

DISCUSSION GUIDE - What's On Your Mind? Week 1

Warm Up:

What is your favorite cure for the blues? TV? Sleep? Food? Exercise? Talk? Prayer?

Discussion:

- 1) David was not afraid to be vulnerable before the Lord. What are the benefits of allowing ourselves to be vulnerable?
- 2) Read Psalm 102:7 and Psalm 6:2,3,6. List the emotions David is feeling. Have you ever found yourself sick with grief, worried about something or praying for healing, yet not receiving it?
- 3) Negative rumination is when we keep turning something over in our minds. Read Psalm 27:1 and 14. How would saying these verses in those times help?
- 4) Gratitude is one of the most powerful practices for treating depression, grief, and all kinds of things. Have you experienced this? What happened?
- 5) Psalm 46:1-3, 10. What difference does it make to you to know that in the midst of disasters, God is with you to be a refuge and strength, and that it is possible to be still and trust Him?

Application:

Start or end each day writing out three things you are grateful for.