

# DO YOU KNOW THE G.O.S.P.E.L.?

## REFLECTION QUESTIONS

Read Isaiah 26:3. What does it look like to trust God? How can you fix your thoughts on Him?

Talk about the role God plays in your mental health. What would it look like to bring any mental health struggle to Him?

Share about a time when you experienced God's peace in the midst of problems or hardships. What were you doing then that you could start doing again?

**GOD** CREATED US TO BE WITH HIM.  
(GENESIS 1-2)

**OUR** SINS SEPARATE US FROM GOD.  
(GENESIS 3)

**SINS** CANNOT BE REMOVED BY GOOD DEEDS.  
(GENESIS 4-MALACHI 4)

**PAYING** THE PRICE FOR SIN, JESUS DIED AND ROSE AGAIN.  
(MATTHEW-LUKE)

**EVERYONE** WHO TRUSTS IN HIM ALONE HAS ETERNAL LIFE.  
(JOHN)

**LIFE** WITH JESUS STARTS NOW AND LASTS FOREVER!  
(ACTS-REVELATION)

## PRAY

"JESUS, I REALIZE THAT I AM A SINNER.  
I BELIEVE YOU ARE THE PERFECT SAVIOR.  
I TRUST THAT YOU LOVE ME AND CAN HEAR MY PRAYER.  
BY FAITH, I ASK YOU TO PLEASE FORGIVE ME AND FILL ME WITH THE HOLY SPIRIT.

NOTE: THESE ARE NOT MAGIC WORDS THAT SAVE YOU.  
IT IS THROUGH TRUE FAITH IN JESUS THAT WE RECEIVE THIS GIFT.

**AND IF YOU SURRENDERED YOUR LIFE TO JESUS TODAY,  
TELL SOMEONE BEFORE YOU GO! WE CELEBRATE YOU!**



WWW.MYRESTORE.CHURCH

**THE MOST DANGEROUS MYTHS OF MENTAL HEALTH**

**MEMORY VERSE: 1 THESSALONIANS 5:23-23**

**23** Now may the **God of peace** himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

**24** God will make this happen, for he who calls you is faithful.

**Two Mental Health Myths**

**Myth #1: Christians shouldn't \_\_\_\_\_ with mental health.**

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**Myth #2: God doesn't \_\_\_\_\_ about your mental health.**

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\_\_\_\_\_ **was known for ...**

- Great wisdom (1 Kings 4:31)
- Musical ability (1 Chronicles 6:33, 16:41-42)
- Committed parenting (1 Chronicles 25:5-6)
- Service to king (1 Chronicles 25:6)

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\_\_\_\_\_ : to prop, to rest your full weight on an object

**2 Peter 1:3** His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. NIV

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**MY NEXT STEP TODAY IS (WHAT IS THE WISE THING?):**

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**THE BIGGEST OBSTACLE BETWEEN ME AND LIVING OUT THESE BIBLICAL TRUTHS FOR GOD'S GLORY IS:**

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**MY PRAYER IN RESPONSE TO TODAY'S STUDY:**

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