

December 29, 2019
Series: A Quiet Christmas
Part 5: Mental Health Panel
Ted Cunningham moderator

1. We had a special worship leader and singer who lead and sang some older songs. What is one older song you love?
2. How would you explain the difference in worry and anxiety?
3. Read I Timothy 5:23. Do you think it's okay to take meds for mental stresses?
4. What helps you mentally? (**praying, exercising, eating well, physical contact, resting, avoiding technology, being in nature, medicating**)
5. A lady once joked that her taking Zoloft (anti-anxiety med) saved her husband's life after he was down with knee surgery for several months. What do you think she meant by that?
6. What do you love or find particularly apt about Psalm 40:1-2? "I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit of the mud and mire; he set my feet on a rock and gave me a firm place to stand."
7. Psalm 40:17 says, "But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay." Do you ever think of yourself as poor and needy? In what way? (Think "Blessed are the poor in spirit . . .")
8. Paul says in 2 Corinthians that "when I am weak; then I am strong" because "Christ's power" rests on him. When have you experienced this in your life?
9. Proverbs 4:23 says that "above all else, guard your heart, for everything you do flows from it." How can you guard your heart?
10. Do you believe you are "fearfully and wonderfully made"? What is an example of something good about you?
11. How do you react to unsolicited advice? Why do people not usually respond well to it? What else can you do for someone in need besides give advice?
12. How has someone helped you when you were down?
13. Do you know anyone who has committed suicide?
14. Read Psalm 23. Most people love it. What particular part of it do you love or gravitate to?