

LIFE Group Session 3

The Real McCoy in My Emotional Health

CHECKING IN

- Which of the seven mental health verses from your devotional reading this past week was the most meaningful to you?
- When you hurt yourself (stub your toe, whack your thumb with a hammer, etc.) do you tend to stuff it, yell at it, cry about it, or dance around?

MEMORY VERSE

“Come to Me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28).

VIDEO: THE REAL MCCOY IN MY EMOTIONAL HEALTH

Watch the LIFE Group Video for week 3 at www.celebrate.church/mccoy and follow along in your notes.

“He heals the broken-hearted and bandages their wounds” (Psalm 147:3).

FIVE STEPS TOWARD EMOTIONAL HEALTH

1. _____ my _____.

You’ll never be emotionally healthy until you face your feelings straight on.

“I kept very quiet...but I became even more upset. I became very angry inside, and as I thought about it, my anger burned” (Psalm 39:2-3).

Holding on to hurts is like carrying hot coals in your heart—you’re the one who’s going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God, and honest with one other person.

“When I kept things to myself, I felt weak deep inside me. I moaned all day long” (Psalm 32:3).

2. _____ those who have _____.

One of the most difficult decisions you’ll make in life is this: “Do I want to get well or do I want to get even?”

“It was while we were still sinners that Christ died for us!” (Romans 5:8).

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:31-32).

“You have kept a record of my tears” (Psalm 56:8).

“Never pay back evil for evil ... never avenge yourself. Leave that to God, for He has said that He will repay those who deserve it” (Romans 12:17-19).

3. Replace the _____ with _____.

“Let God transform you into a new person by changing the way you think” (Romans 12:2).

We can't erase them, but we can most certainly replace them.

“Jesus, Who makes people holy, and all those who are made holy have the same Father. That is why Jesus isn't ashamed to call them brother and sister” (Hebrews 2:11).

If you want to change the way you feel about your life, you have to change the way you think about your life. Replace old lies with God's truths.

4. _____ on the _____.

“Put your heart right ... Reach out to God ... face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more” (Job 11:13-16).

Your past is not your future. The old you is not the new you.

“Look straight ahead with honest confidence; don't hang your head in shame” (Proverbs 4:25).

5. _____ to help _____.

God wants to redeem your pain. He wants to use your experiences to help other people. That's what ministry is all about.

“God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort that God gave us” (2 Corinthians 1:4).

“When someone becomes a Christian, he becomes a brand new person inside. He's not the same anymore. A new life has begun” (2 Corinthians 5:17).

DISCOVERY QUESTIONS

Pick at least one or two of the following questions to discuss:

- God never wastes a hurt. Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing your faith with a non-believing friend.
- The Bible says, “*When I kept things to myself, I felt weak deep inside me. I moaned all day long*” (Psalm 32:3). Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?
- Why is it so hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?
- The Bible says, “*Be made new in the attitude of your minds*” (Ephesians 4:23). Pastor Keith said, “If you want to change the way you feel about your life, you have to change the way you think about your life.” What is one thought you need to change about yourself?

PUTTING IT INTO PRACTICE

- Where do you want to be three months from now with your emotional health?
 - What is one thing you will do to take a step in that direction? Not one thing you could do, or might do, but one thing you will do. Review the session notes to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.
 - Write your emotional health goal here:
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PRAYER DIRECTION

If anyone shared a hurt or needs prayer, be sure to pray for those things during your prayer time. If you are short on time or your group members would feel more comfortable sharing with one other person, you might want to pair up and pray for each other.

DIVING DEEPER

- Read the daily devotions for days fifteen through twenty-one.
- Read the Memory Verse every day this week as part of your quiet time. See if you can have it memorized before your next group meeting. Here it is again:

“Come to Me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28).

LIFE Group Covenant

WE AGREE TO THE FOLLOWING VALUES:

Clear Purpose

To grow healthy, spiritual lives by balancing the five biblical purposes in the LIFE Group.

Group Attendance

To give priority to the group meeting (call if I am absent or late).

Safe Environment

To create a safe place where people can be heard and feel loved, so we will be careful with being judgmental, giving quick answers, and offering our simple fixes to complex situations.

Be Confidential

To keep anything that is shared strictly confidential and within the group.

Conflict Resolution

To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17, which begins with going directly to the person with whom you have an issue.

Spiritual Health

To challenge and encourage one another to live a healthy and balanced spiritual life that is pleasing to God.

Limit our Freedom

To limit our freedom by not serving or consuming alcohol during Celebrate LIFE Group meetings or events so as to avoid causing a weaker believer to stumble. (1 Corinthians 8:1-13, Romans 14:19-21)

Welcome Newcomers

To invite our friends who might benefit from this study and warmly welcome newcomers.

Building Relationships

To get to know one another even outside the group time and pray for one another regularly.

Mission Motivated

To work toward understanding how our group can effectively participate in Celebrate's mission opportunities.

Shared Responsibility

To work with each other to share group leadership.
