

LETS TALK ABOUT MENTAL HEALTH



QUESTIONS FOR REFLECTION

- Identify some stressors in your life as well as strategies to cope and overcome those stressors. How does Matthew 6:19–34 help us to frame our stressors within our hope in Christ?
- How has your experience of college compared to your expectation of it? How does the passage in Philippians 4:10–20 inform your answer?
- Proverbs 23:7 reads, "For as he thinks within himself, so he is. He says to you, 'Eat and drink!' But his heart is not with you" (NASB). How might this phrase encourage us to examine our patterns of thinking? What strategies or goals can you implement to improve your mental and spiritual health by improving your patterns of thinking?