

“JESUS AND MENTAL HEALTH”

Growth Group notes

Bob Benson 11/11/18

[NB: All questions are suggestions; the aim is fruitful discussion of Sunday's sermon, rather than mere repetition - ie, learning between us how to put it into practice]

1. What are the key things you remember from the sermon on Sunday?
2. Read **1 Kings 19.1-8**
 - What does this passage tell you about Elijah?
 - What does it say about the character of God?
3. Read these one-anothering verses (and any others that spring to mind)
 - **Mark 9.50**
 - **Romans 12.10**
 - **Romans 14.13**
 - **Romans 12.16**
 - **1 Corinthians 12.25**
 - **Galatians 6.2**
 - **Ephesians 4.2**
 - How can Growth Groups be more effective at one-anothering each other?
4. A topic like this can bring up a number of issues for those in the Growth Group and about friends and family. Please spend time praying sensitively for issues that have been raised during the meeting.