

I Want To Give Up - You Have a Choice | 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

SHORT INTRODUCTION TO THE LESSON

ice breaker/ weekly check-in: **who's your 'one'?**

Last year Tony, our lead pastor, introduced us to the concept of "the one." In Matthew 18, Jesus tells a parable about a lost sheep. In the story, the shepherd has 100 sheep and leaves 99 to search for "the one" who is lost. Tony challenged us to identify someone, or some "ones" in our life who we can intentionally build relationships with in order to introduce them to Jesus. Take time to share how things are going with your one. Who might be someone you could be intentional with? Take time to pray for each others' "ones."

PRAYER

This week, we are taking time to pray for each others' "one," so we moved the prayer time to the top of the lesson. You are more than welcome to share prayer requests and pray for one another at the end of the lesson as well.

SCRIPTURE AND DISCUSSION QUESTIONS

2 Corinthians 4|8-9 says:

8 *We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed.*

Think about what Paul may have been referring to when he says "we are hard pressed, perplexed, persecuted, and struck down." When you ask your group to share a time they felt that way, it may not be easy to open up for some. If you get the sense that someone might be struggling with this topic, or with their mental health, take time this week to reach out and spend time with them outside of group.

go deeper

2 Corinthians 4 is a powerful chapter. For an extended study, read all 18 verses.

How can we balance verses 1-6 in light of the call to reach the lost? How do we avoid becoming puffed up?

In verses 13-18, what does Paul mean by "eternal glory?" What does it look like for you to live in the present age, and still "fix your eyes on what is unseen?"

NEXT STEPS

Everyone in your group will have engaged this series differently. Some may have grown in empathy; some may have developed a new perspective, some may have recognized a new sort of value of having community. Others may have utilized tools and resources to help them manage a mental health struggle they're facing.

If any stories or next steps stand out to you as a movement of the Holy Spirit, please share with your network leader or small groups pastor. We would love to celebrate with you!

EXTRA INFO

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

Night to Shine is this weekend! Check here to see if there may still be needs for volunteers.

Share what your group is doing for outreach! SuperBowl Sunday is a great chance for your group to plan something where you can invite "the one."

Mental Health and The Lies We Believe

week of **February 5**

ICE BREAKER QUESTION

If you had the choice to go back and choose a different career path, would you? What changes would you make?

WEEKLY CHECK-IN

How are things going with your one?

Prayer

Take time to pray for each others' one. If you don't have an identified 'one,' pray that God will lead you to people you can intentionally build relationships with where you live, work, and play.

this week's big idea: *when life is hard and you feel like giving up, you can choose to trust Jesus in the hardship.*

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

SCRIPTURE + DISCUSSION QUESTIONS

Read 2 Corinthians 4|7-10

(If you think your group will have time, check out the "Go Deeper" section above and discuss the whole chapter)

1. *Have you ever felt like you wanted to give up on something?*
2. *What do you think the "treasure" is that Paul talks about in verse 7?*
3. *Have you ever felt like verses 8-9? Would you be willing to share what led to those feelings and how you responded?*
4. *How could this passage impact the way we empathize with the 'one'?*

NEXT STEPS

How have you seen God at work in your life throughout this mental health series?

What is one step you can continue to take in light of what we've talked about throughout this series?