



WHAT'S ON YOUR MIND

A Holistic View

LUKE 2:52

CHRIST CHAPEL BIBLE CHURCH
DR. CODY MCQUEEN
APRIL 18, 2021



I. Mental health begins with understanding its connection to other _____ of our health.

So God created man in his own image, in the image of God he created him; male and female he created them. ... then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.
Genesis 1:26-27, 2:7



CHALLENGE SPIRAL

Confusion: Not sure of a cause

Anxiety: Trying to anticipate the unexpected

Guilt: Feeling of helplessness or failure

Maladjustment: Trying to maintain normalcy

Role Reversal: Child becomes the caregiver for the parent

Instability: Sense of hopelessness in the future

Shame: Regret for not doing something differently

Grief/Loss: Mourning loss of what was expected

Spiritual Crisis: Why did God let this happen?

Amy Simpson and Marshall Shelley,
Troubled Minds: Mental Illness and the Church's Mission

II. To improve our mental health, we must take a _____ health assessment.

And Jesus increased in wisdom and in stature and in favor with God and man.
Luke 2:52

On a scale of 1 to 10, how am I doing in each area of my life?



III. If we aspire to be mentally healthy, we must intentionally strive to be _____ healthy.

"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."
Mark 12:30-31



On a scale of 1 to 10, how much attention do I regularly give each area?

A Holistic Approach to Mental Health

- ☐ SPIRITUAL HEALTH Rest in God's _____, not in your circumstances.
- ☐ EMOTIONAL HEALTH Separate the lie from the _____ based on Scripture.
- ☐ PHYSICAL HEALTH Treat your _____ as something God cares about.
- ☐ RELATIONAL HEALTH Find _____ you can know and be known by.



DEVOTIONAL & HOME GROUP STUDY

1. One of the purposes of this series is to normalize the conversation around mental health issues. In what ways do you see this issue as timely? How have mental health issues impacted your own life recently?
2. Read Luke 2:52. How did Jesus demonstrate what a holistically healthy human being looks like in each of these four areas?
 - wisdom* - mental health
 - stature* - physical health
 - favor with God* - spiritual health
 - favor with man* - relational health
3. How are you doing in each of the four areas of health, according to your answers under sermon point II.?
4. How much attention do you regularly give each of the four areas of health, according to your answers under sermon point III.?
5. Which of the four areas needs more attention, and why? How will you change that going forward?

HOME GROUP VIDEO

EXCLUSIVE VIDEO CONTENT FOR DISCUSSION

DR. GREG COOK

Christ Chapel Soul Care Pastor

Besides comfort, what does biblical counseling provide for the believer?

What does Dr. Cook recommend to someone who is hesitant about seeking help either in their Home Group or from the Soul Care ministry? What encouragement does he give?

How are we all counselors? How can our silence or withdrawal send a message to others, and how can we be good counselors instead?

What was surprising to you about this interview? How does it prompt you to move forward in your growth as a Christian?

"If we present ourselves as something other than what we are, we're not really in community ... or learning to live in community."

Dr. Greg Cook.



COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week. Like to plan ahead a little more? Pick up a copy of *The Source* at a stand around campus or near the exits, or visit www.ccbcfamily.org/events. They're your source for everything going on at Christ Chapel.

TEXT "CCBCSHARE" TO 94090 FOR YOUR NEXT STEP. If you're connected, serving and growing, your next step is to think about who God might be putting in your life to share your faith with or disciple. Text "CCBCShare" to 94090 and we'll send you a few ideas for getting started.

SPRING SOUL CARE GROUPS START THIS WEEK! Soul Care groups are a place to drop your guard and work through a specific issue to pursue healing and hope. This Tuesday, April 20 two online groups for women begin: "Rhythms of Rest and Renewal" for daily struggles with anxiety and "It's Not Supposed to Be This Way" for processing painful situations. To learn more about these groups and what's coming up this summer (groups on forgiveness, fear and anxiety, taking control of your thoughts), go to www.ccbcfamily.org/soulcare.

GET AWAY FOR WOMEN'S PRAYER DAY THIS SATURDAY, APRIL 24. Looking for some peace and quiet? Maybe some rest and perspective? Drive out to Glen Rose and meet the women of Christ Chapel for a day all about the spiritual practice of prayer. We'll worship, learn together and then you'll have time to spend on your own. Visit www.ccbcfamily.org/events to learn more and register. The cost is \$30 per person.

MARRIED COUPLES, BUILD A STRONGER MARRIAGE AT REENGAGE. Together you've faced no shortage of challenges this past year. If you're struggling to get along, worried you're breaking apart or ready to spend extra time strengthening your relationship, we have a place for you. Through teaching, a small group community and stories of grace, you'll have the opportunity to work on your relationship together. reengage starts next Sunday, April 25. You can learn more and register today at www.ccbcfamily.org/reengage.

SIGN UP FOR PARENTING YOUR PARENTS. There's a lot to know when you start caring for your parents in their golden years. We want to help you get ready with practical wisdom on matters like legal documents and care decisions, plus biblical encouragement for stepping into that role. Learn more and sign up for the event at www.ccbcfamily.org/events. Parenting Your Parents happens Saturday, May 1 from 9 a.m. to noon at the Fort Worth and Internet Campuses.

PLANNING SUMMER ACTIVITIES FOR YOUR KIDS? Summer at Christ Chapel is roaring, rowdy, friend-filled good times absolutely overflowing with the joy and love of Jesus. It's over-the-top fun, memory-making, intentional trips and events. Whether your child is in elementary, middle or high school, they'll love what we have planned. Head to www.ccbcfamily.org/summer to learn more, register and share the link with a friend!



NEW TO CHRIST CHAPEL OR READY TO START CONNECTING? Scan the QR code here to fill out a Connect Card. Our team will reach out this week with next steps and more information.

IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE. The process is quick and easy—just text "CCBCFW" to 77977 to get started.