

FALL 2021 Life Group – Week 5

Series: Mental health

Sermon: Loving Your Neighbor + Mental health

Date: 10/17/2021

1. Ice breaker / Game

2. Share Were you able to recognize an anxious or stressful situation in your life that you've been avoiding or masking? Have you had any success facing it?

3. Sermon Review

~ What was one thing that you remember / learned from the message?

4. Digging Deeper:

- Pastor Alex talked about sometimes Christians being/acting worse than unbelievers. Have you noticed that being true (by your life or by the lives of other Christians)? Any examples?
 - Why do you think that is? What contributes to that kind of behavior?
- We also heard that "Guilt is a powerful motivator - many in the world do good to "cancel out" the bad. From your experience, can a Christian live in guilt? Can you remember a time being a follower of Jesus and still feeling guilty? What (if anything) has helped you with that?
 - Read Romans 8:1 (try different translations) Any clues in this scripture as why would a believer still experience guilt?
- Read Ephesians 2:8-10, and discuss verse 10. How are these works different than the ones produced by guilt and shame?
- Pastor Alex also talked about some many mental illnesses being tied to fear. "Fear is the root, greed is the fruit". Can you think other mental illnesses that can be caused by fear? How does fear give birth to greed, jealousy, etc.?

5. Taking it home:

Who is one neighbor that you can love better? And how?

6. Prayer:

Does anyone have a prayer request?

7. Upcoming Events:

New Life Kids Annual trading - Oct. 24 (after 3 service)

Evangelist team meeting - Wed. Oct. 27

8 Serving opportunities. *On Saturday, October 30th @ 9am we will be helping church members - Jim and Sharon with cleanup on their property. There will be tree work, waste removal, mowing, trimming and more. You may reach out to Ann with questions - 319-270-5615*