

DISCIPLE GROUP CURRICULUM GUIDE

It Doesn't Make Sense

Week 1: Jesus and Your Mental Health

November 9 - 12, 2023

LEADER NOTES: **Fall trimester:** August 28 – December 10; **New Leader Trainings:** December 10 in-person and December 18 on Zoom. **Coach and Leader Gathering:** January 20 at San Pablo. Coach and Leader Celebration at The Retreat Center: January 24.

Leading Well in 7 minutes or Less: [Spotify](#) and [Google Drive](#). Cayela Moody on how your disciple group can be God's hands and feet by lovingly wrapping around a foster care family. You can [listen to every episode on Spotify](#).

ANNOUNCEMENTS:

Humble Harvest, December 2: Help those in need receive items at the Humble Harvest. This event is similar to a free garage sale that is hosted at our Mandarin campus to bless those in need this Christmas season! For more information, contact loriaibach@gmail.com.

Christmas Toy Drive, November 26 – December 15: Hope's Closet, Eleven22 Kids and Family Support Services of NE Florida are hosting a Christmas Toy Drive to benefit children in foster care and beyond. Get involved by bringing NEW toys to the marked collection bins in the Eleven22 Kids lobbies at all campuses or either of the Hope's Closet locations. For more information and a list of toys needed, visit coe22.com/localmission.

THIS WEEK'S READING PLAN: coe22.com/readingplan

Share Wins, Praises and Prayers: Where did you see God move this week?

The Point: Our enemy, the devil, is the Father of Lies. Do not believe the whispers, but stand on the truth of the word of God. "It is written..."

SERMON TEXT: *Genesis 3; Matthew 4; 26:36-38; Romans 12:1-2; 2 Corinthians 2:1; Ephesians 6:10-20; Hebrews 2:18; 4:15*

Discussion Questions

LEADERS: There is no pressure to get through all the questions; we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.

- **What stood out to you in the sermon this week?**
- **What did God reveal to you in the Scriptures this week, maybe for the first time?**
- **Read Genesis 3. What do we learn about how Satan attacks mental health from Genesis 3?** (*The enemy will take the truth and things that are good and twist/corrupt them. He will whisper lies and half-truths to you. Some of the lies will be subtle and placed in your mind with the desire to get you asking yourself more questions and feeding more of your doubts to wear you down over time. His hope is that you become obsessed with these lies and questions until your resistance to them is gone.*)
- **Discover:** The enemy wants you to question the Word of God, the work of God, and the worth of God. Where in your life might you be thinking, "Did God actually say...?" What lies of the enemy about you are you listening to? (*See 2 Corinthians 2:11.*)
Deepen: Read **Romans 12:1-2 and Ephesians 6:10-20**. How does the Bible say we can stand up to the lies of the enemy? (*Paul's directive to the Church isn't just to "not conform," but to be **transformed**. This is not something we can do on our own, but through the help of the Holy Spirit. Your identity in Christ precedes your activity. As His continuous work in your life renews your mind, you will begin to view yourself as a living sacrifice and a vessel by which to give God praise. We must be intentional about filling our minds and hearts with God by being saturated in the Word, participating in a disciple group, praying and attending weekly worship.*)
- **Discover:** Read **Matthew 4; Hebrews 2:18; 4:15 and Matthew 26:36-38**. What stood out to you from Christ's experience with spiritual attacks on his mental health in the desert? (*The Bible says that Jesus was led by the Holy Spirit into the wilderness to be tempted by the devil. Though God has given us a new heart, the process of sanctification while we're on earth wages war against the lies of the enemy, the world, and of our own flesh.*)
Deepen: How do we know God understands our mental health problems? (*Spiritual and mental health impact each other. We also know that Jesus was perfect and never sinned. He was in perfect abiding relationship with the Father, and yet He was still attacked and tempted. This is evidence that struggling with your mental health is NOT an indication of your salvation or the strength of your faith. Since Jesus was tempted by the enemy, why would we expect him to leave us alone?*)
- **Discover:** What are all the ways that God gives us to support our mental health? (*We can turn to scripture, prayer, Christian community, therapy, medication, etc.*)
Deepen: How can your disciple group support your mental health? (*Pray for each other. If one of your group is having trouble, refer them to our Care ministry, our Care team, our mental health resources and our vettted counselors.)*)

ACTION STEP

A Disciple...Loves All People, Discovers Identity in Jesus, Deepens Relationship with Jesus

You must confront the lies that you believe and replace them with the only truth - God's truth. Be transformed by the renewing of your mind.

Consider the following lies (or others) and how they are affecting your life. Write ONE Bible verse that combats and dethrones each of the lies you may face.

I have to please these people: _____

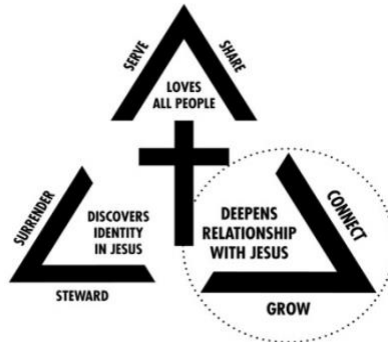
My past failures limit my future: _____

I deserve to be treated better: _____

I am worthless: _____

Money makes me important: _____

- **RightNow Media:** Find *an unending supply of resources* by signing up for a FREE RightNow Media account. Go to coe22.com/rightnowmedia or text "RightNow" to 441122.
(Note: You'll need to login or create an account to view RightNow Media content.)
- Details on the 10:10 Life are available at coe22.com/1010life.



Go to coe22.com/resources/discipleship-journey/ and click "Download Tool" to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share the link and directions with others in your group.