



## DISCUSSION GUIDE

Title: Mind Matters

Date: November 15, 2020

Scripture: Mark 12:30; 1 John 4:9-10

Use the questions below to discuss this week's teaching with others in your household, group, or circle of friends. Help each other see and follow Jesus. Take time to pray for one another.

### Discussion Questions:

1. How would you fill in this blank about yourself: "I wish I was \_\_\_\_\_."
2. Read 1 John 4:9-10. What stands out to you about God's love here?
3. In many ways, COVID-19 has brought on a global mental health crisis. How has your experience with this crisis affected you mentally?
4. Mental illness has traditionally had a taboo or stigma around talking about it in public. In what ways do you think this has harmed families?
5. Just as physical health can be impacted in large and small ways, our mental health can also be affected. What are some ways you've seen this in your own life?
6. Brennan Manning says in his book, *All Is Grace: A Ragamuffin Memoir*, "God loves you unconditionally, as you are and not as you should be, because nobody is as they should be." What emotions or thoughts does this bring up for you?

### Family Discussion Questions:

1. What was the main Bible Passage today?
2. What can we learn from these verses?
3. I have questions about.....
4. I want to pray for....