

Weekly Study

START

To get things started, go around the circle and answer the following questions:

**What's your favorite movie snack?**

SHARE

Welcome back! This week Ethan continued our series “Attacking Anxiety” by inviting three guests to a panel discussion who are in the field to address some of the questions we have surrounding the topic of mental health. We can remember that Jesus is enough eternally, however, God has also graced us with tools and avenues to walk us through painful seasons, struggles, and deep waters on this side of eternity. No one is alone in this area and we're free to admit our areas of struggle in order to gain the help we need.

**How did Sunday's panel discussion resonate with you?**

**What was the most important takeaway for you from that discussion?**

**What was the most challenging part of your week?**

**What was the highlight of your week?**

GROW

**Read Joshua 3:1-5**

**What stands out to you most in this passage?  
What does the word transformed mean to you?**

This is probably one of the most famous passages of scripture in Christianity. It starts out by talking about how we ought to worship the Lord by offering ourselves fully to Him. The passage continues on to say that we should not conform to the pattern of this world. That tells me that our first instinct is to hold pieces of ourselves back. However, maybe those are the places that we aren't sure if we really trust God with. And if we're honest, those are the exact ones that need to be handed over to Him.

When we fully submit ourselves to God, scripture says that we are transformed by the renewing of our minds. In Sunday's panel, we learned the scientific word for renewing our minds and that is neuroplasticity. It is scientifically and Biblically possible to actually rewire and renew your brain to create new pathways and habits. The scripture continues with saying that once we have offered ourselves fully to God, renewed our mind, and become transformed, then we will be able to know God's will. At the end of the day, that is what we are all seeking isn't it? To be able to know and see His will take place in our lives, the lives of those around us. And rest in the fullness of it.

**What's one area of your life you'd like God to renew your mind in?**

**What's one new habit you'd like to form?**

M O V E

**Romans 12:9-13**

**How can you be encouraged by Paul's words in this passage?**

**After Sunday's panel discussion, how much more do the words of this passage resonate with you living out the way of Jesus?**

Paul's words in this passage instruct Believers to live contrary to the world, and go against the current of our culture. Living out a life that is built on genuine love through sacrifice. Not merely choosing what is right, but living out what is good for the sake of others. In a world that seems to be struggling more than ever, the way of Jesus offers a different way that leads to life and eternal hope: addressing the deep longing our souls truly desire. The cross that erased all sin and gave us a new identity, gives us the grace to set us free from all striving to set us free to serve others.

After Sunday's discussion on mental health, these words should encourage and propel Believers now more than ever. In a worn out and weary world, the Church can be the place where others can experience true life. A place where people can feel both loved and seen. The Church can void the needs of a searching world because of Jesus.

**In what ways can you be the hands and feet of Jesus this week in your community?**

**What's one person you can reach out to this week to connect with?**

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

- *“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.” Romans 12:2*