

# Emotional Health

## QUESTIONS for GROUP or PERSONAL REFELCTION

### Checking In: (choose one)

- When you hurt yourself (stub your toe, smash your hand with a hammer, etc.) do you tend to stuff it, yell at it, cry about it or dance around?
- What most stood out to you from today's teaching?

### MEMORY VERSE:

*"Come to me, all of you who are weary and burdened, and I will give you rest."*

**Matthew 11:28**

### Discover: (pick at least two)

- Would anyone like to share a personal story of how God brought emotional healing to into your life?
- Why do you think we would rather hide things that have happened instead of revealing them to someone?
- Why is it so hard to forgive when we've been wronged? What happens if we choose not to forgive? What might happen if we do forgive?



# Emotional Health

## Practice:

This morning Pastor Jeremy shared five steps that can help you move toward Emotional Health. With those habits in mind, **where do you want to be three months from now with your Emotional Health?**

What is one thing you **WILL DO** to become emotionally healthy?

## MY THREE MONTH GOAL TO EMOTIONAL HEALTH:

## Pray:

Take a few minutes to pray for each other's Emotional Health. Share any other prayer requests you feel led to share as a group. Feel free to write down prayer requests below:

## Deepen:

The following are suggestions for going deeper with your Mental Health:

- Read the Transformed Blog at [www.magnoliabaptist.org](http://www.magnoliabaptist.org).
- Memorize this week's memory verse **Matthew 11:28**
- Read *The Faith: What Christians Believe, Why They Believe It, and Why It Matters* by Charles W. Colson. This book is a thought-provoking, soul-searching, powerful manifesto of the great, historical central truths of Christianity that have encouraged and sustained believers in Jesus for centuries!
- Take time this week to review your spiritual and physical health goals.

