

# Proverbs 12:25

1. What is the proper role of the emotions (joy, sadness etc) in the Christian life? Discuss.
2. What practices or culture do we have in church that might contribute to poor mental health outcomes?
3. How can we be a church community that nurtures good mental health? What changes in practices and culture should we undertake, esp. in our small groups?

**CURRENT ISSUES**  
*& the Bible*

#befcsg #mentalhealth

