

# HOLDING ON TO Hope

## Leader Conversation Guide – Holding on to Hope (Part I)

### Main Idea

This week, Pastor Brett kicked off our “Holding on to Hope” series. Mental health has become such a taboo topic in the American church, when it really shouldn’t be. After all, Scripture contains countless examples of times when mighty men and women of God faced difficult circumstances that took an emotional toll on them. Quite possibly the most popular example of this is the story of Job, who lost nearly everything except for his life. But despite his circumstances and emotional despair, Job remained faithful to God.

**"May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and He will do it."**

I THESSALONIANS 5:23-24

### Make it Practical. Two Myths about Mental Health

- Myth #1: Christians shouldn't struggle with mental health.
  - You can Love Jesus and still fight depression.
  - You can do all of the Next Steps, and still struggle with anxiety.
  - Elijah, triumphed and wanted to die. David, a man after God's own heart, struggled in times of despair. Jesus Himself, prior to be crucified, was in such anguish that He prayed to the point of sweating blood.
- Myth #2: God doesn't care about your mental health.
  - God is our refuge and our strength! He cares about every detail about you.
  - God is not afraid of your honesty!
  - Getting help isn't a sign of weakness. It's a sign of wisdom.

## Talk About It

- Which part of this message was most impactful for you and why?
- Have you ever been in a season of poor mental health? What are some things you did to overcome?
- How can you come alongside others who may be in a battle for their mental health?

**"God is my source and my strength. I have everything I need to do everything He called me to do."**

## Prayer

Father, thank You for your steadfast love and shelter. Even in the midst of the storms of life, You are the One Who can cause the seas to be at peace. Holy Spirit, comfort us in our times of need. When thoughts creep in, or circumstances arise, help us to remain focused on the promises of Your Word. Let us not shy away from sharing our burdens with one another. In Jesus' name we pray. Amen.

## Leader Tip

Share our Mental Health resources page with those who may need help getting connected to their Next Step in taking hold of their own mental health: [victorychurch.org/resources/counseling](https://victorychurch.org/resources/counseling)