



Mental Health, The Gospel and Me
Selected Verses
5.2.22

READ THE WORD

Read Matthew 11:28-20

STUDY THE WORD

What is the Gospel?

Bad News:

- Sin enters the world through Adam and Eve.
- The world becomes a broken place because of sin.
- Sin affects how we think, feel and act.

Good News:

- God fixes the sin problem through Jesus.
- By grace alone, through faith alone, in Christ alone, we get a new heart.
- A new heart changes how we think, feel and act in a world broken by sin.

How does the bad news of the Gospel affect our view of the world?

- Read Genesis 3 – Romans 5:12, 6:23a

Read quote from Wayne Grudem: “In our natures we totally lack spiritual good before God. It is not just that some parts of us are sinful and others are pure. Rather, every part of our being is affected by sin - our intellects our emotions and desires our hearts (the center of our desires and

decision-making processes), our goals and motives, and even our physical bodies. Paul says, ‘I know that nothing good dwells within me, that is, in my flesh.’ (Rom. 7:18).” (Bible Doctrines) What strikes you most from this quote?

How does the good news of the Gospel affect our view of the world?

- Read John 3:16, Ephesians 2:8,9, 2 Corinthians 5:17, II Peter 1:3

SHARE THE WORD

How does the Gospel view of life affect our view of mental health?

- Mental Health struggles don't define me.
- Mental Health struggles don't take me off guard.
- Mental Health struggles strengthen my relationship with Christ.

Read quote by C.S. Lewis: “I believe in Christianity as I believe that the sun has risen, not only because I see it, but because by it I see everything else.” How does this quote capture the heart of our view on mental health?

PRAY THE WORD

- For the mental health crisis.
- Better understanding of the Gospel.
- Mental health struggles will strengthen our relationship with Christ.