



## **How Can We Help?**

May 29, 2022

*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 THE WORD**

Galatians 6:2

Romans 15:14

Colossians 3:16

## **STUDY THE WORD**

Based off the verses above, who is called to help people with mental health struggles?

What are the four words that guide how we can help? (LOVE – KNOW – SPEAK – DO)

Read I Corinthians 13. What is the context of this chapter? How does it apply to helping people?

Read Proverbs 18:13. What does this proverb call us to do as we help people?

Read Ephesians 4:14-16. What does it mean to "Speak the Truth"?

Read James 1:22-25. How does this verse apply to helping people?

## **SHARE THE WORD**

Love – When it comes to helping people with mental health struggles, how can we grow in love for them?

Know – What are some good questions you can ask people who are struggling with mental health? (Think external and internal)

Speak – How can you "speak the truth" with a heart of love and know?

Do – How can you hold a person accountable to live out the Word who is struggling with mental health?

Which words do you tend to do when helping people? Which ones to you tend to avoid when helping people?

## **PRAY THE WORD**

Adoration – Praise God for sending the Holy Spirit to be our Helper as we help others.

Confession – Agree with God where you tend to avoid helping people for fear of messing them up or offending them.

Thanksgiving – Thank God for His Word that guides us into all things that pertain to life and godliness.

Supplication – Ask God to help you live out each word when it comes to helping those with mental health struggles.