

CLEAR THE AIR Study Guide

SERMON 5: "THE CHRISTIAN AND MENTAL HEALTH ISSUES"

Study Guide Questions:

W **RD** (A Time for Admonition):

1. React to this statement: *"Don't get treatment for your psychiatric illness — that is a spiritual problem."*

Is mental disorder the result of one's personal sin, lack of faith, or demonic attack? What are your thoughts on Christians who refuse mental healthcare out of a belief that God will heal them? Can it be overcome with Bible study and prayer alone? State your position on these controversial mental health issues.

2. What does the Book of Proverbs say about health and wellness (Proverbs 3:7-8; 4:20-22; 15:13, 30; 17:22; 27:9) and what truth does God want us to believe from His Word as a whole (Psalm 34:17-20; Philippians 4:6-7; 1 Peter 5:7; 2 Corinthians 12:9; John 14:27)?
3. How can the church be a safe place for those who are weak and struggling (Romans 15:1; 1 Thessalonians 5:14; Ephesians 3:17-19; James 5:16)?

W **LK** (A Time for Accountability):

1. Is there a sin you need to confess to God right now? (*being judgmental towards growth group/church members who have mental illnesses or being insensitive to the "wounded"; unwillingness to receive professional help for mental health problems and causing trouble to others, etc.*)
2. How can our growth group/church and mental health professionals work together in helping those who have mental health issues? If you belong to those who have mental health concerns what are you supposed to do? How can the group pray for you?
3. How can we pray for our government and mental health institutions in the country?