

*This series is about mental health and how Jesus-followers interact with our own experiences, our family and friends, and our community.*

**Leader Tip:** We are not mental health practitioners. We simply want to engage in conversations about mental health through the lens of a Jesus-centred community.

## HANGOUT

1. Discuss:
  - On a scale of 1 to 10, how's your physical health?
  - On a scale of 1 to 10, how's your mental health? Are you doing okay?

## HEAR

2. Look up and read 2 Corinthians 12:1-10 together.
3. Discuss:
  - Which point in this passage spoke to you the most? How did it affect you?
  - Paul feels "beaten up" by his thorn. Is there anything in your life that has you feeling the same way?
  - What lessons can we learn about prayer from this passage?
  - Instead of a secret superpower, what's your secret superweakness? Do you see God's strength operating through it? If so, how?
4. Look up and read 1 Corinthians 1:25-31 and 12:21-27.
5. Discuss:
  - How do these passages contribute to this discussion?
  - What's one way they each support or enhance our understanding of how God's strength works through our weakness?

## HUDDLE

6. Take some time to meditate quietly on the Lord's words in 2 Corinthians 12:9 (NLT): "My grace is all you need. My power works best in weakness."
7. After a few minutes, invite the students to share anything God may be saying to them.
8. If time permits, look up and read Romans 8:28, then repeat the same exercise.
9. Pray for one another and offer words of encouragement.