The Walking Wounded

Guest Speaker: Brett Ullman

compass
community church

April 11, 2021 | Talking Points

CONNECT (BUILD RELATIONSHIPS)

1. Do you have any old physical injuries that continue to affect you from time to time or maybe even chronically today?

2. What has been the toughest emotional challenge during COVID for you?

3. What words or images come to mind when you think of mental illness?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Luke 19:1-10. Why doesn't Zacchaeus fit into his community and what is Jesus' response? Often people struggling with their mental health don't feel like they fit in. As individuals and as a church family, how could we respond based on Jesus actions in this text?

5. Read John 9:1-5. What do you think these verses reveal about Jesus? What does this passage tell us about suffering and the struggles we face in life?

6. Read Genesis 1:24-2:25. We know that before the fall God provided everything Adam and Eve needed to experience physical, emotional and spiritual health. What are some of those things that you see in these verses?

7. Read Matthew 11:28-30, Psalm 61:1-4, and Philippians 4:6-7. What do these verses say regarding our spiritual response to the pain and wounds life deals us?

COMMIT (BE ON MISSION)

8. What are some things you can do to have better mental health in your life and in your home?

9. What do the terms emotional and mental health mean to you?

10. Is there anyone you can advocate for when it comes to the issue of mental health? If so, how?

11. We all carry the scars of living in a broken and painful world. Spend some time as an individual, group or family praying for the walking wounded in our families, communities and church.

PAUSE, PONDER & PRAY
"Hear my cry, O God; listen to my prayer. From the ends of the earth, I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shadow of your wings."
Psalm 61:1-4