

Mind Over Manner

Getting to Know You:

- Share your favorite joke with the rest of the group!

Going Deeper:

Allan shared the statistic that 1 in 3 Canadians suffer from mental health struggles. How have you seen mental health struggles impact a person's life, whether that is you or a loved one close to you?

Read Romans 12:1-3

- Knowing that we have mental health struggles, illnesses, physical disabilities etc., what does it mean to “offer [our] bodies as a living sacrifice” as an act of worship? What are some examples of how we can practically do this? Compare with 2 Corinthians 4:16-18, Romans 8:18-27.
- Look again at Romans 12:2. Allan made this point: “When my mind is healthy, I will be able to deal with struggles that life throws my way.” What is “the renewing of [our] mind”, and how practically does this take place? Read 2 Corinthians 10:3-5, Proverbs 4:20-23, and Philippians 4:4-8.
- Read Colossians 3:1-17. From this passage, how do we, followers of Jesus, practically live out our identity in Him? Also, what are some of the specific commands listed here for how we are to relate to one another, and how can we practically apply them as we support one another through mental health struggles?

Taking it Home:

This week, take one practical step towards “renewing your mind” – modify your entertainment (replace music/tv shows/etc. that do not meet the standard of Phil. 4:8, with ones that do), add exercise to your daily routine, etc.