



Jeremy White, Lead Pastor
Valley Church

August 3 & 6, 2023
Week 1: Mental Fitness in a Fallen World

Introduction:

- The Brain: the physical “supercomputer” God designed
- The Mind: the software “operating system” of our consciousness

We are Body-Soul-Spirit beings...

- 1 Thessalonians 5:23
- Hebrews 4:12

(See also 1 Cor. 1:17, 15:51-53; Romans 12:2)

Mental Fitness in the Body of Christ: Five Realities

1. It is _____ to seek counsel (Prov. 11:14)
2. Wisdom-giving and teaching are spiritual _____
3. There is _____ in confession and accountability (James 5:16)
4. Renewing the mind is the _____ of mental fitness (2 Cor. 10:5)
5. _____ in Christ is transformational for mental health (Eph. 3:17-19)

The Big Idea:

“For believers, the most important thing about our psychology is our theology.”
(Dr. Bill Giovannetti)

Mental struggles can come from a variety of sources, but embracing false ideas about God will contribute to more problems, not solutions.

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION

Personal Life:

1. How often and in what way(s) do you interact with the subject of "mental fitness" or "mental health?"

Ponderings:

2. Can you think of a time or season in your life when a false belief or idea about God negatively impacted your mental state? If possible, share about that experience and how you began to overcome it...
3. What are some of the ways you are engaged in the process of renewing your mind? Try to be specific...
4. If you had to explain it, how would you articulate the difference between a direct "spiritual attack" versus a "mental struggle?" Also feel free to talk about whether you believe there is any overlap at times...
5. Read 2 Corinthians 10:5 as a group. Have you discovered any helpful techniques for "taking every thought captive to make it obedient to Christ?" Share and explain...

Promptings:

6. Are there places in your life where you could benefit from counseling (seeking wisdom and guidance from others whether formally or informally)? What are some of your fears about doing so?

For your reference, here is a sample list of Christ-centered counseling and therapy practices on Pastor Jeremy's referral list*:

- Kairos Counseling Center (707-874-8463)
- Denham Center for Counseling (707-447-4453)
- Freedom Counseling Group (707-634-4863)
- Restoration Counseling (707-330-7904)

*When calling, please be sure to specify that you'd like to work with a Christian therapist or counselor.