

## **STUDY GUIDE: THE BATTLE: “Mental and Emotional Illness”**

### **Discussion Starters**

1. What is your definition of “mental illness”.
2. On a scale of 1-10 (low to high) how comfortable are you talking to people about mental or emotional illness they might have?

### **Study:**

3. Using an exhaustive concordance and/or topical Bible, discover everything you can about mental and emotional illness in the Bible. Note the passages you found and what they taught you below.

**Study Guide: “Mental and Emotional Illness”, p. 2**

4. To complete the next section of the study guide, you will need to use a Bible Dictionary. Remember, the words listed below are from the NASU, but the word you are trying to define is the Hebrew or Greek word translated by the NASU—NOT the English word. If you have any questions about how to use these tools, contact your group leader or one of the pastoral staff.

Define the following words or terms.

--“weighs it down” (Proverbs 12:25)—

--“comforts” (2 Corinthians 1:4)—

--“sharers” (2 Corinthians 1:7)—

--“anxious” (Philippians 4:6)—

--“minds” (Philippians 4:7)—

--“dwell” (Philippians 4:8)—

5. Choose one of the words you looked up above, and write how understanding the meaning and background of that word better helped you understand this passage.

6. How does the armor of God (Ephesians 6:13-17) help someone deal with mental/emotional illness?

**Taking It Home**

7. How do you balance “spiritual” action with “psychological” help?

8. Have you ever struggled with mental/emotional illness? How do you battle this spiritually?