

LIFE Group Session 4

The Real McCoy in My Mental Health

CHECKING IN

Which of the seven physical health verses from your devotional reading this past week was the most meaningful to you?

What role do you think the mind plays in our growth as followers of Christ?

MEMORY VERSE

“Do not conform any longer to the pattern of this world, but be The Real McCoy 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” (Romans 12:2).

VIDEO: THE REAL MCCOY IN MY MENTAL HEALTH

Watch the LIFE Group Video for week 4 above or at www.celebrate.church/mccoy and follow along in your notes.

Whatever gets your mind gets you.

“Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. So thus, we demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” (2 Corinthians 10:3-5).

TO MAKE THE MOST OF YOUR MIND...

1. Don’t believe everything you _____.

You and I have an amazing ability to lie to ourselves. We do it all the time.

“The heart is deceitful above all things and beyond cure. Who can understand it?” (Jeremiah 17:9).

“Examine yourself to see whether you’re in the faith; test yourselves” (2 Corinthians 13:5).

2. Guard your mind against _____.

“A wise person is hungry for truth, while the fool feeds on trash” (Proverbs 15:14).

There are three types of brain food: healthy brain food, junk food, and toxic brain food.

“I will not set before my eyes anything that is worthless” (Psalm 101:3).

3. Never let up on _____.

“Intelligent people are always ready to learn. Their ears are open for knowledge” (Proverbs 18:15).

“Wise people store up knowledge” (Proverbs 10:14).

There are two ways to store up knowledge: reading and relationships. Your life will be largely influenced by the books you read and the people you meet.

“Those who get wisdom do themselves a favor, and those who love learning will succeed” (Proverbs 19:8).

It’s wise to learn from experience. It’s wiser to learn from the experiences of others—and it’s a lot less painful.

4. Renew your mind daily with _____.

Change doesn’t start in your behavior. It starts in your thoughts.

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect” (Romans 12:2).

“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!” (Isaiah 26:3).

5. Let God stretch your _____.

“Now glory be to God, Who by His mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinately beyond our highest prayers, desires, thoughts, or hopes. May He be given glory forever” (Ephesians 3:20-21).

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don’t have any goals. He cannot fulfill your dreams if you don’t have any dreams. He cannot exceed your expectations if you don’t have any expectations.

“Where there is no vision, the people perish” (Proverbs 29:18).

God wants you to dream big dreams so you can accomplish great things for His glory.

_____ every thought.

_____ your head.

_____ great thoughts.

_____ a godly mind.

_____ on learning.

“Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress”
(1 Timothy 4:15).

DISCOVERY QUESTIONS

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

- Why is it so easy to lie to ourselves?
- Pastor Keith talked about toxic food, junk food, and healthy food for your brain. What could you do to give your brain a healthier diet?
- What specific topics and habits do you want to learn about through your reading and relationships?
- The Bible says, *“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!”* (Isaiah 26:3). What helps you to fix your thoughts on God?

PUTTING IT INTO PRACTICE

- Where do you want to be three months from now with your mental 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 your 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.

MY THREE-MONTH GOALS

Write your mental health goal here:

PRAYER DIRECTION

Pray for the action steps each person wants to take in the area of Mental Health. You may want to have each person pray for the person on their right going around the circle, or pair up in groups of two.

DIVING DEEPER

- Read the daily devotions for days twenty-two through twenty-eight.
- 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:

“Do not conform any longer to the pattern of this world, but be The Real McCoy 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” (Romans 12:2).

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.
