



Mental Health
6th in the “#Trending” Series
Philippians 4:4-9, p. 982
July 21, 2019
Pastor Brad Schreiner

Introduction:

1.) The Lord is the Guard of our Minds (4-7)

2.) Set Our Minds on the Truth the Lord Provides (8-9)

Response:

For those who struggle with mental health issues, you are not alone. There is hope.

Having a mental health issue does not exempt us from obedience to God and His Word.

God has a purpose for the struggle – that we would know he is the most high God.

“The Lord is at hand; do not be anxious about anything.”

Small Group Questions

- 1.) What are the three commands given in v.4-6? In what ways can you better demonstrate those in your life?

- 2.) What role does prayer have in helping us with our thinking and our minds?

- 3.) How can this help someone who has a mental health issue?

- 4.) Read v. 7 – the peace of God – how does that help guard our hearts and minds? Why is it so difficult for us to sometimes trust in that?

- 5.) Read the last phrase of v. 5 as well as the first one in v.6 “The Lord is at hand; do not be anxious about anything.” Why would God have those two so close together?

- 6.) What does it mean “The Lord is at hand?” Why is it significant?

- 7.) What are some things that might cause you a measure of anxiety, depression or stress?

- 8.) Read v.8-9. What are the things we are to think about?

- 9.) Read Matthew 6:25-34 & Psalm 34:8,15-19. How do these verses encourage us to “Think about these things?”