



The Battle Within: Pursuing Emotional Health - The Lies We Believe



BIG IDEA

God loves you...regardless.



ICE BREAKER

If you met someone new at a party, how would you introduce yourself? What are the first things you'd share about your identity?



MAIN POINTS

- Mental health is a crucial topic that affects our emotional, psychological, and social well-being.
- Our identity and how we view ourselves play a significant role in our mental health.
- We often believe lies about ourselves and about God that negatively impact our mental health.
- God loves us unconditionally and sees us as created in His image.
- Our true identity is found in Christ, not in what we have, do, or what others think of us.



DISCUSS

1. Why do you think mental health is such an important topic for churches to address? How can the church be a place of hope for those struggling with mental health issues?
2. The sermon mentioned several lies we often believe about ourselves (e.g., "I am what I have," "I am what I do," "I am what others think of me"). Which of these do you find yourself struggling with the most? How do these beliefs affect your mental health?
3. How does knowing that you are created in God's image (Genesis 1:26-27) impact your view of yourself? How might this truth help someone struggling with low self-worth?
4. The message emphasized God's unconditional love for us. Read Romans 8:31-39 together. How does this passage challenge or affirm your understanding of God's love? How might truly believing this affect someone's mental health?
5. Pastor Cal shared the story of the woman Jesus interacted with at the well. How does this story demonstrate Jesus' approach to healing and restoration rather than shame? How can we apply this approach in our own lives and relationships?
6. The sermon concludes with the idea that our true identity is found "in Christ" (2 Corinthians 5:17). What does it mean to you to find your identity in Christ? How might this perspective shift affect someone's mental health and overall well-being?



NEXT STEP

What practical steps can we take to remind ourselves of our true identity in Christ when we're tempted to believe lies about ourselves or feel discouraged?



SCRIPTURE

John 4:13-14 Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Romans 6:3-4 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.



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