



### **Series Week 3 - Personal Identity: Seeking and Maintaining Mental Health**

Watch Video: "Life on Mission: Seeking and Maintaining Mental Health" (11:07) on Mosaic Chapel's YouTube Page

Q: What stood out to you?

Q: Angela shares info on the rise of mental health calls and urgent care visits in the last 6 months in the Gallatin Valley. Does this surprise you? Any experience of your own you've seen with friends, family or co-workers?

Dr. Gregg Jantz says this about chronic stress in this season: "Chronic stress results from prolonged, continuous emotional pressure or duress where you feel you have little or no control to correct or improve your environment. The COVID-19 pandemic is a classic breeding ground for chronic stress."

Q: How is this season affecting you? How have you seen the negative effects of stress playing out in your life?

Q: How are you processing the coming winter months? What concerns or fears do you have?

Q: What values or practices do you want to put in place in preparation for that?

Q: When you think about this, does someone come to mind that you're seeing struggle with this? What is one thing you can do this week to reach out to them?



## **Focused Worship and Prayer Time**

Consider ending this week with some focused worship and prayer time. Here are some ideas to include:

### **Spend Some Time in Worship and Reflection.**

Encourage folks to reflect and search their own hearts, bringing their fears and concerns to God. If you don't have someone in your group that can lead worship, consider putting on a worship playlist in the background while you pray. You can also print a couple song sheets and sing along to some common worship songs we normally do. You can reach out to Justin, Tanner and Jonathan if you want to know some regular songs we do and the artists.

### **Take Turns Reading Scriptures Out Loud.**

Scriptures you can take turns reading out loud as a group are included at the end.

**Prayer for People Especially Effected by this Season.** Consider praying for anyone who is feeling especially affected by this season. You can anoint them with oil and pray over them. This could include anyone who has an especially challenging work or home situation in this season (teachers, healthcare providers, parents dealing with unique schooling scenarios). I've got anointing oil if anyone wants to stop by and get it, or you can just use a little olive oil in a dish.

### **Ask the Holy Spirit to speak.**

Someone may have a word of knowledge, a picture or a Scripture for someone in the group. The Holy Spirit might also want to do some healing and provide some freedom around this for some people.



## **Scriptures on overcoming anxiety, and trusting that God is in control**

### **Philippians 4:4-9**

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

### **Isaiah 41:10**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

### **Psalms 46:1-7**

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress.

### **Psalms 94:18-19**

When I said, “My foot is slipping,” your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy.

### **Luke 12:22-26**

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?”

