

I Hate Myself - I Am Loved | LEADER GUIDE

Resources for leading through this series

We met with some mental health professionals to come up with tips and resources for how to approach this series as a small group leader. You can find helpful insight on how to think of your role as a leader, things to say (and not say), as well as many other resources to help people in your group who may be struggling at 242community.com/mental-health

new leader tip

Leading a group through difficult topics creates fantastic opportunities to grow in your role as a leader. Balancing the topic of mental health with care and humility will grow your leadership and bond your group. If you don't know how to handle a question or situation, saying "I don't know" is always ok! "I don't know" gives you an opportunity to follow up later and demonstrate another layer of leadership and care.

INTRODUCTION TO THE LESSON

ice breaker/ weekly check-in: Highlights from Christmas/New Years. If your group met over the past couple weeks, ask instead: "what are the highlights since we last met."

SCRIPTURE AND DISCUSSION QUESTIONS

Really let the scripture drive the conversation today. Don't get too caught up in the exact questions in the guide that you miss what God is speaking to you and the people in your group.

Help connect God's love to people's experience. If the conversation gets dominated by people sharing their experiences, help make the connections to scripture. If the conversation gets dominated by the scripture, help connect it to people's experience.

go deeper

You can expect that as the conversations continue throughout this series, people will open up in new ways. If you want conversation to go deeper, focus on creating a safe environment for people to open up, rather than asking questions that might make people feel pressured to open up before they are ready. Modeling [active listening](#) and listening to understand (rather than listening to solve a problem) are key to helping discussion go deeper.

NEXT STEPS

We are trying to help people discover their next steps through scripture. Throughout this series, some of our lessons will encourage specific next-steps, while others will encourage your group to discover their next steps through reading scripture, prayer, and other spiritual disciplines. Sometimes, the spiritual disciplines are the next step.

EXTRA INFO

Leadership Community is coming up in a few weeks. Be sure to RSVP and have your apprentice RSVP [here](#)

StepOne: if anyone in your group hasn't attended Step One, you can find the time and [RSVP here](#) or just show up

Rooted begins in February. You can find more specific information about your campus start date [here](#)

Don't forget to plan your first **outreach** of 2023

Mental Health And The Lies We Believe

week of **January 8**

ICE BREAKER QUESTION

What was the highlight for you since the last time we met?

this week's big idea: *sometimes the lie that we are not loved leads to mental unhealth, but God loves us unconditionally*

What do you remember most, or what stuck with you from the weekend's teaching?

SCRIPTURE + DISCUSSION QUESTIONS

1 John 4|7-11

1. *What sticks out in these verses to you?*
2. *Verse 10 says that Jesus is an "atoning sacrifice for our sin." What does that mean?*
3. *How have you experienced God's love?*
4. *How does knowing what Jesus has done affect your day to day? How would not knowing what Jesus has done affect your day to day?*
5. *What are practical ways we can share this truth that God loves us with someone who doesn't know it?*

Ephesians 3|16-18

1. *What in this passage (or the earlier passage) relates to mental health?*
2. *How does God "strengthen us through his Spirit in our inner being?"*
3. *What do you currently do that helps you remember to be rooted & established in God's love?*
4. *Next Steps: What are some changes you could make to be more rooted and established in God's love?*

PRAYER

As a large group, or in smaller groups (3-4) spend 10-15 minutes in conversation and prayer.

How has mental health played a role in your life? How has it impacted your faith in the past and/or how is it impacting you or your faith now?

Pray for each other.