so cultivate the inner-beauty the Bible spends so much time highlighting. Secondly, your identity is not LESS than your body, so glorify God with the body He has given you.

Cultivating and Glorifying with you,

Pastor TJ



DISCUSSION QUESTIONS

1. Reflect on the Dove commercial illustration. Why do you think there is often such a discrepancy between how we see ourselves and how others see us?
2. Discuss the statistics presented about body dissatisfaction among children and adults. How do these figures challenge us to think about the way we educate and speak to the younger generation about body image?
3. How do societal standards of beauty, as seen in media and advertising, impact our perception of our own bodies? Can you share a personal experience where you felt this impact?
4. The sermon lists several categories for body image (physique, complexion, etc), which categories do you struggle with most, and how does the gospel speak into your insecurities?
5. The sermon suggests that an unbiblical body image can lead to sin (jealousy, slander, idolatry, etc). What are the most common sins related to body image in our cultural context today, and how can we fight against these sins?
6. In what ways have you seen the extremes of materialism (all body no soul) and modern Gnosticism (all soul/feelings/emotions no body) lived out in our culture today?



DISCUSSION QUESTIONS

7. In what ways does Psalm 139 remind us that we are MORE than our bodies? What over verses remind us of our identity being more than our physical features?

8. The sermon lists several verses that reveal what God sees as beautiful. Share your favorite verse and take some time to discuss how and why we emphasize outward beauty over inward beauty.

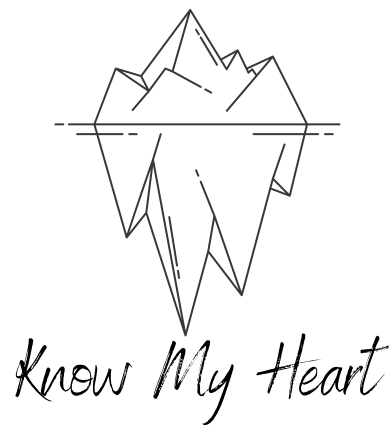
9. Most of us would probably find it easy to give advice on how to enhance a person's outward beauty, but what advice would you give to enhance a person's inner beauty?

10. The sermon compares the Bible to a mirror, revealing the true self, and goes on to list several things that are true for all believers. Which was most meaningful to you and why? How can we be certain we regularly look in this mirror to remind ourselves of this truth?

11. What role does Jesus play in our understanding of beauty (in general and then personal)?

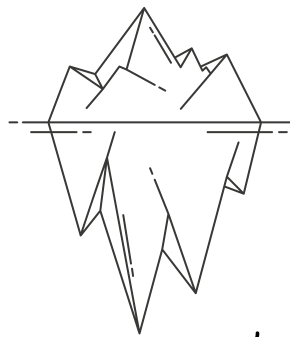
12. How does the concept of being "fearfully and wonderfully made" influence your perception of your own body, particularly when it doesn't align with societal standards of beauty?

13. How do the verses from Psalm 139:13-14, Romans 12:1, etc. challenge or reinforce your views on body image and self-care?



DISCUSSION QUESTIONS

14. Reflect on the idea of stewardship of the body. Have you ever been guilty of trying to steward the body you were NOT given? Explain.
15. What does stewardship of the body look like in regard to eating and exercise? Are there extremes to avoid here? What texts help inform our understanding of eating and exercise?
16. Give examples of how beauty standards are cultural and generational and are therefore constantly changing. How does the Bible give us a better standard of how to view our body?
17. Read 1 Corinthians 6:18-20. Give some examples of ways we might use our body to glorify God and ways we might use our body to dishonor God.
18. When we don't steward our bodies well, in what ways do we limit the physical good we can do for our neighbor?
19. Read John 20:20 (see also Isaiah 53:2). How do the blemishes (scars) of Jesus speak to our own physical imperfections?
20. Do you feel you are being sanctified toward a more Genesis 2:25 relation to your body? Explain. If not, what is the next practical thing you can do?



Know My Heart

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports



STUDY GUIDE

Nov 19



*Beneath
the surface*

THE DEPRESSED
CHRISTIAN
PSALM 25
2 CORINTHIANS 7:6

The Depressed Christian

Psalm 25

Teach Me Your Paths
Of David.

1 To you, O Lord, I lift up my soul.

2 O my God, in you I trust;
let me not be put to shame;

let not my enemies exult over me.

3 Indeed, none who wait for you shall be put to shame;
they shall be ashamed who are wantonly treacherous.

4 Make me to know your ways, O Lord;
teach me your paths.

5 Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.

6 Remember your mercy, O Lord, and your steadfast love,
for they have been from of old.

7 Remember not the sins of my youth or my transgressions;
according to your steadfast love remember me,
for the sake of your goodness, O Lord!

8 Good and upright is the Lord;
therefore he instructs sinners in the way.

9 He leads the humble in what is right,
and teaches the humble his way.

10 All the paths of the Lord are steadfast love and faithfulness,
for those who keep his covenant and his testimonies.

11 For your name's sake, O Lord,
pardon my guilt, for it is great.

12 Who is the man who fears the Lord?
Him will he instruct in the way that he should choose.

13 His soul shall abide in well-being,
and his offspring shall inherit the land.

The Depressed Christian

Psalm 25

14 The friendship of the Lord is for those who fear him,
and he makes known to them his covenant.

15 My eyes are ever toward the Lord,
for he will pluck my feet out of the net.

16 Turn to me and be gracious to me,
for I am lonely and afflicted.

17 The troubles of my heart are enlarged;
bring me out of my distresses.

18 Consider my affliction and my trouble,
and forgive all my sins.

19 Consider how many are my foes,
and with what violent hatred they hate me.

20 Oh, guard my soul, and deliver me!

Let me not be put to shame, for I take refuge in you.

21 May integrity and uprightness preserve me,
for I wait for you.

22 Redeem Israel, O God,
out of all his troubles.

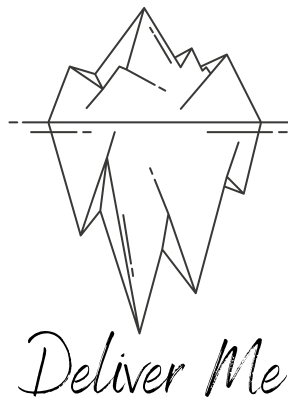
2 Corinthians 7:6

But God, who comforts the downcast, comforted us by the coming of Titus

The Depressed Christian

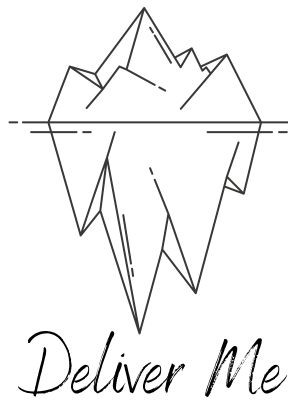
This week's sermon reaches out to those carrying the silent burden of depression, offering hope amidst the shadows that cloud the mind. We'll explore the Biblical truth that though depression is real, we are not alone and God is not silent to our darkness. Through exploring 2 Corinthians and Paul's own struggle with a "downcast" spirit, we will be reminded that God comforts us in our weakness, that He comforts us through community, and that our depression will not be wasted, but He will use it so that WE might comfort others.

Ps TJ Johnson



DISCUSSION QUESTIONS

1. How would you respond to someone who said, “A Christian is supposed to be joyful, therefore if someone is depressed there must be something wrong with them.”
2. What verses do you think are most helpful in battling depression and why?
3. Read 1 Kings 10:1-18. In what ways does Elijah’s actions align with modern symptoms of depression and what practical steps does God take to help Elijah? What can we learn from this?
4. Read 2 Corinthians 7:5-6. The sermon lists several “but God” passages. Have you had your own “but God” moment? How do these moments help us in our own depression or as we walk with another in their depression?
5. What are some mental, emotional, and physical struggles of being “downcast” that a friend of those struggling with depression needs to consider?
6. In what ways has God comforted the downcast in both the Old and New Testament and what might that look like for us today?
7. The sermon speaks of the power of testimony in our difficulties. What testimonies have you found particularly encouraging when you have been downcast?

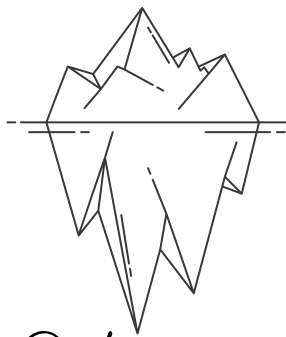


DISCUSSION QUESTIONS

8. How does the arrival of Titus serve as a form of comfort from God to Paul? What does this say about the role of community in providing comfort?
9. Have you ever experienced comfort in a difficult time through the presence of another person, like Paul did with Titus? Share about that experience.
10. What are some practical things we can do to be a Titus to our friends who are downcast?
11. During this time of online church, how can we better ensure we spend physical time with others?
12. Read 2 Corinthians 1:3-4. Discuss ways we can redeem the pain we have experienced in depression.

GOING DEEPER

13. What are the signs and symptoms of depression?
14. Are there extremes in how a Christian might view a demonic force's role in depression? Use Scripture to support your answer.



Deliver Me

GOING DEEPER

15. What is the role of medicine, counseling, and the church in depression?
16. What hope does Jesus offer to a person who is depressed?

FOR FURTHER STUDY

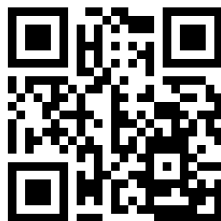
<https://www.ccef.org/hope-depressed>



<https://www.thegospelcoalition.org/article/depression-and-common-grace/>

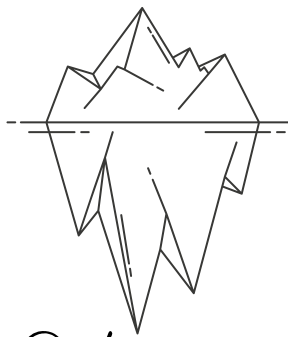


<https://vimeo.com/56942073>



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Deliver Me

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports



STUDY GUIDE

Nov 26

*Beneath
the surface*

IS THERE FREEDOM
FROM ADDICTION?
1 CORINTHIANS 10

Is There Freedom From Addiction?

1 Corinthians 10

Warning Against Idolatry

1 For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, 2 and all were baptized into Moses in the cloud and in the sea, 3 and all ate the same spiritual food, 4 and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. 5 Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness.

6 Now these things took place as examples for us, that we might not desire evil as they did. 7 Do not be idolaters as some of them were; as it is written, "The people sat down to eat and drink and rose up to play." 8 We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. 9 We must not put Christ to the test, as some of them did and were destroyed by serpents, 10 nor grumble, as some of them did and were destroyed by the Destroyer. 11 Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. 12 Therefore let anyone who thinks that he stands take heed lest he fall. 13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

14 Therefore, my beloved, flee from idolatry. 15 I speak as to sensible people; judge for yourselves what I say. 16 The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? 17 Because there is one bread, we who are many are one body, for we all partake of the one bread. 18 Consider the people of Israel: are not those who eat the sacrifices participants in the altar? 19 What do I imply then? That food offered to idols is anything, or that an idol is anything?

Is There Freedom From Addiction?

1 Corinthians 10

20 No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons. 21 You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. 22 Shall we provoke the Lord to jealousy? Are we stronger than he?

Do All to the Glory of God

23 "All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up. 24 Let no one seek his own good, but the good of his neighbor. 25 Eat whatever is sold in the meat market without raising any question on the ground of conscience. 26 For "the earth is the Lord's, and the fullness thereof." 27 If one of the unbelievers invites you to dinner and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. 28 But if someone says to you, "This has been offered in sacrifice," then do not eat it, for the sake of the one who informed you, and for the sake of conscience — 29 I do not mean your conscience, but his. For why should my liberty be determined by someone else's conscience? 30 If I partake with thankfulness, why am I denounced because of that for which I give thanks?

31 So, whether you eat or drink, or whatever you do, do all to the glory of God. 32 Give no offense to Jews or to Greeks or to the church of God, 33 just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved.

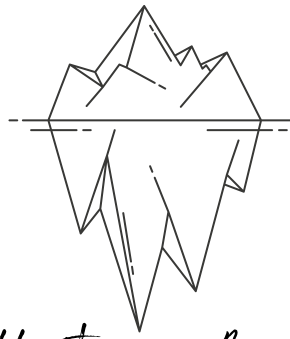
Is There Freedom From Addiction?

Vivian enjoyed going to card games. There was not much thought about it until a relative came for a surprise visit and discovered her 3- and 5-year-old children were home alone one night while Vivian was at a card game.

Like Vivian, addiction can cause people to change their thought pattern and behavior. Addiction is a dependence on a substance (ex. Alcohol, prescription medication, or street drugs) or activity (gambling, shopping). Addiction is a physical or psychological compulsion to use a substance or activity to cope with everyday life. In 1 Corinthians 10, we read that Israel consistently sinned against God by repeatedly committing idolatry. In fact, God tells Israel in Judges 2:3 “Therefore I will not drive out the inhabitants, but they shall be thorns in your side and their gods will be a trap for you.” Worship of foreign gods involved all kinds of sexual immorality. This addiction to other gods caused Israel to be oppressed by their enemies, interfered with their relationship with God, and paying tribute to nations God commanded them to drive out.

The Apostle Paul writes, “Everything is permissible, but not everything is helpful. Everything is permissible, but not everything builds up,” (1Corinthians 10:23, CSB). Addiction does not only affect the person who is struggling with the addiction, but it affects everyone in whom the person has a relationship. Addiction tears down and does not build up. Many believe it is alright to do certain things not knowing they will be put under bondage because they found it permissible. Galatians 5:1 tells us not to submit to the yoke of slavery. We must have the attitude and discipline to not allow anything to conquer and control us. 1 Corinthians 6:12b says, “I will not be mastered by anything.” In other words, we should not allow anything to have power and control over us.

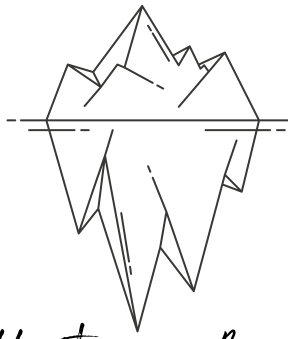
Elder Rico Corporal



Not All Things Are Helpful

DISCUSSION QUESTIONS

1. What is an addiction?
2. Describe the two types of addictions and give an example.
3. Read Judges chapter 2. Discuss how Israel became addicted to other gods.
4. Did you ever have to confront someone who was addicted to something? If so, what did you say or do to help the person? If not, what would you do if someone confessed to an addiction to you?
5. Read 1 Corinthians 10:23. What does the Apostle Paul mean by writing, "Everything is permissible, but everything is not beneficial?"
6. Read Galatians 5:1. How can a believer resist going back to addiction? Discuss.
7. Is the person still called "a recovering addict" if God delivers them from the addiction? Discuss.



Not All Things Are Helpful

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports



STUDY GUIDE

Dec 3



*Beneath
the surface*

GRIEVING GOD'S WAY
1 THESSALONIANS
4:13-18

Grieving God's Way

1 Thessalonians 4:13-18

The Coming of the Lord

13 But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. 14 For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. 15 For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. 16 For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. 17 Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. 18 Therefore encourage one another with these words.

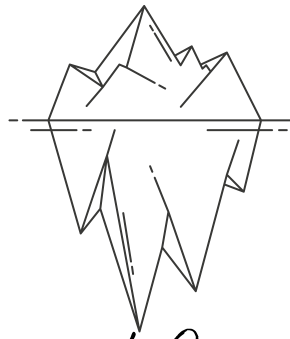
Grieving God's Way

This Sunday we will continue our series on Mental Health by discussing the topic of grief. Our text, 1 Thessalonians 4, specifically addresses grief associated with death, but the Bible is quick to remind us that grief come in many forms for various reasons.

Grief is the emotional response to a loss, whether it's the death of a loved one, a nasty break up, a hard move away from family, the loss of a cherished job, or even missed opportunities (FOMO) and unfulfilled hopes and dreams (marriage, parenting, etc). No matter the reason for your grief, our God is big enough to sustain you under the weight of grief. Jesus is only familiar with grief but also the one who carried the world's grief to the cross to one day wipe our grief away with his own hands. Join us this Sunday as we look at Grieving God's Way.

Grieving with You,

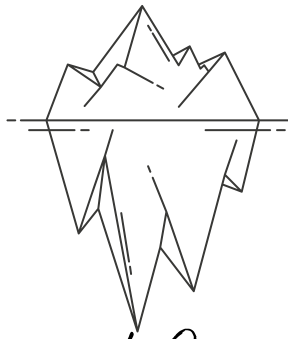
Pastor TJ



You May Not Grieve as Others

DISCUSSION QUESTIONS

- 1. How would you define grief and what are things people grieve? (get personal, what have YOU grieved)**
- 2. What is the historical and cultural context of this passage? How does understanding this context help us interpret the message about the second coming of Christ and the resurrection?**
- 3. Read 4:13. What are some commonly held wrong beliefs (uninformed) about death (even among Christians)?**
- 4. In what ways does a right view (informed) of death help us in our grieving?**
- 5. According to the sermon, discuss the five things we should learn from grief, would you add anything to this list? Have you found grief to be instructive? Explain.**
- 6. Read 4:13-15. Why does Paul keep using the language of sleep and how can this be a comfort to us?**
- 7. Read John 11:11. Take time to discuss Jesus' power over death. How does this help us in our grief?**
- 8. Read 4:17, noting "together with them." What are you looking forward to in that coming reunion with friends and family?**



You May Not Grieve as Others

DISCUSSION QUESTIONS

9. Knowing that those in Christ will be reunited to us, is it right for us to grieve their death? Explain Biblically.

10. Give examples of the different types of godly grief displayed in Scripture. Which of the grievers do you most identify with and why?

11. What does it look like to grieve with and without hope?

12. In the sermon, what tips were given for grieving well, and what would you add to the list?

13. Read 4:13. Explain what, “through Jesus” means? How would you comfort someone whose loved one who died wasn’t a Christian? See:



A Friend just
Lost an
Unbelieving
Loved One to
Death. What do I
say, Think, and
Do



How Do I Minister
to an Unsaved
Friend Whose
Loved One Died
Without a
Relationship with
Christ?



How to Lead an
Unbeliever's
Funeral



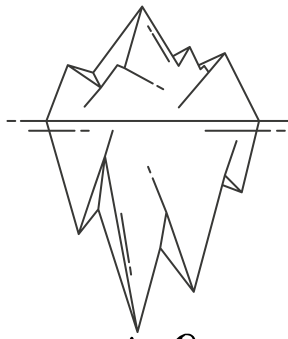
What if your
loved one
doesn't come to
Christ?



How Do You Deal
With the Death of
an Unsaved Loved
One?

14. Read 4:13; 17; 2 Cor. 5:8; Luke 23:43; Phil. 1:22. Discuss the hope and joy that death brings to those who are in Christ to be WITH Christ.

15. Read 4:18. What griefs are people in our community currently going through and how can we encourage them?



You May Not Grieve as Others

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports



STUDY GUIDE

Dec 10



*Beneath
the surface*

BURNOUT

ISAIAH 40:25-31

Burnout

Isaiah 40:25-31

25 To whom then will you compare me,
that I should be like him? says the Holy One.

26 Lift up your eyes on high and see:
who created these?

He who brings out their host by number,
calling them all by name;
by the greatness of his might
and because he is strong in power,
not one is missing.

27 Why do you say, O Jacob,
and speak, O Israel,

“My way is hidden from the Lord,
and my right is disregarded by my God”?

28 Have you not known? Have you not heard?

The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.

29 He gives power to the faint,
and to him who has no might he increases strength.

30 Even youths shall faint and be weary,
and young men shall fall exhausted;

31 but they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

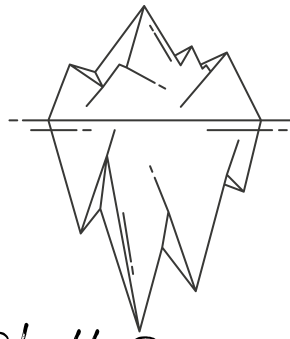
Burnout

According to legend, in 490 BCE after the Athenians achieved a surprising victory over the Persians, a messenger named Pheidippides was tasked with delivering the news to the people of Athens. Pheidippides ran an astonishing 42 kilometers, delivered the message of victory, and then collapsed and died from exhaustion.

Perhaps your life often feels like Pheidippides, tasked with responsibilities that are so overwhelming it will eventually kill you. And I don't just mean that figuratively. The World Health Organization (WHO) estimates that globally, 745,000 people die every year due to stroke and heart disease related to long working hours. Between overwhelming responsibilities at work, demanding duties as a parent or spouse, social pressures (both in-person and online), and a growing inability to separate work and home life more and more people are collapsing under the weight of it all.

This Sunday, as we conclude our Mental Health series, we will explore what the Bible says about our contemporary burnout culture. I encourage you to read Isaiah 40 and join us, ready to receive rest for your souls.

Resting with you,
Pastor TJ

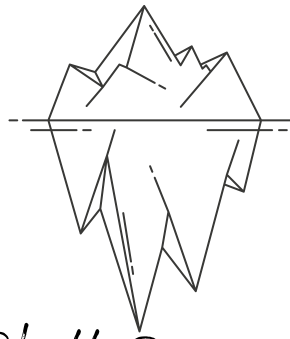


for the Lord Shall Renew Their Streight

DISCUSSION QUESTIONS

1. How would you define burnout and what are some common signs or symptoms of burnout?
2. If you recognized these signs in yourself or a friend, how would you address it?
3. As Christians, how can we avoid the extremes of burnout (overwork) and laziness?
4. What passages of Scripture have you found helpful for addressing burnout?
5. Take some time to read Isaiah 40. What is the immediate context and in what ways does this passage make application to our burnout culture today?
6. In what ways does Isaiah 40 remind us of our human frailty and dependency upon God?

God is all-powerful and I am not!
7. Read Isaiah 40:10, 12, 26, 30. In what areas of your life do you find it challenging to recognize and accept your limitations?
8. Share a time when you felt the pressure to take on more tasks than you could handle. How did it affect you, and what did you learn from that experience?



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DISCUSSION QUESTIONS

God is all-knowing and I am not!

9. Read Isaiah 40:13-14. Share instances when you felt the need to be an expert in multiple areas of life. How did this contribute to feelings of burnout?

10. How can we balance the pursuit of knowledge and expertise in our specific areas without succumbing to the pressure of being knowledgeable in everything?

God does not need sleep or rest, but I do!

11. Read Isaiah 40:28. Share a time when you felt faint or weary from work and life. How did you deal with it?

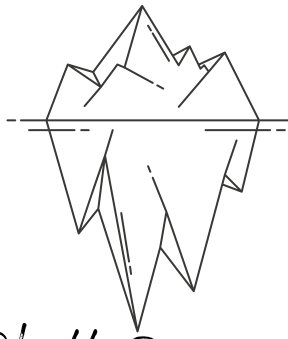
12. Why does God command a Sabbath and what does Sabbath teach us about Jesus and salvation?

13. Share with the group your own approach to rest, sleep, and sabbath.

14. Discuss the cultural pressures or personal expectations that make it challenging to truly rest on a regular basis.

15. Read Isaiah 40:19-20, Luke 10:17, 20. Share instances when you felt your worth was closely tied to your work or accomplishments. How did this perspective contribute to stress or burnout?

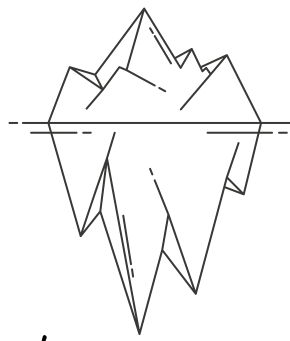
16. Read Isaiah 40:10-11. Discuss Jesus' love for us and how this frees us from workaholism.



For the Lord Shall Renew Their Strength

DISCUSSION QUESTIONS

17. Read John 12:42-43. Someone once said, no is easy to pronounce but hard to say. Reflect on times when you found it challenging to say no to people or struggled with the fear of disappointing others. How did this contribute to burnout?
18. Discuss the balance between serving others out of love and falling into the trap of people-pleasing.
19. Share your thoughts on the idea that we work not to gain glory but to give glory. How does knowing your purpose impact your perspective on work and service?
20. Read Psalm 127:2. Reflect on the pursuit of material possessions (or lifestyle) as potential sources of burnout. In what ways can these pursuits become idols that negatively impact our well-being?
21. Have you ever struggled to trust God to provide your daily necessities (Matthew 6:25) and how might this lead to burnout?
22. Read Isaiah 40:29-31. What does it mean to wait on the Lord?
23. Share a time in your life when you soared, ran, and walked and how Jesus sustained you in each season.
24. What other questions or insights do you have regarding the topic of burnout?



for the Lord Shall Renew Their Streight

Prayer & Praise

End your time together by reflecting on the goodness of God and praying for one another.

Prayer Requests

Praise Reports