



## WEEK TWO | A SAFE PLACE

We began our journey as a church to address emotional health and its connection to spiritual health in 2015. We will never be able to move on and say, "Mission accomplished." Being the safe place that God envisions takes consistent effort and prayer. Emotional and spiritual safety are very fluid things that succeed and fail almost daily in life. Like most things in the spiritual realm, the work will never be done on this side of heaven. We keep at it.

**What has been your experience with being able to ask tough questions about life and faith and express doubts in the church?**

### TALK ABOUT IT

**What do you see more people struggle with regarding their emotional health?**

**Who do you go to when you need to talk through something or have questions about faith?**

**Read Luke 15:11-32**

**What do you feel when you hear this statement? It's not a sin to struggle.**

**When is a time in your life when you went off the rails? How did you recover?**

### APPLY IT

We live in a time and culture where it's all about *"Look at me!"* All this self-focused mindset has severely damaged our emotional health. The problem with shining the light on us is that it reveals things we want to keep hidden. We are flawed and society has no problem pointing that out.

## Read 2 Corinthians 12:7b-10.

What are some practical ways our church can address and improve emotional health in our church and community?

What can we do to remove the “*Look at me*” focus that plagues us and increase the “*Look at God*” focus that we need?

## PRAY

It's the end of the discussion time, and you are likely feeling rushed to let everyone go. Maybe it went longer than you planned. Maybe the kids are past restless. **HOLD ON!** Don't overlook this crucial part of living life together. We get closer to people the more we know who they really are and what they are dealing with.

- Pray together before you go home.
- Take requests, email them to the group, ask them to pray this week.