

# Hope for Mental Health

Community

## Table Discussion Questions

Living with Mental Illness with Guest Speaker Alia Joy  
May 26, 2019

### Table Discussion #1

1. How might lament offer you the following: A sense of relief? A sense of being heard? A sense of giving you a voice? A sense of validation?
2. What is the difference between being “negative” or “complaining” vs. being fully expressive, honest, known, and loved?
3. What struggles might you have when sharing your grief, asking for help, or declaring your praise in this practice of lament?

### Table Discussion #2

1. What lies are you tempted to believe about God when you're struggling with mental illness in your life or the life of a loved one?
2. What lies are you tempted to believe about yourself when you're struggling with mental illness in your life or the life of a loved one?
3. What might it mean to you to become fluent in your native tongue – the language of hope? What are some ways you remain hopeful when you're struggling? What are your loves of your tethering nouns?
4. What are some practices of “writing down reminders” that are helpful to you to remember God's faithfulness in times of trouble?



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