
TALK IT OVER

A Faith That Leads to Emotional Health

A Faith That Works When Life Doesn't – Part 8

Rick Warren

May 2-3, 2020

Open in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the message notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions towards the end of the document.

- In his opening, Pastor Rick said it's not true that "we are all in the same boat." But we *are* all in the same storm! How are our stress factors impacted by the boat we are in during this storm? Why is it so critical to have a church family to help us get through it?

Message Notes

10 Commandments For Emotional Health During COVID-19

(Find this portion of the message at 08:16)

1. Show Grace To Myself & Others
2. Start & End Each Day Refueling My Soul

Talk It Over

"Don't burn out; keep yourselves fueled and aflame... Don't quit in hard times, instead pray all the harder!" Romans 12:11-13 (Mes)

"God loves to give us more grace. He opposes the prideful but he gives grace to the humble." James 4:6

"Humbly accept God's Word planted in your heart. It is able to save your souls." James 1:21

Point #1

- Read outloud Romans 12:11-13 in the Message translation, above. Let it seep in to you. Memorize now, as individuals or as a group.
- Grace and forgiveness are always important, but why is it especially necessary when we are stressed? When showing grace, why is it important to start with yourself?
- Discuss ways to show grace to yourself and others.

Point #2

- Consider your current habits. What's the first thing you do in the morning and how can you exchange it for time in God's Word? What about the last thing you do at night?
- Consider what Pastor Rick said about reading the Bible until you sense God speaking to you. How does this change your view of Bible reading?

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 17:49)

3. Set & Stick With A Simple Routine
4. Stop Watching So Much News

Talk It Over

"Carefully consider how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days." Ephesians 5:15-16

"Keep me from paying attention to what is worthless." Psalm 119:37

Point #3

- Read Ephesians 5:15-16 above. How can you create a more structured routine for yourself? Write it down to help you stick to it.
- What does Psalm 119:37 say about "garbage in; garbage out"? How does that help you with your daily routine?

Point #4

- Share what new habits you might have developed during this pandemic. How have they helped change the channels in your mind?
- Pick one positive activity to replace the time you usually watch or read about the news.

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 26:16)

5. Schedule A Daily Connection With People I Love

Talk It Over

"Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it!" 1 Thessalonians 5:11 (Mes)

Point #5

- Because Paul was quarantined and isolated, we have 14 of the letters he wrote in the New Testament. How could your note or letter writing during this time impact another life? Consider 1 Thessalonians 5:11.
- Who can you connect with this week? How will you go about it?

Are you interested in the Bible and in helping small groups benefit from the weekend message? Well, you are in luck. Each week, Saddleback members just like you create these discussion guides. If you are interested in joining the team, please email Maturity@saddleback.com

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message!

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

Action Steps

1. We recommit our lives to Jesus. We recommit our lives to Jesus. Text NEWSTART (1 word) to 99000 or email newstart@saddleback.com
2. We express our gratitude to God through giving back. Your generosity online is feeding tens of thousands of out of work people and serving the needs of others too.
<https://saddleback.com/give>
3. We meet online in small groups for support Text SMALLGROUP to 99000 or email smallgroup@saddleback.com
4. To volunteer as a CARE Caller or Writer TEXT CARE to 99000 or care@saddleback.com

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