



STUDY GUIDE

March 19, 2023

Message Series:

Everything's Fine

Message Title:

Light in the Darkness

Teaching Pastor:

Angie Frame

Warm-up/Icebreaker: (10 min).

What's your favorite song and what memories does it bring back for you?

Pray:

Dear Lord, we praise You because You are sovereign and over all things. Sometimes this world is a little confusing and a lot messed up, but we can look to You as the God of order and the God Who works all things together for good, in Your time and in Your way. We ask that You help us put aside all preconceived ideas and that You open our hearts to hear from You. We thank you for the privilege of being Your children, and for the gift of Your Word, Your Son, and Your Spirit. We pray all of this in Jesus' name. Amen.

Get Started: (25 - 30 min.)

- What words or images come to mind when you think about mental health?
- What makes it hard to talk about mental health issues or to help someone who is struggling with mental illness?

"Jesus deploys us to be the light of the world. We don't know Jesus so that we can have a hidden light that's just for us. No, Jesus came into this world as the light to deploy us to stand up, to boldly march into the darkest places, and to shine his light to everyone. Especially those who are in the deepest darkness, because they need it the most. Yes, going into the darkness can be scary. But getting to reflect the light of the world to people at their most broken and fragile—that's a sacred gift. And Jesus offers it to us." - Pastor Angie Frame

Read John 1:5 and John 8:12.

- Have you ever felt like you were in a dark place, either in the past or now? If you are comfortable, share briefly with your group.
- Who do you know around you that might be living in darkness? Do you think God may be calling you to enter the darkness and be a light?
- What are some practical ways to be a light to others, particularly someone who may be struggling emotionally?

"Let's enter the darkness and be a light, and let's also take some tools with us. Just like we approached the Grand Canyon in the dark with flashlights and layers of clothing, we need to approach mental health struggles with some tools. Namely, boundaries and resources. While we should enter the darkness, we should not put ourselves in positions to be overtaken by it. If that happens, then we're no good to anybody." - Pastor Angie Frame

- What kind of boundaries might be helpful in dealing with someone struggling emotionally?
- Have you ever been in a situation where you tried to help someone but ended up being pulled into an unhealthy situation? What could you have done differently?

Watch and Discuss Video (running time 8 minutes, 15 minute discussion)

- Pastor Angie mentioned the importance of “leaning into love.” What do you think that means?
- 1 Corinthians 13:4-7 lists the following characteristics of love: Patient, kind, not envious, not boastful, not prideful, not dishonoring, not self-seeking, not easily angered, not keeping a record of wrongs, rejoicing with truth, always protecting, always trusting, always hoping, and always persevering. When thinking about loving someone who is struggling, which one of these expressions of love do you think you could do better? If you are the one struggling, which one of these do you need most?

Reflect and Commit: (20 min.)

“We all need rest and space. We all need Jesus. Every single one of us. From the ones of us who are just a little unwell, to those who are a whole lot unwell, to the people who love someone who’s unwell. None of us is fine. It’s not fine. Everything’s not fine. And, we can come to Jesus with all of that.... let’s turn to Jesus, not because He’s going to make everything fine, but because He’s our hope. He’s our stay when we’re not okay.” - Pastor Angie Frame

Read 1 Timothy 4:10 and 1 Peter 3:15.

- These verses talk about placing our hope in Jesus. Share a story about when you put your hope in Him and He helped you OR what does it look like to put our hope in Him even when things aren’t fine?

Gather prayer requests and pray. (5-10 min.)

"May the God of hope fill you with all joy and peace as you trust in him,
so that you may overflow with hope by the power of the Holy Spirit."

~Romans 15:13

Pray:

Dear Heavenly Father, thank you for the opportunity to discuss this difficult topic. Some of us might secretly be dealing with some difficult things or we might have a loved one who is struggling, and it can be hard. We need Your wisdom and Your grace, Lord. Thank You that You promise to supply all our needs according to Your glorious riches in Christ Jesus. We are grateful that you will help us shine light in the darkness, both in our own and in others, placing our faith and hope in You. In Christ's name we pray. Amen.