



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** The Troubled Mind, 10/30/22 - Sometimes we find or create our own trouble but other times trouble just finds us. Even when we are doing everything right. And when it does it doesn't take much to send us spiraling. If you are struggling with your mental health right now, you aren't alone. The Bible and this church are filled with people just like you. It may not seem like it but there is still hope for you. *(Passages: 1 Kings 19; Psalm 23:6; Psalm 34:17-20)*

**Discussion Questions:** Take your time and dig into these questions.

Do you have a story of a time when you did everything right, yet things still went south for you? Can you tell that story?

Read 1 Kings 19:1-18. What sticks out to you about this passage? Why?

If you know the backstory (how big a victory Elijah just had in chapter 18), does this crash surprise you? Why or why not?

What are some immediate takeaways you can grab from Elijah's story?

Elijah isolates himself. That is something a lot of people do when they are struggling. Why do you think we have this tendency to isolate ourselves? How does this compound the problem?

Read Psalms 34:17-20. What sticks out to you from this passage? Why?

Pastor Josh pulled 5 steps to implement if you are struggling with a troubled mind (don't isolate, give yourself some time and space to heal, take care of your physical needs, be still and know - Ps 46:10, Let God fight for you Ex 14:14). Which one do you feel like you need more of this week? How can you lean into it?

**Group Challenge:** Invite a friend to church.