



## HOPE FOR YOUR MIND

### BIG IDEA

Even the strongest believers can hit moments of struggle and despair, but God meets us in the place where our minds feel overwhelmed. Elijah shows us that hopelessness is not the end of the story—God exposes the lie, speaks truth, and restores our strength. And in this Advent season, Jesus invites us to stop carrying what's crushing us and to surrender every lie so we can walk in real hope and freedom.

### SCRIPTURES REFERENCED

- 1 Kings 19:1-7
- Proverbs 13:12

### DISCOVERY BIBLE STUDY

- Where do you relate most to Elijah's story—fear, exhaustion, isolation, or feeling overwhelmed in your mind?
- Which myth about mental health have you believed at some point, and how has it shaped the way you think or respond? (You can find them listed in the sermon notes tab of the Church Center App)
- God isn't going to heal what you continue to hide. What lie do you feel the Holy Spirit is exposing in you right now, and what truth from God's Word replaces it? Encourage one another with the truth.
- What step of FAST (Find, Admit, Surrender, Turn) do you need to take this week to walk in real hope and freedom?

### PRAYER FOCUS

- Pray for restored Hope and truth this week.
- Celebrate God's faithfulness in this season of WHATEVER IT TAKES.
- Pray for God's blessing and direction on WHATEVER IT TAKES so that we may begin construction.
- Pray for all Bible teaching churches to grow through salvations and revival.