

## **Series Name: Group Therapy**

### **Small Group Questions: Three Steps Toward Mental Health**

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#### **Read**

Matthew 14:24-33

#### **Reflect**

In Matthew 14 Jesus says to the disciples, “Don’t be afraid” and “Take Courage.” Are there any areas of your life where fear is holding you back? If so, is there a courageous first step you should consider to move yourself forward?

Pastor Adam Martin highlighted three ways we can improve our mental health:

#### **1. THINK ABOUT WHAT YOU THINK ABOUT**

- a. Sometimes we focus more on a potentially bad outcome than we do the potentially great outcome. The disciples first assumed “a ghost” even though it was Jesus coming to help them through the storm. What situation had you focusing on a potentially bad outcome and prevented you from experiencing a great outcome?
- b. Pastor Adam mentioned that we cannot change what we aren’t willing to confront and that we sometimes need to “doubt our doubt.” What specific areas are you struggling to confront?

#### **2. YOU MIGHT BE WRONG ABOUT YOU**

- a. Pastor Adam suggests we should get out of a “rut” and “think about what we think about.” What mental rut is holding you back from moving forward?
- b. Romans 8:1 states “Therefore, there is now no condemnation for those who are in Christ Jesus.” Are there mistaken ideas of not being worthy or acceptable that you need to shed?

#### **3. ONE STEP COULD CHANGE EVERYTHING**

- a. Peter first “went over the side” – taking a huge step toward Jesus. And after his faith wavered, he took another step by shouting “Save me Lord!” What first step could be useful to move past any doubt or negative areas that come to mind?
- b. In what ways have you been able to overcome feelings of doubt or feeling a lack of self worth?

**Respond:** Where is God leading you? How can your small group support you?