

Sermon discussion questions

SERMON TITLE: It Matters to God: Our Mental Health Matters to God – Pt. 4

SPEAKER: Pastor Steve Milazzo

DATE: September 22, 2024

KEY SCRIPTURE: Philippians 4:8; Romans 12:1,2

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Romans 12:1,2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

OPENING QUESTIONS:

- What are you celebrating in your life this week? (What are you thankful for?)
- What's challenging you this week? (What do you need prayer for?)

SCRIPTURE: Read the scripture out loud.

DISCUSSION QUESTIONS:

- Why is your mental health and wellness important to God?

What are some things that can have a negative effect on your mind?

How are your decision-making skills affected by a poor state of mind?

What are some things that can have a positive impact on your mental health?

How can accepting Jesus Christ immediately contribute to your mental well-being?

- How can you develop the practice of thinking good things?
- How will you stay in the presence of God?

PRAYER: Take time to pray for one another. Pray that our lives will be grounded with love. May our minds be mended of life's traumas and our outlook be transformed for good. May our minds be a place of peace where God abides.