**God at Work 12 – 1 Thess. 5: 10-24 Mental Health Wholeness Leader’s Notes**

**HOOK**

**1. What day this past week did you experience the greatest joy? Why?**

**2. On a scale of 1-10, with 1 being almost nothing, and 10 being life altering, how much has Covid-19 impacted your positive mental health?**

**3. Which word best expresses your dominant feeling these days: anxious, positive, fearful, calm, worried, depressed, optimistic, hopeless, or hopeful?**

**Take a LOOK at the BOOK**

**Read *1 Thessalonians 5:10-22***. 10He died for us so that, whether we’re awake or asleep, we may live together with him. 11Therefore encourage one another and build each other up, just as in fact you’re doing.12Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. 13Hold them in the highest regard in love because of their work. Live in peace with each other. 14And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. 15Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. 16Rejoice always, 17pray continually, 18give thanks in all circumstances; for this is God’s will for you in Christ Jesus. 19Don’t quench the Spirit. 20Don’t treat prophecies with contempt 21but test them all; hold on to what is good, 22reject every kind of evil.

**4. Are you clear on your purpose in life? (1 Thess. 5:10) Do you have a predictable routine in life?**

**5. What did someone do or say recently that encouraged you? (1 Thess. 5:11)**

**According to Proverbs 11:25**: **“those who refresh others will themselves be refreshed”, what happens when we encourage others?**

**6. According to Galatians 6:2, what can we do to fulfill the law of Christ?** (carry each other’s burdens). **What is the law of Christ?** (to love your neighbour as yourself)

**7. What’s your current activity level: Low, medium, high? (1 Thess. 5:14) What do you do to stay active and recharge?**

**8. Dr. Harry Zhou said: “We can change our mood by changing our thoughts.” Agree or disagree? Is Phil 4:8 realistic and something you practice?**

**9. How does continual prayer and meditation (1 Thess.5:17) reduce stress?** (It reminds us God is in control.)

**10. What is something you’re thankful for during Covid-19? (1 Thess.5:18)**

**TOOK**

**11. What losses are you grieving right now?**

**12. What is something you know you should avoid (1 Thess. 5:22) in order to stay positive mentally?**

**13. Why might families be experiencing more conflict during this pandemic?**  (Because we’re with our families the most.)

**14. What encourages you the most: an email or text, a phone call, a letter, or a lunch date?**