



WHAT'S ON YOUR
MIND

A Common Darkness

MATTHEW 26:36-39

I. Darkness was experienced in its _____ way by Jesus when He faced the depth of sin.

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."
Matthew 26:36-39

II. Darkness is experienced by all of us in a fallen world and is not easily _____.

Reasons why people experience darkness:

- situational
- psychological
- spiritual

Five reasons why Christians have denied the legitimacy of mental illness

1. No specific medical test exists to diagnose an individual.
2. There doesn't seem to be consistency in diagnoses.
3. Medication doesn't seem to "cure" the illness.
4. Not all abnormal behavior is directly linked to a brain disorder.
5. Psychiatry and psychology are secular by nature.

Matthew Stanford
Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness

III. Darkness begins to be defeated when we _____ toward the Light of the World.

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.
Hebrews 4:15-16

A Holistic Approach to Mental Health

- EMOTIONAL** Let your hope for _____ encourage you today.
- PHYSICAL** Seek to do the right things you don't _____ like doing, including seeking professional help.
- RELATIONAL** Allow the _____ of Christ to flow through the body of Christ ... and that includes you.
- SPIRITUAL** Couple the assurance of God's care with His commands, leaning on your _____ in Christ.



DEVOTIONAL & HOME GROUP STUDY

1. Have you been skeptical about counseling or the idea of mental health as an issue in the past? How has this pulpit series given you a new perspective?

2. Read Matthew 26:36-46. At this point, Jesus had not yet taken on the sin of the world, but He knew what was coming. What does this scene tell you about Jesus as a man and also as God?

3. Read Matthew 6:25-34 and Hebrews 4:15-16. How do these passages encourage your battles with suffering in your daily walk with Jesus?

4. Consider these thoughts from Matthew Stanford*, author of *The Anxious Christian: Can God Use Your Anxiety for Good?* How might this perspective speak to your situation?

"What if God put that anxiety in your life for a purpose? What if it is His way of guiding you? Maybe anxiety is like the warning lights on the dashboard of our car that tells us when something is going on inside of us? Those lights say, 'Pay attention to me.' So what if God has put anxiety in your life as a way for Him to say, 'Hey, pay attention to Me. I am trying to keep you from getting stuck and buried in your fears. Follow Me.' What if anxiety is God's catalyst to help you grow, because when you have the courage to face it you are right where God wants you? Maybe anxiety is God's way to make us uncomfortable so that we just don't continue being content with where we are, always in search of what is most comfortable or us? ... This is anxiety in your midst and God wants you to pay attention to it. He wants you to listen to it. For in your anxiety God is speaking to you and He is encouraging you to not stay content with where you are. In that anxiety God is calling you forth out of that false place of safety and into a stage-by-stage journey where He wants to help you grow with the aid of the anxiety that He has placed within you."

*Matthew Stanford is CEO of Hope and Healing Center & Institute and adjunct professor of psychiatry at Baylor College of Medicine and the Houston Methodist Hospital Institute for Academic Medicine

5. Read 2 Corinthians 1:3-7. and 1 Peter 5:10. Paul helps us understand how our own suffering benefits others. How have you experienced this from another person? How have others benefited from you? How has this brought your suffering "full circle," in a sense?

HOME GROUP VIDEO

EXCLUSIVE VIDEO CONTENT FOR DISCUSSION

LEE LONG, MA, LPC-S

President and CEO, Restoration

www.restorationcec.com (Fort Worth, Dallas and Waco)

According to Lee, when people come to counseling, what should they focus on, rather than a "fix" for the problem? How does God's first response to Adam and Eve in the Garden relate to this idea?

Lee says he has noticed division, isolation and fear more recently in his practice. Why does he think this is so, and how has he approached these trends?

What do people miss in their desire to get rid of a problem instead of sitting still and recognizing what God is trying to teach them?

"He who has been in the dark dungeon knows the way to the bread and the water. If you have passed through depression, and the Lord has appeared to your comfort, lay yourself out to help others who are where you used to be."

Charles Spurgeon



COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week. Like to plan ahead a little more? Pick up a copy of *The Source* at a stand around campus or near the exits, or visit www.ccbcfamily.org/events. They're your source for everything going on at Christ Chapel.

TEXT "CCBCCONNECT" TO 94090 FOR NEXT STEPS. If you've been worshipping with us for a while, we want to help you take the next step of learning more about Christ Chapel and connecting in community. Text "CCBCCConnect" to 94090 and we'll send you info this week.

RE|ENGAGE STARTS TODAY FOR MARRIED COUPLES. Together you've faced no shortage of challenges this past year. If you're struggling to get along, worried you're breaking apart or ready to spend extra time strengthening your relationship, we have a place for you. Through teaching, a small group community and stories of grace, you'll have the opportunity to work on your relationship together. re|engage starts today, April 25—you can learn more and register at www.ccbcfamily.org/reengage.

PARENTING YOUR PARENTS IS THIS SATURDAY, MAY 1. There's a lot to know when you start caring for your parents in their golden years. We want to help you get ready with practical wisdom on matters like legal documents and care decisions, plus biblical encouragement for stepping into that role. Learn more and sign up for the event at www.ccbcfamily.org/events. Parenting Your Parents happens this Saturday from 9 a.m. to noon in the Oak Room.

EXPERIENCE MORE OF CHRIST CHAPEL AT CONNECTING POINT NEXT SUNDAY. If you're new-ish to Christ Chapel, Connecting Point is the perfect place to start putting roots down and learning more about us and how we're here to help you grow in your faith. Plus, you'll get to know other people new to Christ Chapel as well. Learn more about the May class and sign up at www.ccbcfamily.org/cp.

NATIONAL DAY OF PRAYER IS THURSDAY, MAY 6—MAKE PLANS TO PRAY WITH US! This year we want to challenge every Christ Chapelite to set aside 10 minutes to pray on National Day of Prayer. Our goal is that every minute of May 6, from midnight to midnight, would have at least one person praying for our country and world. You can sign up for a time at www.ccbcfamily.org/events. That's where you'll also find info about the Sanctuary being open for prayer that day and the special lunchtime hour of prayer and worship.

PLANNING SUMMER ACTIVITIES FOR YOUR KIDS? Summer at Christ Chapel is roaring, rowdy, friend-filled good times absolutely overflowing with the joy and love of Jesus. Whether your child is in elementary, middle or high school, they'll love what we have planned. Head to www.ccbcfamily.org/summer to learn more, register and share the link with a friend!

IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE. The process is quick and easy—just text "CCBCFW" to 77977 to get started.



NEW TO CHRIST CHAPEL OR READY TO START CONNECTING? Scan the QR code here to fill out a Connect Card. Our team will reach out this week with next steps and more information.