



IT'S OKAY NOT TO BE OKAY

MENTAL HEALTH SERMON SERIES

SEPTEMBER 24, 2023

Pastor Mark Prugh

Instructions for using these Discussion Guides:

Immanuel Church

www.lansdale.church

1260 Welsh Rd.
Lansdale, PA

Encourage your group to check out the **RESOURCE PAGE** on our website each week for supplemental resources for this sermon series: Scriptures, Book suggestions, Podcasts, Apps, Spotify Music playlists, etc.

If you have any questions or feedback, [please contact:](#)

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Leader preparation:

Pray: When preparing to lead your group, take a few minutes to pray. Ask the Holy Spirit to help you focus and zero in on what will be important to your group.

Watch /Listen: If you did not hear the sermon live, please watch the video or listen to the audio available on the church website www.lansdale.church/pastservices.

Review: Read through the attached sermon text. Print it out and mark it up as you read. Make notes as discussion ideas come to mind.

Print: Read through the attached discussion guide. Print copies of page 2, the group discussion guide, for each member of your group. Print one copy of the other pages just for you and your reference. Feel free to modify the handout to fit the needs of your group.

Pray: When concluding your preparation to lead your group, pray again that the Holy Spirit would bring alive in your heart and mind the salient points of the material, and give you wisdom and grace when you lead the discussion.

What's included:

A copy of the sermon manuscript. *NOTE: This is your best source for background information for discussion.*

- The Discussion Packet:
 - Page 1 - Instructions
 - Page 2 - This is the handout for the group.
 - Page 3 - This is the leader's guide with quiz answers & some discussion suggestions.
 - Page 4 - Additional (optional) discussion support material for leaders.

Tips for facilitating the group:

Open With Prayer: After people have gathered and spent time chatting, this will help focus them on the study.

Pop Quiz: Do the pop quiz together. Have fun with this. This is a good way to help people loosen up and ease into more serious discussion.

Looking Back: These three questions will be repeated for every sermon. This will help people recall the sermon topic, share how they may have applied the truths, and give them a chance to ask questions that came up since hearing the sermon.

Getting Practical: These are some general questions to help encourage discussion. Feel free to add other questions. Be patient when there is silence. Don't rush an answer just to fill the silence. Listen to the discussion to discover follow on questions to keep the discussion going.

Three Sermon Points To Remember: These are intended to help pull the discussion together into memorable chunks.

This Week's Application Challenge: Application is important! Remember, we are not just to be hearers of the word, but also doers. Encourage people to ask the Holy Spirit to guide them in finding unique ways to apply what they've learned from the sermon and discussion.

Close in Prayer: This is a good time to take requests and pray for one another.



It's Okay not to be okay
HOW TO OVERCOME LONELINESS
GROUP HANDOUT
SEPTEMBER 24, 2023

POP QUIZ:

1. What are some causes behind loneliness? (check all that apply)
A. Pace of change B. Not enough fiber in diet C. COVID D. Body odor
E. Impact of technology F. Breakdown of family G. Netflix H. Relocating
2. Major biblical characters never dealt with loneliness. True False
3. What is one way to deal with loneliness Pastor Mark shared?
A. Eat more chicken. B. Post more on Facebook.
C. View loneliness as normal. D. Go shopping daily.

LOOKING BACK (Discuss)

1. What was the main point of last Sunday's sermon as you recall it?
2. What questions did the sermon bring up in your mind?
3. During the past week, how did you apply in a practical way something you learned from the sermon?

GETTING PRACTICAL (Discuss)

What's the difference between seasons of loneliness and a lifestyle of loneliness? How might being an introvert or extrovert play into your loneliness? What are some ways you have dealt with loneliness? Is it easy or difficult for you to make friends? Which is more important when dealing with loneliness, praying or taking action?

THREE SERMON POINTS TO REMEMBER (Discuss how to apply these):

1. Loneliness is normal but is not a lifestyle.
2. Loneliness negatively impacts our physical health.
3. Loneliness can be alleviated through serving others.

THIS WEEK'S APPLICATION CHALLENGE (Do):

Write below or on the back how you will specifically apply, when engaging with another person (at home, work, or in your neighborhood) what you've learned from this week's sermon...



It's Okay not to be okay
HOW TO OVERCOME LONELINESS
LEADER PAGE
SEPTEMBER 24, 2023

POP QUIZ:

1. What are some causes behind loneliness? (check all that apply)
- A. Pace of change B. Not enough fiber in diet C. COVID D. Body odor
E. Impact of technology F. Breakdown of family G. Netflix H. Relocating

Note: Body odor (hygiene) could be a factor. Too much Netflix could be a problem. Some people are still hesitant to engage with others due to COVID. Feel free to discuss these.

2. Major biblical characters never dealt with loneliness. True False

Discuss some of the people mentioned in the sermon and how they dealt with loneliness.

3. What is one way to deal with loneliness Pastor Mark shared?
- A. Eat more chicken. B. Post more on Facebook.
C. View loneliness as normal. D. Go shopping daily.

Note: Some people will use Facebook as a substitute or shop to fill the void they feel.

LOOKING BACK (Discuss)

1. What was the main point of last Sunday's sermon as you recall it?
2. What questions did the sermon bring up in your mind?
3. During the past week, how did you apply in a practical way something you learned from the sermon?

GETTING PRACTICAL (Discuss)

What's the difference between seasons of loneliness and a lifestyle of loneliness? How might being an introvert or extrovert play into your loneliness? What are some ways you have dealt with loneliness? Is it easy or difficult for you to make friends? Which is more important when dealing with loneliness, praying or taking action? (See the sermon. Feel free to come up with additional questions.)

THREE SERMON POINTS TO REMEMBER (Discuss how to apply these):

1. Loneliness is normal but is not a lifestyle. Discuss the difference.
2. Loneliness negatively impacts our physical health. Discuss some of these impacts.
3. Loneliness can be alleviated through serving others. Discuss ways to serve and how this can help make connections.

THIS WEEK'S APPLICATION CHALLENGE (Do):

Write below or on the back how you will specifically apply, when engaging with another person (at home, work, or in your neighborhood) what you've learned from this week's sermon...

It's Okay To Not Be Okay - September 10, 2023 - Loneliness - Mark Prugh

DISCUSSION SUPPORT MATERIAL (For Leaders)

Reminder: This is week 3 of a 5-week series on mental health and Christians. It's time to be honest about mental health. A whole lot of us are struggling. We may be showing roses but we all have weeds in our garden. We will talk about suicide and self-harm, worry and anxiety, stress and burnout, and depression. Everybody is either struggling with some of this stuff or knows someone who is. Jesus cares and gets us. We believe turning to Jesus will open the door to getting help and hope.

Remind people to visit the resources page at <https://www.lansdale.church/mentalhealthresources>.

Ask if anyone can recommend other good resources they've used.

Main Series Scripture: Matthew 11:28-30 (NIV) - ²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Discussion: How do these verses apply to dealing with loneliness?

Series Summary: "Embracing the broken pieces in our lives; our imperfections, our cracks, our humanity and giving them over to God who has been practicing Kintsugi since the beginning of time."

Kintsugi (to join with gold) is the general concept of highlighting or emphasizing imperfections, visualizing mends and seams as an additive or an area to celebrate or focus on, rather than absence or missing pieces. (Wikipedia).

"When a vase or cup is broken, artists gather up the broken pieces and glue them back together, mixing gold dust with the glue. They don't hide the cracks; they accentuate them by making them golden. The goal isn't to pretend the vase was never broken, it's to celebrate the cracks as part of the story of the vase; making it more valuable and beautiful."

Discussion: Is a lifestyle of loneliness the result of brokenness? How can it be alleviated within the context of being a part of the body of Christ?

Sermon Highlights & Additional Scriptures: (Check the Resources at the church website for more.)

Pastor Mark offered four ways to deal with loneliness - to help deal with stress. Discuss these points and how they can help. Can you think of other verses that would apply for each point?

Accept = Accept loneliness as a normal part of life. It's not a sin to be lonely! "Turn to me, Lord, and be merciful to me, because I am lonely and weak." - Psalm 25:16 GNT

Embrace = Embrace loneliness as a catalyst to get closer to Jesus. "But Jesus often withdrew to lonely places and prayed." - Luke 5:16 NIV

Ask = Ask the Holy Spirit to teach and guide you. "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you." - John 14:26 NLT

Take = Take the leap. Reach out to others. "Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken." - Ecclesiastes 4:9-12 NLT

Two ways to make friends:

1. *Show up!* Get out of the house. Join a small group.
2. *Look around.* Don't look past the people already nearby to you.

Questions to ask if you're lonely or friendless:

1. *Am I doing anything that is pushing people away?* This could be attitude, hygiene, etc.
2. *Do I genuinely value people?* Do you turn to people to use them or enjoy them?
3. *How can I serve others?* Find places to serve with other people.