

Heal My Broken Mind | Group Discussion Questions

SERMON RECAP

Matt asked us this weekend what we do when the place that hurts is our minds. Walking through Philippians 4:4-9, he reminded us that the Lord is near, that Jesus understands our anguish, and that we are invited to bring every situation to the Father. He shared his own season of not wanting to get out of bed and how a Christian counselor, Scripture, and trusted people helped him find his footing again. God's peace guards our hearts and minds, and we can train our thoughts to return to what is true and what God has actually promised. Finally, he challenged us to put it into practice by loving people who are struggling with gentleness, patience, and presence.

GET STARTED

When you were growing up, how were stress, sadness, or worry handled in your home? Was it talked about openly, prayed over, or just pushed through?

TAKE IT IN

- What encouraged and/or challenged you from the message this week? Why?

TALK IT OVER

Read Phillipians 4:5-9

- ● Philippians 4:5 connects gentleness with the nearness of the Lord, and Hebrews 4:15-16 tells us Jesus understands our weakness and invites us to approach Him with confidence. Matt shared that he spent months hiding what was happening inside him. Why do you think many Christians feel pressure to appear "fine"? How does knowing that Jesus experienced sorrow, exhaustion, and betrayal change the way you bring Him what is going on in your mind?
- ● In Philippians 4:6, Paul invites us to bring "every situation" to God, and Matt said the first courageous step toward healing is often telling another person. Share about a time when opening up to someone made a heavy burden feel lighter. What makes asking for help so hard? Why might seeing a counselor be a wise step of faith rather than a lack of faith?
- ● Philippians 4:7 promises that the peace of God will guard our hearts and minds. Matt named anxiety, depression, shame, trauma, grief, and exhaustion, and pointed to a promise of Scripture for each. Which of these do you or the women around you face most often? Which promise spoke to you most? Matt also said that for some, healing is a longer road with

counselors, doctors, and trusted friends. How can we hold together both trust in God's peace and openness to professional care?

- ● Philippians 4:8 invites us to think about whatever is true, lovely, and excellent. Matt asked, "Where does your mind go when you're tired, afraid, alone, or when you've disappointed someone?" What thought patterns have become familiar territory for you? Matt's counselor taught him to ask, "What has God actually said?" Which promise from the message do you most need to return to right now, and why?
- ● Philippians 4:9 says to put it into practice. Matt shared five ways we think we're helping but often aren't: telling someone to pray harder, minimizing their pain, rushing to fix them, expecting them to heal on our timetable, and assuming our encouragement is all they need. Which of these have you done, or had done to you? How did it feel? Choose one of the alternative phrases Matt offered, such as "I'm still here. How have things been lately?" and discuss how you could use it with someone this week.
- ● Matt dreams of a church where someone can say, "I'm struggling with my thoughts," and find people who will listen, pray, and help them find the care they need. What would it take for our group to be that kind of place? What is one practical way we can show gentleness to one another this month?

LIVE IT OUT

This week, Matt invited us to put the Philippians 4:8 cling somewhere we will see it every day. Each time you see it, remember something true about God, bring one concern to Jesus, and take one step of love toward yourself or someone who needs care. Who is one person God may be nudging you to reach out to this week, and what will you say or do?

Pray: "Father, thank You that You know us and that the Lord is near. Thank You that Jesus understands our weakness and invites us to come to Him with confidence. Give us courage to bring every concern to You and to ask for help when we need it. May Your peace guard our hearts and minds, and teach us to return to what is true and good. Make us a people who care for hurting others with the same gentleness we have received from Jesus. In Jesus' Name, Amen!"

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