

'Transformed: How God Changes Us' | Study Guide

WEEK 4: EMOTIONAL HEALTH

Key Verse: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." – *Matthew 11:28*

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

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

1. Reveal my hurts. (Ps. 39:2-3; Ps. 32:3)
2. Release those who have hurt me. (Rom. 5:8; Eph. 4:31-32; Ps. 56:8; Rom. 12:17,19)
3. Replace old lies with God's truth. (Heb. 2:11; Rom. 12:2)
4. Refocus on the future. (Prov. 4:25; Job 11:13, 15-16)
5. Reach out to help others. (2 Cor. 1:4; 2 Cor. 5:17)

Watch: Video introduction by Pastor Steve

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 emotional 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:

- ❖ Share how you're doing with the habit you chose last week.
- ❖ For those who feel comfortable, pray around the table/group, each person thanking God for one habit transforming emotional health that is already in their life, and praying about the one emotional 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 Psalm 4
- ❖ Day 2 – Read Psalm 31
- ❖ Day 3 – Read Psalm 34
- ❖ Day 4 – Read Psalm 42
- ❖ Day 5 – Read Psalm 63

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 emotional health? Who will you connect with to establish accountability for this new habit?

❖ _____

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

❖ _____

