






	The Battle Within: Pursuing Emotional Health - Is it Ok to Not be Ok?
 BIG IDEA	Your real face will never frighten God!
 ICE BREAKER	What's your favorite fall tradition or memory?
 MAIN POINTS	<ul style="list-style-type: none"> ● Church can easily become a place to wear a mask and be dishonest about how you're really doing. ● Everyone has an "IT" - a struggle or issue they're dealing with. ● It's okay to not be okay - acknowledging our struggles is the first step towards healing. ● Jesus identifies with our struggles and died for our "IT." ● There's a mental health crisis, but many people don't seek help due to stigma and other barriers.
 DISCUSS	<ol style="list-style-type: none"> 1. Pastor Cal mentioned that people often wear "masks" at church. Why do you think this happens, and have you ever felt the need to put on a "mask"? Why? 2. The Big Idea is "Your real face will never frighten God." How does this statement make you feel? Does it change how you view your relationship with God? 3. The concept of everyone having an "IT" was introduced. Without necessarily sharing what your "IT" is, how does it feel to know that everyone struggles with something? 4. The sermon highlighted the mental health crisis in America. Were you surprised by any of the statistics shared? Why or why not? 5. What are some ways we can help reduce the stigma around mental health issues in our community and church? 6. The sermon emphasizes that Jesus identifies with our struggles. How might this perspective change how we approach our own challenges or how we support others? 7. The sermon encourages being brave enough to show our "internal scars." What do you think would change in our relationships if we were more open about our struggles? 8. How can we create a church environment where it's truly "okay to not be okay"?
 NEXT STEP	What's one practical step you can take this week to either address your own mental health or support someone else in their journey?
 SCRIPTURE	<p>Hebrews 4:15-16 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.</p> <p>2 Corinthians 3:17-18 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.</p>
	

NEXT WEEK

SNEAK

PEAK

Join us next week as we continue a series called The Battle Within: Pursuing Emotional Health. Come join us and bring a friend!

Questions or Feedback? Email Groups@CentralAZ.com