



Week 1: Mental Health // Mark Clark // September 13, 2026

Sometimes you know you need a reset. You've been coasting, going through the motions, or ignoring something that just isn't working—and underneath it all, you know something is off. That's the invitation behind this series: to honestly look at what's wearing us down in our minds, relationships, purpose, and relationship with God, and discover the Jesus who wants to lead us toward a different way of living. This week begins with our minds. We all experience fear, anxiety, stress, and mental overload, but Scripture offers more than "try not to worry." It gives us practical ways to cultivate what is good, release what we can't carry, and discover the peace that comes not simply from better circumstances, but from the presence of God.

Scripture: [Philippians 4:4-9 NIV](#) // [2 Timothy 1:7 NIV](#) // [John 14:27 NIV](#) // [Matthew 6:34 NIV](#)

Bottom Line: You can't always choose what happens to you, but you can cultivate what grows within you.

Digging In:

1. When you hear the word "reset," what area of life first comes to mind for you?
2. What tends to wear you down mentally the fastest—busyness, uncertainty, relationships, screens, work, comparison, finances, too many decisions, or something else?
3. What are some signs that tell you you're becoming mentally or emotionally overloaded?
4. Read Philippians 4:4-9 together. What stands out to you from this passage? What words or ideas do you notice the apostle Paul repeating or emphasizing?
5. Paul says, "Rejoice in the Lord," not "rejoice in your circumstances." What's the difference? Why is this distinction important, especially when life is genuinely difficult?
6. In 4:6, Paul doesn't simply tell us to stop being anxious—he tells us what to do with our anxiety. What do you notice about his instructions? What's your experience been putting this verse into practice?
7. Read 4:8. Why do you think Paul places so much emphasis on what occupies our thoughts? Which of these eight filters really speaks to you at this moment?
8. Mark says, "Whatever gets your attention eventually gets influence." Where do you see that principle playing out—for better or worse—in your own life?
9. What are you currently feeding your mind that may be making it harder for you to experience God's peace? Is there anything you need to consume less—or more—of?

10. In Matthew 6:34, Jesus tells us not to worry about tomorrow because each day has enough trouble of its own. What future scenario are you mentally living in right now that God may be inviting you to release and deal with one day at a time?
11. Of the four practices from the message—cultivate joy, release your anxiety to God, curate your mind, and live by the “today principle”—which one do you most need to lean into right now? Why?
12. Mark ends by saying that the goal isn’t simply to pursue the peace of God, but the God of peace. What’s the difference? How could this change the way you approach your mental and emotional health?

Moving Forward:

Choose one reset for your mind this week rather than trying to change everything at once. Maybe it’s writing down three things you’re grateful for each morning, turning off your phone for part of the evening, replacing 20 minutes of scrolling with Scripture or prayer, or something else. At the end of each day, ask yourself one simple question: “What did I give my attention to today—and what did it produce in me?” Then invite God to help you reset your attention toward what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.

Prayer Prompt:

Give everyone a few quiet moments to identify one thing that’s taking up too much space in their mind right now.

Then invite them to hold their hands open and silently pray:

God, I don’t want to carry this alone. I give _____ to you.

And finally offer this prayer to wrap up your time together:

God of peace, guard our hearts and our minds. Help us release what we can’t control, pay attention to what’s true, and trust you with tomorrow. Reset our minds and help us experience your presence today. Amen.