

This series is about mental health and faith. This week's discussion focuses on how the body, mind, spirit, and soul all connect and affect one another.

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:
 - Have you ever had a professional massage or gone to a spa? What was the best part of that experience?
 - What is the best thing you do to feel present and relaxed?

HEAR

2. Look up and read 1 Thessalonians 5:4-11 together.
3. Discuss:
 - What stood out to you the most in this passage?
 - What does "belonging to the day" (see verses 5-8) mean?
 - How does being "awake" and "sober" help us stay away from the darkness?
4. Slowly read 1 Thessalonians 5:12-22.
5. Encourage everyone to consider which of these commands is most relevant to them.
6. Share practical ways to live out these commands this week.
7. Read 1 Thessalonians 5:23-28.
8. Note that in verses 23-24, Paul tells us that Jesus will keep us blameless. He is faithful.
9. Discuss: How does Jesus do that? How would you explain this to someone in simple, easy-to-understand terms?

HUDDLE

10. Review the questions below and identify areas of segregation and fragmentation.
 - In which ways do you fragment yourself? Are you at war with yourself in any way? Is there an area of your life you segregate or deny?
 - Which area of your life do you find hardest to embrace?
 - Where does fear dominate your thoughts? Body? Mind? Spirit? Will?
11. Pray together about what the students have shared.