



WEEK 3: HOW DO I KNOW THE DIFFERENCE BETWEEN GOOD THERAPY AND BAD THERAPY?

GROUP DISCUSSION GUIDE

PREPARE

Listen and subscribe to the Mariners Life Group Leader Podcast.

If you missed the weekend message or want to review specific points, you can always watch, listen, and find bulletin notes online at marinerschurch.org/messages.

MAIN POINT

How should Christians navigate a broken world filled with mental health challenges, trauma, and relational strife? Some say Christians advocate we only need to read the Scripture and go to church. Others endorse therapy as universally helpful without any qualifier or reservation. What's the wise approach to take? We all struggle to leave behind aspects of our life that hinder our health and our walk with God and others, and we need wise people in our lives to help us remove some of our "grave clothes."

LEAN IN BREAK THE ICE

Do you consider yourself more of a go-with-the-flow kind of person, or a more regimented and routine kind of person? Share some reasons why you lean one way or the other.

LOOK DOWN LOOK AT GOD'S WORD

Read Acts 17:11

11 The people here were of more noble character than those in Thessalonica, since they received the word with eagerness and examined the Scriptures daily to see if these things were so.

Read Proverbs 13:20

20 The one who walks with the wise will become wise, but a companion of fools will suffer harm.

Read Proverbs 13:20 and Jeremiah 17:9. What do these two verses tell us about how to pursue wisdom when we feel broken?

Read Acts 17:11, what does Luke tell us the people did when they received the word from Paul?

LOOK OUT
IDENTIFY THE
RELEVANCE IF GOD'S
WORD IN THE WORLD

“Therapy culture” is pervasive in our lives today. How have you seen therapy language or practices be helpful or harmful in the lives of people around you?

If you're a Christian, what are some practical ways you can let the Holy Spirit, the “wonderful counselor”, work through you to serve people in your life?

Proverbs 13:20 says that those who walk with the wise become wise. How can you practically pursue wise people to live and walk with?

How do we strike the balance of paying attention to our emotions (without stuffing them) while also not being totally driven by our emotions? What role might other people play in this?