

# WHEN YOU'RE NOT OKAY

The spiritual side of mental health.

## **Part 5: Spirituality, Mental Health & Our Kids //** **Jeff Brodie & Dr. Rob Meeder // February 5, 2023**

In the series, we've seen the spiritual side of mental health, but what does the medical profession say about the connection? And how do we handle the rising mental health crisis in the lives of the kids we love? This Sunday, we'll hear from Dr. Rob Meeder, a pediatrician with a focus on mental health. He'll look at how we can come alongside our kids to support them in this area, and how we can connect our spiritual life to our mental health.

**Scripture:** [Deuteronomy 6:4-7 NLT](#)

**Bottom Line:** Make conversations about God and your mental health a regular part of your day.

### **Getting Started:**

1. Jeff explained how the combined influence of the family (red) and the church (yellow) is greater (orange) than the influence of each of them individually in building a faith that lasts for the next generation. Does that make sense? What questions do you have about this strategy? How do you see this playing out in the ministry of Connexus?
2. When you think of the kids you care about most in your life, who are they? If you aren't in the lives of any kids, who could you connect with?

### **Diving In:**

3. Read [Deuteronomy 6:4-7](#). There is clear instruction that the key to building a faith that lasts in our kids is talking about God all throughout our lives. It's an ongoing practice. What would be some easy ways to make this happen in your home life this week?
4. How do you suppose these spiritual conversations change over time as your kids age from infants to adults? What has been your own experience with this over the years?
5. Dr. Rob highlighted three fundamental types of stress: positive, tolerable, and toxic. What do each of these look like? If you evaluate your own life, what would be the percentage breakdown for each type?
6. Throughout the conversation was the theme of normalizing mental health dialogue in your home. How would you say this is going currently in your family? What steps could you take to lean in further?

7. Dr. Rob talked about how spiritual practices improve our mental health. This has been an ongoing theme in this series. List a few that he mentioned. What is one spiritual practice you could begin or recommit to doing that would make a difference for you?
8. Do you have conversations about your mental health with someone in your life? If so, who is that person and what does the dialogue look like? If not, who could you talk to and how?

**Moving Forward:**

What is one question you could work into your regular interactions with a friend or family member that would help you check in on your spiritual or mental health?

**Changing Your Mind:**

*We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.*

*2 Corinthians 4:7-9*