

Community Group Leaders Guide

Choose Your Own Ending: Mental Health

Jonah 4:1-11 /// Week of January 22

Today's big idea: When we begin to see what God sees our mental health will grow stronger.

- Review the Community Group Guidelines together.
- Everyone get a piece of paper and something to write with. Pull up the last picture on your phone and draw it on the paper. Then show the picture you drew to the group and see if they can guess who is in the picture and what they are doing.

Say something like, "Many times we don't see what God sees which can shake our confidence and lead to struggles in our mind."

Bible Study

It would probably be helpful to briefly tell the entire story of Jonah. Try to keep it to 3-4 sentences. Then tell the story of chapter 4 that most people aren't familiar with.

- Someone pray that God would help us hear from him.
- Use the Bible Storytelling technique to tell the story of Jonah's anger.
- Retell the story together as a group.
- Read the story from Jonah 4:1-11 in the Bible.

- What stands out most to you about the entire story of Jonah?
- Why was Jonah angry?
- What was God trying to teach Jonah with the leafy object lesson?

Going Deeper

You must be willing to be transparent and vulnerable here. Be brave enough to share issues of mental illness that have dealt with or are dealing with. Pay attention to what people are saying so that you can follow up accordingly. Also pay attention to those who aren't sharing.

- Why is it often difficult to talk about issues regarding mental health?
- What lessons might God be teaching you with this story?
- What issues of mental health do you struggle with, and how can the Lord and this group help you overcome these things?
- Close your time together by sharing prayer requests and praying for each other.

Upcoming Events & We Serve Opportunities

- HFC Directory? – Login to Realm! Check your email for an invite!
- Wednesday Nights – KidsMin, Youth and The Gathering 7pm at HFC
- Faith Promise Commitment Month! – Commitment Sunday, Jan. 29th
- HFC Q&A with breakfast! Saturday, Feb. 4th at 8am
- 10:25 – Sunday, Feb. 5th



Community Group Covenants - hfcog.org

Community Group Member Covenant

- I will make attendance a priority in my schedule and involvement a priority in my participation.
- I will build trust by holding in confidence those things shared in the Community Group.
- I will engage with a disciple maker—someone that will help me grow as a disciple of Jesus and teach me how to be a disciple maker as well.

Community Group Apprentice Covenant

- I will pray for the Community Group Members daily.
- I will accept the responsibility to invite and welcome others into the Community Group.
- I will relationally disciple someone in the Community Group beyond group meetings focusing on their personal relationship with Jesus, and others they are discipling.
- I will seek to multiply the Community Group and not just grow the group.
- I will talk with my Community Group Leader each week and meet monthly beyond group meetings.

Community Group Leader Covenant

- I will pray for the Community Group Members daily.
- I will accept the responsibility to invite and welcome others into the Community Group.
- I will relationally disciple someone in or out of the Community Group.
- I will relationally disciple an apprentice focusing on their personal relationship with Jesus, leadership skills they are developing in the group meeting and others they are discipling.
- I will seek to multiply the Community Group and not just grow the group.
- I will talk with my Community Group Coach each week and meet monthly.

Community Group Coach Covenant

- I will pray for my assigned Community Group Leaders daily.
- I will relationally disciple someone.
- I will call my assigned Community Group Leaders each week focusing on their personal relationship with Jesus, process group time and their progress with their apprentice.
- I will meet with my assigned Community Group Leaders each month.
- I will talk with my Community Group Pastor every other week and meet together each month.