



IT'S OKAY NOT TO BE OKAY

MENTAL HEALTH SERMON SERIES
SEPTEMBER 10, 2023

PASTOR
MARK PRUGH

Instructions for using these Discussion Guides:

Immanuel Church

www.lansdale.church
1260 Welsh Rd.
Lansdale, PA

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.

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.

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.

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

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WWW.LANSDALE.CHURCH

Stress & Burnout

POP QUIZ:

1. What is the Japanese process for repairing broken things called?
A. Sushigluue
B. Kintsugi
C. Kobayashi Maru
D. Konnichiwa
2. How many times in the Bible did Jesus invite people to come to him? 10 7 9 3 8
3. In the acronym Mark used - STRESS - what does the final S stand for?
A. Stand on the promises.
B. Seek first the Kingdom of God.
C. Sit quietly and keep things to yourself.
D. Solicit the support of other people.

LOOKING BACK (Discuss)

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

GETTING PRACTICAL (Discuss)

Were biblical characters perfect? Why do we tend to believe they were? Name at least one biblical character and how they failed? How are we just like people in the Bible? What causes burnout? How can we work through burnout?

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

1. Everyone is broken.
2. Everyone is created in the image of God.
3. Everyone is invited to come to Jesus to find rest and healing.

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...



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LEADER PAGE

POP QUIZ:

1. What is the Japanese process for repairing broken things called?
 - A. Sushigluue
 - B. Kintsugi** (bonus for definition: **to join with gold** - or anything close to this)
 - C. Kobayashi Maru (FYI this is from Star Trek!)
 - D. Konnichiwa (means hello in Japanese)
2. How many times in the Bible did Jesus invite people to come to him? 10 7 9 3 **8**
3. In the acronym Mark used - STRESS - what does the final S stand for?
 - A. Stand on the promises.
 - B. Seek first the Kingdom of God.
 - C. Sit quietly and keep things to yourself.
 - D. Solicit the support of other people.** (Discuss how this is essential, to be in relationship and in community with other Christians.)

LOOKING BACK (Discuss)

1. What was the main point of last Sunday's sermon as you recall it? (**See the sermon**)
(We are all broken, our brokenness can become strengths in Christ.)
2. During the past week, how did you apply in a practical way something you learned from the sermon?
3. What questions did the sermon bring up in your mind?

GETTING PRACTICAL (Discuss)

Were biblical characters perfect? Why do we tend to believe they were? Name at least one biblical character and how they failed? How are we just like people in the Bible? What causes burnout? How can we work through burnout? (**See the sermon**)

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

1. Everyone is broken.(Encourage people to share ways everyone is broken.)
2. Everyone is created in the image of God.(Encourage people to discuss what this means and why it's important.)
3. Everyone is invited to come to Jesus to find rest and healing.
(Encourage people to share how Jesus has provided them comfort, or times they avoided Jesus.)

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 - Stress & Burnout - Mark Prugh

DISCUSSION SUPPORT MATERIAL (For Leaders)

Introduction: This is 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.

The weeks' topics will look like this:

September 3	Stress & Burnout
September 10	Worry & Anxiety
September 17	Loneliness
September 24	Depression
October 1	Self-harm & Suicide

Main 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: What does this verse mean to you? Is it comforting? How so? What would rest look like for you?

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 there any broken part of you that you don't think Jesus can fix or accept? Why? When you look at other broken people, do you think they can be fixed? Why or why not?

Sermon Highlights & Additional Scriptures:

Pastor Mark offered an acronym (acrostic) - STRESS - to help deal with stress. Discuss these points and how they can help.

S = Seek Jesus' Guidance. See John 7:37, 21:12, 1:39, Mark 10:21, 6:31, Matthew 25:34

T = Take Jesus' yoke. See Matthew 11:28-30. **What's a better 21st century word for yoke?**

R = Respond with an open heart to what Jesus tells you. "If you want to experience Jesus, you have to adopt the lifestyle of Jesus." - John Mark Comer, from *The Ruthless Elimination of Hurry*. **Explore the ideas of Silence and solitude, Sabbath, Simplicity, Slowing down (see the sermon script).**

E = Expect Jesus to comfort and calm you. See Matthew 8:23-27, Luke 8:22-25, Mark 4:35-41, and Hebrews 4:15-16.

S = Stand on his promises. **What are some promises Jesus offers?**

S = Solicit the support of other people to pray and help you. See Ephesians 6:19. **Why is it hard to ask for help?**