

Weeds In My Garden

Leader Guide | Week 11

Key Things You Heard

- 5 Ways to Become More Anxious and Depressed
- 5 Proven Mental Health Practices
- 5 Ways to Help Others

Pray

Heavenly Father, Help us understand the ways that we are fearfully and wonderfully made. Let us, with wise counsel, learn to live the way you have designed us. Let us never forget that our own efforts will never produce anything eternal. But with you, all things are possible. In Jesus' name, amen.

Tweetable Moments

"It's hard to read the label when you are stuck inside the bottle."

"Your faith is important to your mental health."

Weeds In My Garden

Leader Guide | Week 11

Questions for Conversation

Icebreaker: If you could live anywhere in the world for a year, where would it be?

- Read **Mark 12:30; Romans 12:1; and 1 Timothy 4:8**. Dr. Beavis said, “We get to choose what type of body we offer to God.” What are your thoughts on this statement? Read each of these verses aloud. How do they inform your thinking that we get to choose what type of body we offer to God? It has been said multiple times that every mental health bucket has a spiritual component. How do these verses reveal the connection between the physical and the spiritual?
- Read **Proverbs 28:26; Proverbs 15:22; and James 5:16**. What insight do these verses give you regarding the importance of other people providing you insight and helping you live faithfully for the Lord? Dr. Beavis said, “It is hard to read the label from the inside of the bottle.” What did he mean? Do you have someone in your life that helps you stay centered mentally, physically, emotionally, and spiritually? If so, how has this benefited you? If not, why not? Dr. Beavis mentioned the importance of our advisors being grounded in the faith? Why is this important?
- One of the ways that we can help others who are struggling is to encourage them to be involved in ministry and mission. What does participating in the ministry and mission of Jesus do for us spiritually, emotionally, physically, and spiritually? Where are you serving in the ministry and mission of Jesus? If not, why not?

Now Go Do It (resources and next steps)

Challenge: Is life change really possible? If we’re honest most of us would answer, ‘No.’ That’s because most of us have tried numerous programs that promise big changes, but in reality, deliver very little results. You long for transformation, but don’t know where to begin.

There’s good news for you and there is hope! Life change is possible! You were made to grow, to change, and to experience intimacy and adventure.

Join Chip Ingram as he helps you to identify the barriers that have held you back from receiving God’s best and then break out of a destructive lifestyle and become the person you’ve longed to be. This series on RightNow Media is designed to help move you from the frustration of failure to the freedom you have in Christ. <https://app.rightnowmedia.org/en/content/details/932>