

# MESSAGE DISCUSSION QUESTIONS

JUNE 18, 2021 // YEAH ... YOU'VE GOT ISSUES

TODD POE, PASTOR OF LIFECARE PROGRAMMING

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Pastor Todd Poe continued in our *I've Been Thinking* series, tying mental health to spiritual maturity and recognizing we are a sum total of our emotional, social, physical, mental, and spiritual components. When one aspect of ourselves is unhealthy, the whole suffers. To bring healing, each part of our makeup needs to be addressed. If we are struggling emotionally, we need to examine what we're eating, how we're sleeping, our relationships with others, etc. God is active in all parts of our lives. He knows us, what makes us unhealthy, what harms us, what habits and hang ups we struggle with. In other words, he knows we have issues, and he knows what they are. He doesn't love us in spite of our issues, he loves us in the midst of them.

## Renewing

ἀνακαινώσει (*anakainōsei*): renewing; a renewal or change of heart and life. From *anakainoo*: renovation

## Mind

νοῦς—For the believer, *noûs* is the organ of receiving God's thoughts, through faith.

## Key to Symptoms of Mental Health/Spiritual Maturity

1. Insight
  - An accurate perspective of reality
  - Awareness of strength/weakness
2. Teachable
  - Open to feedback
  - Rooted in humility
3. Engaged in relational connections
  - With individuals/community
  - With God

## SCRIPTURE – ROMANS 12:1-2 (NIV)

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

## DISCUSSION QUESTIONS

1. What stood out today from Todd's message?
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2. Read Romans 12:1-2. What are Paul's instructions? (Use his words, then put them in your own words.)
3. What issues do people struggle with that affect their emotional, social, physical, mental, and spiritual lives?
4. How does one part affect the other? Take one issue and look at each component (emotional, social, physical, mental, and spiritual) and how it is affected.
5. Using the key above, how can the three symptoms of mental health/spiritual maturity, renew one's "mind"? (Look at the issues you identified in question 3, and work through the key.)
6. What parts of your life does God want to transform? How can the three symptoms of mental health/spiritual maturity help?
7. How can we pray for you?

## **PRAYER**

Thank God for meeting us in our brokenness. Thank God that his response is grace and that he refuses to leave us in a broken state. Ask God to search your heart, mind, and soul for areas that need renewing, or restoring, and to give you the insight to name them, the humility to remain teachable, and to engage in relational community with God and with others.