

EKKLESIA

Mental Health Awareness Weekend

D.A Horton

- Open in prayer.
- Read 2 Corinthians 4:16-18 and discuss Pastor Horton's statement, "The gospel is the message that connects God's story with our story".
- Pastor Horton looked at scripture like a Netflix series (four seasons with 66 episodes). Go through each season and discuss.

God's story.

- Season 1 – Creation
Read Genesis 1:26-27.
 - What did the author mean when he said, "*God created man in His own image*"? (HINT: His character)
 - What things do we deal with today that were not a part of God's original design? (EXAMPLE: abuse)
- Season 2 - The Fall
- Read Genesis 3:1-19.
 - The first negative emotions recorded in scripture are guilt and shame. Discuss Sheila Walsh's definition of these two words: "Guilt says you've done something wrong, but shame says you are something wrong".
- Read and Romans 5:12.
 - Discuss the following two statements Pastor Horton said regarding this passage:
 - Both material and immaterial parts of our being are susceptible to brokenness, disease, and are deteriorating while we're marching towards death.
 - Every single one of our systems (Circular, digestive, nervous, reproductive, respiratory, etc) was affected by the fall.
- Sin has a penalty and price:
 - The penalty is death. (Genesis 3:21, Romans 6:23)
 - The price is Jesus' shed blood. (Leviticus 1 – 7, Hebrews 9:22)
- Season 3 – Redemption
- Read and discuss the following scriptures:
 - John 1:1-14 - Jesus is equal with God and essentially God – He clothed Himself in human flesh.
 - Matthews 20:28 - Jesus didn't come to be served but to serve and give His life as a ransom for many.

- Hebrews 7:26 - Jesus lived the perfect life we never could. (He obeyed all 613 Old Testament laws.)
 - Hebrews 9:22-26 - He gave His life as a once and for all sacrifice.
 - Romans 4:24-25 - Jesus' resurrection proves His payment was accepted by God
 - Salvation includes: forgiveness, grace, faith, adoption, justification, the Holy Spirit, Sanctification, and assurance of restoration!
- Season 4 – Restoration. Read and discuss Revelation 21:1-5.

Pastor Horton's story.

- What stood out as you listened to his story?
- Read 2 Corinthians 4:16-18.
 - According to verse 16, discuss what final restoration looks like for us as Christ-followers.
 - Discuss the correlation between verse 17 and 2 Corinthians 5:17.
 - How does verse 17 encourage us when we face challenges—physical, emotional, spiritual, relational—in our lives? (HINT: Jesus is undefeated...we can walk in His victory!)
 - In verse 17, Paul says, *“For this light momentary affliction is preparing us for an eternal weight of glory beyond comparison”*. Using the example of childbirth and the years of joy we have with our children, what is Paul saying in this passage? (HINT: The pain is real, but His holistic healing is better!)
 - Read Philippians 4:6 and discuss why it's important to follow this passage when we struggle with the truth of 2 Corinthians 4:18.
- Read Revelation 21:1-5 and discuss the truths that are in this passage for those who are dealing with challenges in their lives.
- **Soul Tattoo:** The gospel calls us to admit we need help. The gospel tells me I can't fix me. The gospel tells me I need Jesus.
- As you **close in prayer**, pray that Transformation Church would be a place where we “erase the stigma” of mental illness and will be a place where people can receive:

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| Biological healing | → | through doctors and medicine |
| Psychosocial healing | → | through counseling, therapy, and medicine |
| Ethical healing | → | through discipleship, spiritual maturity |
| Spiritual healing | → | through Jesus! |