



conversation guide

week 2

BOTTOM LINE: Taking care of our mental health is something we need to care about because it's something God cares about.

MATERIALS NEEDED

- M&M bags (provided)
- Feelings Wheels
- Four Pillars Cards (provided)
- Tape (tub)

optional icebreaker: m&m chat

Instructions: Give each student a bag of M&M's. Go around and have each student take a turn at pulling an M&M out of the bag. Whatever color they pull out, they have to then answer the corresponding question below.

RED: *If you could be the main character in any movie, which one would you choose?*

ORANGE: *What is the strangest thing you have ever eaten?*

YELLOW: *What's your favorite subject in school? Why?*

GREEN: *What is your most embarrassing moment?*

BLUE: *Who is your favorite family member? Why?*

BROWN: *What's your weirdest talent? Prove it.*

watch the "Jesus & Mental Health" week 2 video.

mental health check-in.

DO THIS: Lead your students in a quick "mental health check-in" using the questions below and their **Feelings Wheel** they got last week. Tell them to hold up their fingers to represent the number of their answers.

- *On a scale of 1-10, how is your mental health right now?*
- *Using your Feelings Wheel, pick out two **positive** feelings you experienced this week.*
- *Now, pick out two **negative** feelings you experienced this week.*

hear from God through His word.

DO THIS: Lead your students in a time searching for encouraging verses in the book of Psalms in their Bibles and then discuss what they found using the questions below.

- Tell your students to open their Bibles to the book of Psalms and then give them five minutes to find a verse that is especially encouraging to them.

- After your students have all found a verse, go around and have them each read the verse out loud and answer the following questions.
- **ASK:** *Why did this verse stand out to you?*
- **ASK:** *How does this verse make you feel about your personal mental health?*

talk with others about our faith.

DO THIS: Lead your students in a discussion about the Four Pillars of Mental Health using the **Four Pillars Cards** in your series kit and the questions below.

- Tape the Four Pillars Cards onto a wall and then ask students to read each of the cards out loud for the group.
- **ASK:** *Do the Four Pillars make sense to you? What questions do you have about them?*
- **ASK:** *If you were struggling with your mental health, would you feel comfortable seeking therapeutic help? Why or why not?*
- **ASK:** *Of these four areas of mental health, which would you say you feel healthiest in? Which would you say could be healthier?*

say this:
Our mental health is not just about what's happening in our brains - it's connected to every part of us: physically, relationally, relationally, and emotionally. All of these areas contribute to our overall mental health.

pray by talking to God.

DO THIS: Lead your students in a time of prayer by reading the following prayer over them.

- *Dear God, thank you for caring about every area of our mental health. We know that we can come to you exactly as we are. You celebrate us when our mental health is doing well, and you support us when our mental health is struggling. We invite you into every area of our mental health. Help us support each other to be the healthiest we can be. We love you! Amen.*

live in a way that honors God.

DO THIS: Give your students the following LIVE challenge for the week:

- Memorize 1 Peter 1:6-7.



memory verse

"6 So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. 7 These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world."

1 Peter 1:6-7