

Community Group

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.

Bible Study

- 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

- 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



hfcog.org

COMMUNITY GROUP GUIDELINES

Confidentiality

Keeping things that are shared in the group confidential builds trust and shows value to the person. Confidentiality can prevent gossip that only values the story; Jesus always valued the person above their story or their sin.

Don't Rescue & Don't Fix

When someone is sharing something deeply personal and/or painful there can be a tendency to try and make them feel better about themselves or the situation. Often this will cause people to stop sharing and results in their not going as deep as they might have gone. Resist the temptation to rescue people. Try to hear what people are sharing without trying to fix them. If they want your advice, they will ask for it. You may want to take time later to ask if you can offer some advice.

No Crosstalk

Be considerate of others as they are sharing. Don't have side conversations. Trust is built in the moments when everyone feels like they are being listened to and heard by the entire group. Treat others in the group as you would want to be treated.

Use Humor Responsibly

Fun is an essential part of Small Groups; however, when meeting in the Biblical Storytelling time keep sarcastic comments, jokes and laughter to a minimum to allow for an atmosphere of authenticity and vulnerability.

Give Everyone a Chance to Share

Be sensitive to the amount of time you share. Encourage everyone to participate in group discussions.

Use "I" Statements

During small group, we want to hear your personal thoughts and perspectives. Using "I" statements to answer discussion questions allows you to speak for yourself rather than generalizing by using terms such as "them", "the church", "us" or "we".

Fight for Relationship

Relationships reaches a whole new level when conflict is resolved in a healthy manner. When conflict or sin issues arise between group members, commit to fight for the relationship and discuss the struggle with the person you are in conflict with or seek wise advice.