

'Transformed: How God Changes Us' | Study Guide

WEEK 3: MENTAL HEALTH

Key Verse: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." - *Romans 12:2*

Discuss: What stood out to you from Sunday's sermon?

Watch: Video introduction by Pastor Steve

Recap the "5 Habits of Mental Health" from Sunday's sermon:

1. Don't believe everything you think. (Jer. 17:9; 2 Cor. 13:5)
2. Guard your mind against garbage. (Prov. 15:14; Ps. 101:3)
3. Never let up on learning. (Prov. 18:15; Prov. 10:14; Prov. 19:8)
4. Renew your mind daily with God's Word. (Rom. 12:2; Isa. 26:3)
5. Let God stretch your imagination. (Eph. 3:20-21; Prov. 29:18)

In summary...THINK

Test every thought

Helmet your head

Imagine great thoughts

Nourish a godly mind

Keep on learning

Discussion questions for encouraging one another: (If your group is large, please break people up into groups of 4 or less.)

- ❖ Which of the habits for transforming mental health did you grow up with? Which are currently a part of your life? How have you experienced God transforming you through that habit? How did this habit become part of your life? How long did it take before you noticed its benefit?

Discussion questions for challenging one another:

- ❖ Identify the one habit that is most difficult for you to practice. What are the obstacles getting in the way of you implementing this habit in your life? What would help you remove those obstacles? How can you as a group encourage each other to start one new habit for mental health?

Closing prayer:

- ❖ For those who feel comfortable, pray around the table/group, each person thanking God for one habit transforming mental health that is already in their life, and praying about the one spiritual habit they desire to implement with God's help.

'Transformed: How God Changes Us' | Daily Devotional

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Daily readings:

- ❖ Day 1 – Read Philippians 2:1-18
- ❖ Day 2 – Read Philippians 3:1-21
- ❖ Day 3 – Read Psalm 19
- ❖ Day 4 – Read Psalm 46
- ❖ Day 5 – Read Psalm 56

Reflect:

- ❖ What does the passage reveal about God's heart?
- ❖ What can you relate to in this passage?
- ❖ Where do you see 'transformation' in this passage?
- ❖ What do you think God wants you to believe about Him after reading this passage?

What first step are you taking to implement the habit you want to begin to improve your mental health? Who will you connect with to establish accountability for this new habit?

❖ _____

Write a prayer to God to help you in your mental health:

❖ _____

