

STUDENT GUIDE

Week 24—Mental Health

Key Verse (Memorization Verse):: “We are fearfully and wonderfully made” Psalm 139:14

Memorization Helps

Use simple hand motions for each phrase:

- **“I praise you”** – raise hands in praise
- **“because I am fearfully and wonderfully made”** – gesture to self with both hands
- **“your works are wonderful”** – thumbs-up or hands outstretched
- **“I know that full well”** – point to your head

Take Away Point: “God created us as a whole people—body, mind, spirit—and He cares deeply about our mental and emotional well being.” Through the promises of the Apostles Creed, and the gift of confession and absolution, God brings hope, healing and peace when we struggle.

Take Away Explained: Mental Health is an important part of God’s design for our lives. It’s okay to talk about our emotions, struggles, and mental health as a Christian. Through faith and God’s Word we can find support for ourselves and for others in difficult times and seasons. God has called us to community, to pray for each other and seek help when needed.

Part 1 (Large Group) (Fill in the Blank)

Mental health is part of how _____. It includes emotions, stress, relationships and thoughts.

Mental health includes our _____ to cope with life.

John 11:35—Jesus Wept.

Luke 22:44—Being in agony he prayed more earnestly, and his sweat became like great drops of blood falling down to the ground.

Luke 11:44—Woe to you scribes and Pharisees, hypocrites! For you are like concealed tombs, and the people walking over them do not know it.

Notes:

Point 2 (Large Group) (Fill in the Blank)

_____ is honestly naming our sins and burdens before God.

_____ is hearing and receiving that God FORGIVES us—for EVERYTHING

1 John 1:9 “If we confess our sins, He is faithful and just and will forgive us of all our sins.

Notes:

Point 3 (Large Group) (Fill in the Blank)

God Made _____. This is the first article of the Apostles Creed (Creation)

Jesus has _____ me. This is the second article of the Apostles Creed (Redemption)

The Holy Spirit _____. This is the third article (Sanctification)

Notes:

Week Application and Work:

Weekly Application: This week remember your identity by saying the Apostles Creed or when you wash your hands, or take a shower remembering you're a baptized child of God, Created, Redeemed, and Sanctified.

Memorize

- **Psalm 139:14 “We are fearfully and wonderfully made”**
- **Redemption:** the action of regaining something in exchange for something else. The work of Jesus' sacrifice on the cross in exchange for your sins.