

**Mental Health Focus**

**April 24, 2022**

**Fun Question:** If you were one of the characters in the Disney movie “Encanto” (<https://d23.com/meet-the-characters-of-encanto/>) or “Inside Out” ([https://pixartimes.com/2014/11/21/meet-the-5-major-characters-from-inside-out/)](https://pixartimes.com/2014/11/21/meet-the-5-major-characters-from-inside-out/), which one would describe you the best and why?

1. God cares deeply about our entire being which is composed of the physical, spiritual, as well as the psychological and emotional dimensions of being human.

What has your experience been in learning about and dealing with mental and emotional health growing up? What are some of the ways it has been neglected and/or addressed throughout your life?

1. Our speaker, Irene Cho, exposed different challenges that we face when it comes to having good emotional and mental health (lack of direct communication of feelings, lack of awareness of grief/loss, lack of language of emotion, etc.). Which ones resonated with you and why?

\*PDF of the talk can be referenced [HERE](https://www.immanuelcommunity.org/uploads/1/7/9/2/17924975/focus_on_mental_health.pdf)\*

1. What are some warning flags (Slide 16) that may have pointed to or is presently pointing to your own mental/emotional unhealth? What are your own personal reservations or advocacy for professional counseling?
2. What are some practical steps that you can take in order to improve and/or maintain your emotional and mental health?

Pray with one another and ask the Lord to give healing and wisdom concerning each other’s emotional/mental health.

**Deeper Study**

Read and study 1 Kings 19. What can we learn about mental and emotional health by God’s interaction with Elijah and his condition?