



part I, Theology of Mental Health

Pastor Tom Kang

Note to Leaders: These questions are meant to spark meaningful conversation rather than exhaustive coverage. The goal is connection, not completion. Therefore, feel free to spend extended time on just one or two questions that resonate with your group, allowing for meaningful connection & personal application. Trust the Holy Spirit to guide your discussion to the areas most needed by your particular group and enjoy!

1. Were you surprised by some of the statistics shared in the sermon? How might these realities change the way we approach mental health in the church?



46 percent of Americans

Will meet the criteria for a diagnosable mental health condition sometime in their life.

Half of those people will [develop conditions by the age of 14](#).

2. *The Mental Health Paradox*: In some environments where "we worship a God who explicitly cares about our whole being ... mental health struggles are still either over-spiritualized or under-addressed." Have you ever witnessed this paradox? What might contribute to this disconnect? How was the topic of mental health addressed for you growing up?
3. Trinitarian Holism: How does understanding humans as unified beings (*body, mind, and spirit*) challenge or affirm your current view of mental health? In what ways might this understanding change how you approach your own or others' mental health struggles?
4. God's Response to Elijah: When Elijah was experiencing symptoms we might recognize as depression, God responded by addressing his physical, emotional, and spiritual needs. How does this divine response challenge our typical reactions to those struggling with mental health issues?
5. Read Psalms 42:5-6, 11; 43:5. See how David speaks directly to his own soul. What does this reveal about the internal dialogue we might need when facing mental health challenges? How can we develop this practice of speaking truth to our emotions while also still acknowledging them?
6. Proverbs 23:7: "For as he thinks in his heart, so is he." The sermon referenced this verse when discussing the Hebrew understanding of the mind/heart connection. How does this verse inform our understanding of the relationship between our thoughts, emotions, and spiritual life? What practices might help align our thought patterns with biblical truth?
7. Galatians 6:2: "Carry each other's burdens, and in this way you will fulfill the law of Christ." What does it practically look like to "carry" someone's mental health burden without trying to fix them or offer simplistic solutions? How might Jesus' example guide us in this? And based on today's discussion, what is one practical step you can take this week to either care for your own mental health or create space for someone else who might be struggling?
8. Consider Jesus' healing ministry. How did Jesus approach people with various forms of suffering - physical, mental, emotional, and spiritual? What principles can we derive from His approach that might guide our response to mental health challenges today?

Closing Reflection: Take a moment to reflect silently on one insight from today's discussion that you want to apply this week. Then, briefly share with the group if you feel comfortable and close in prayer.