

MARCH MADNESS



PLAYBOOK

INTRO

WHAT'S UP, WAREHOUSE YTH!

THIS MONTH WE ARE GOING TO BE DIVING INTO WHAT IT MEANS TO HAVE A HEALTHY MIND. GOD AS HEART IS FOR US TO OPERATE IN A SOUND MIND. HE DOESN'T WANT US TO STUGGLE WITH MENTAL HEALTH.

MENTAL HEALTH IS ONE OF THOSE BUZZ WORDS EVERYONE KNOWS ABOUT BUT NO ONE REALLY KNOWS HOW TO TALK ABOUT.

WE MANAGE EVERY PART OF OUR LIFE - OUR SCHEDULES, OUR MONEY, OUR TIME - BUT A LOT OF US FAIL TO MANAGE OUR OWN MINDS. BUT OUR MINDS ARE POWERFUL. IN FACT, SCRIPTURE AND SCIENCE AGREE; WE ACTUALLY DO BECOME WHAT WE THINK ABOUT.

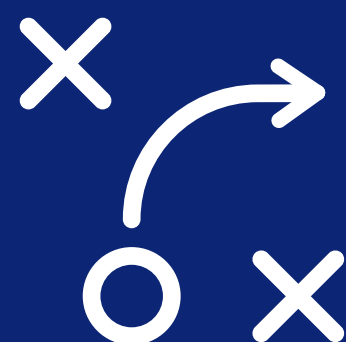
TALKING ABOUT MENTAL HEALTH (ESPECIALLY YOUR OWN STRUGGLES) CAN FEEL VULNERABLE, COMPLICATED, AND MESSY. AND IT CAN ALSO BE TERRIFYING.

THIS PLAYBOOK IS OUR WAY OF OPENING UP THE CONVERSATION THROUGH A BIBLICAL LENS. YOU NEED TO KNOW: YOU ARE NOT ALONE. THROUGHOUT GOD'S WORD, WE SEE STORIES OF ANXIOUS AND DEPRESSED PEOPLE WHO FELT THOSE BIG EMOTIONS EVEN THOUGH THEY WALKED WITH GOD. YOUR ANXIETY IS NOTHING TO BE ASHAMED OF, AND DEPRESSION ISN'T A SIGN YOU'RE BROKEN. THOSE FEELINGS ARE MEANT TO BE ADDRESSED, NOT SUPPRESSED.

SO, TAKE A DEEP BREATH.
NO REALLY.
INHALE NOW, EXHALE.

GET READY TO JUMP INTO THIS THREE-WEEK STUDY WITH US. IT MIGHT BE A LITTLE UNCOMFORTABLE BUT IT WILL BE WORTH IT.

LET'S GO!



WEEK ONE



LET'S TALK THIS OUT

1. Ice-breaker: Where and when would you travel if you had a time machine?
2. Talk about what comes to mind when you hear the words "mental health."
3. You can't change your life without changing your mind. What's one area of your life you wish you could change right now?
4. Read Romans 12:2 and 2 Corinthians 10:5. What's one thought you need to take captive this week? What's a thought or statement you could replace it with?

Do you struggle with any of these
"Anxiety ... Depression ... Anger"
TALK ABOUT IT

5. If every thought is like a seed, and what you give energy to grows, what's growing in your mind right now? What thoughts are you giving the most energy to? Why?
6. Our habits play a major role in how we think and what we think about. What's one bad habit you have? How can that habit be changed this week to help your mental health?
7. What are some things you may be listening to that might actually be having a negative effect on you mind? How do we positively impact our minds in a Kingdom way?

EXERCISE

-Identify-

We must identify the negative thoughts separating them from what is truth. This week when you have a negative thought write it down and we will go over them in crew next week.

OPEN YOUR BIBLE

ISAIAH 41:9-10

1 JOHN 4:18

ROMANS 15:13

WEEK TWO

LET'S TALK THIS OUT

1. Ice-breaker: If you were a fruit, what would you be and why?

Go over the negative thoughts from last weeks exercise

2. When you hear the word "depression" what do you think of? Whens the last time you felt that way?

3. Think about the last thing you were stressing about? Did you talk to or tell anyone? Why do you think we isolate ourselves during hard seasons?

4. Part of growth is learning about your emotions and how you experience them. How can you better process both your emotions and your behavior?

5. What's one thing you can say "no" to this week that will help you grab hold of the peace God has for you?

“Worship is a Lifestyle”

TALK ABOUT IT

6. What are some ways you can remind yourself of God's past faithfulness to you? Give an example of how He has been faithful in your life? How does remembering these examples help my thoughts?

7. Faith is believing even without seeing. How can we believe even when the world around us can be mentally draining?

EXERCISE

-Reach Out-

We are not called to hide our faith nor are we called to hide our struggles. When you hurt we hurt. We are meant to walk life out together even in the hard times. This week when you feel like you are struggling reach out to the group or to your leader. We are never meant to go alone. You are NOT alone.

OPEN YOUR BIBLE

LUKE 5:16

GALATIANS 5:22-23

1 PETER 5:7

WEEK THREE

LET'S TALK THIS OUT

1. **Ice-breaker:** If you could have any talent that you don't currently possess, what would it be and why?
2. Are you quick to react or do you tend to stay quiet and listen? How can reacting quickly or acting out before you get all the facts lead to some tough situations? Has this ever happened to you?
3. Have you ever asked yourself, "Where is God?" What were you walking through at the time? If you feel comfortable, share this with your group.
4. What thoughts have you been having that you feel are holding you back from becoming who God called you to be?
5. Have you ever felt like you have failed? How have you overcome those thoughts? If your comfortable share with the crew a dark space you were in mentally. Are you still struggling? How did you make it out?

“How we think develops how we Operate”

TALK ABOUT IT

6. Do you tend to carry your burdens alone? Did you reach out last week like the exercise had asked us to? Do you seem to always isolate when it comes to your mind? Why? Why not?
7. Are you carrying a burden right now you're not meant to carry alone? How can your Crew help you?

EXERCISE

-Keep Fighting-

The enemy wants nothing more than for us to give up. We are stronger than his lies because we have Jesus living within our hearts. Find some scripture this week to really use against those negative thoughts. You are worthy. You will make it through.

OPEN YOUR BIBLE

2 TIMOTHY 1:7

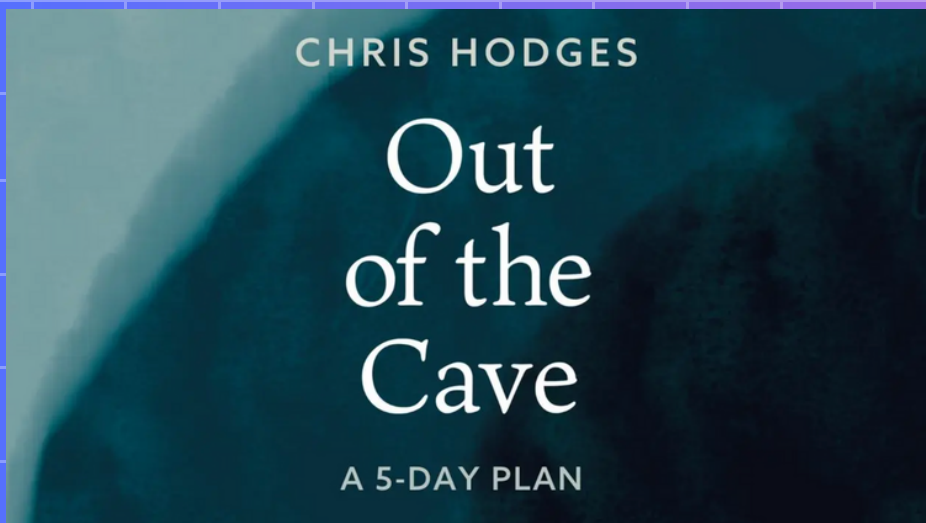
MATTHEW 11:28-30

PHILLIPIANS 4:6-7

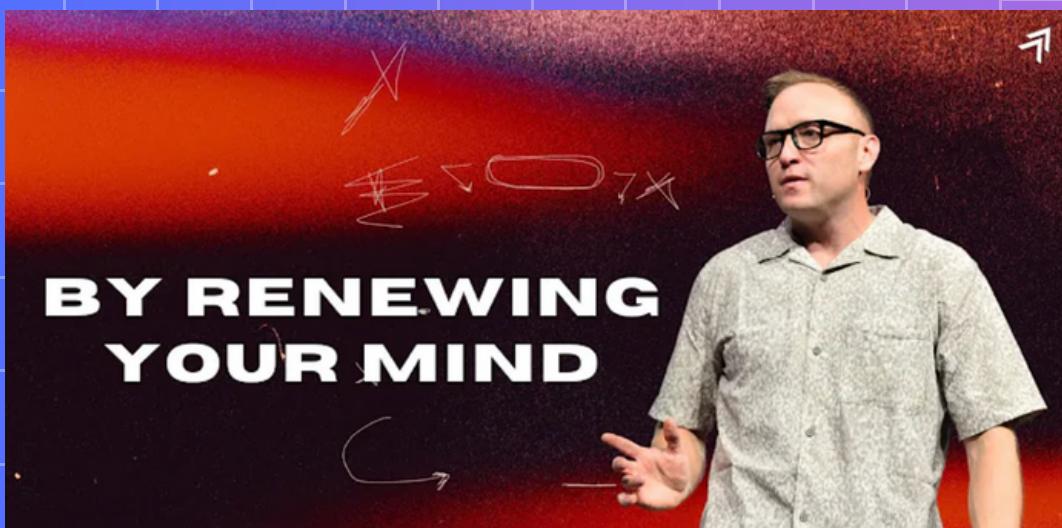
BONUS MATERIAL



BIBLE PLANS



ADDITIONAL SERMONS



WORSHIP PLAYLISTS

