

Connection

Have you read any books recently that you loved and what were they about?

Content

Mental Health: Faith, Hope and Healing in the Maze of Life

“Since Adam and Eve, we have all been in a recovery.”

What does this statement say to you and how can you relate?

The Beatitudes

1. Read Romans 3:23, and answer the question, what does Paul mean by “We have all sinned”?

2. Spiritually speaking, without God and the salvation we have with Jesus Christ, we are a mess. James 4:7-10 reminds us of this, and the need to humble ourselves before Christ. When have you humbled yourself, and were able to feel “lifted up” as a result?

3. Matthew 5:3-10 is known as the Beatitudes, and the premise is if you are living a life in a similar manner, you are living a life that reflects your relationship with Christ and will experience God’s blessing.

Read Matthew 5:3-5. “God blesses those who are poor and realize their need for Him.” What is something you’re lacking in your life, and how can you bring it before God and acknowledge your need for Him?

4. Read Matthew 5:6-7. God pursues justice and mercy on our behalf and asks us to do the same for others. When have you felt God or someone in your life go to bat for you, and how did it make you feel?

5. Much like the other Beatitudes, if we pursue peace we will be imitating Jesus, for as Ephesians 2:14a reminds us, "For He Himself is our peace." Who is Paul referring to when he says "He" and how would you explain that to a friend who is new to faith?

6. Read Matthew 5:8-10. God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. When we face confrontation for being a Christian, our response is a living testament to Christ.

How is it that when we face trials, our response can give glory to Christ?

Commitment

7. To improve our Mental Health, consider taking action in these areas:

- **Personal Steps like:** Walk outside, exercise and nutrition, practice controlled breathing, pursue what you love to do, and consider counseling.
- **Relational Steps like:** make amends, forgive people who have wronged you, spend time with your community.
- **Spiritual Steps like:** Read the scriptures on a regular basis, pray the Psalms, get involved in a Bible study group, listen to Christian music, and begin a relationship with Christ.

Challenge Assignment: Memorize **Ephesians 2:14a** this week and put these words to heart.

"For He Himself is our peace"