



These questions will help individuals and groups review points raised by the panel the presented January 10, 2021 at Harvest Bible Chapel Barrie. Groups should choose 2 – 3 questions for discussion. Use all to prepare.

- Describe your own mental health journey during the pandemic so far? What have been your high and low points?
- If you've had no concerns for your health in any way, how have you shown appreciation to God for this blessing at a time when others have struggled?
- How can we benefit from acknowledging our weaknesses emotionally, mentally, and spiritually?
- What is the difference between the way you share your pain and the way someone would complain about the same thing?

Continues on next page...

- Do your favourite coping methods help you move into God's will or move away from it? What biblical principles are your coping methods rooted in? (I.e., Sabbath, worship, confession of sin, meditation on what is lovely, etc.)

- Have you ever had someone minister to you by listening well? How did their ministry help you in that moment?

- How do you think your attitude through this pandemic has affected the emotional condition of the people around you?

- Perhaps you tried to reach out to a friend who seemed to be isolated and it didn't go well. What did you hear in this discussion that might explain their response and encourage you to reach out again?

- As you consider the possibility of God's work in your life at this moment, how is he inviting you to receive his care? For instance, do you need to accept help and advice in a more gracious way? Do you need to abandon certain coping methods for better ones? Do you need to seek connection instead of isolating?
Write down a step of application you can follow through on in the coming weeks and share it with someone who can encourage your efforts.