



Sermon Discussion Guide

June 21 & 22, 2025

"How Can Faith Help With Our Mental Health?"

[Isaiah 43:1-3](#)

10 Big Questions About the Christian Life is a sermon series inviting us to wrestle with the most important questions of faith that shape how we live every day. Each week explores a key question that draws us deeper into God's truth and calls us to live out the hope of the resurrection. This series challenges us to move from belief to action, building a faith that transforms both our lives and the world.

PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on hopeonline.tv. Did you have any ah-ha moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

GROW

Read [Isaiah 43:1-3](#) – *"Israel's Only Savior"*

- What does it reveal about God's character that he claims people personally before they've proven themselves faithful?
- Why do you think this passage promises that we won't be overwhelmed or consumed?
- How does the imagery of water and fire help us better understand how God walks with us through suffering rather than removing it?
- Theologically, how does redemption in this passage point toward both present comfort and future hope in Christ?

Read [John 10:10](#) – *"The Good Shepherd and His Sheep"*

- What does this verse suggest about God's intentions toward humanity, especially in contrast to the thief?
- When have you felt like something was stealing your peace, joy, or purpose? What are some influences in your life you may need to reevaluate if you want to pursue the life Jesus offers?
- Theologically, what does "life to the full" mean in the context of Jesus as the Good Shepherd?
- What does this verse teach us about God's heart for restoration, not just rescue?

Read [Romans 12:2](#) – *"A Living Sacrifice to God"*

- Why does Paul urge believers not to conform but to be transformed, and how is this connected to mental and emotional renewal?
- What does it mean that transformation happens "by the renewing of your mind," and how does that connect faith with mental health?
- Can you share a time when God changed the way you saw yourself, someone else, or a difficult situation?
- Why is mind renewal a continual process and not a one-time event, and what does that mean for long-term mental and spiritual health?

Read [Psalm 34:18](#) – *"A Psalm of David"*

- What does this verse reveal about God's posture toward people who are hurting or emotionally crushed?
- Theologically, why is it significant that God doesn't only respond to the joyful or righteous but draws near to the broken?
- Can you share a time when you sensed God's presence during a season of grief, anxiety, or discouragement? Why might God's nearness matter more in suffering than his explanations?
- What does this verse teach us about how to reflect God's closeness to others who are hurting?

APPLY

Pick one of the applications below to put into practice this week ...

- **Name the noise.** Take time this week to identify one area of your life where "there's a lot going on" and write down what's contributing to your stress. Invite God into that space through prayer, asking him to help you see clearly and respond honestly.
- **Renew your mind daily.** Commit to starting each day with truth instead of distraction. Before opening social media, news, or email, read a short passage of Scripture, pray, or reflect on a devotional. Pay attention to how this shift affects your mental and spiritual focus over the course of the week.
- **Walk with someone through it.** Think of someone in your life who may be struggling silently. Reach out with a text, a call, or a conversation—not to fix, but to listen and walk with them. Be a presence that reminds them they are not alone and not defined by their struggle.