



Week 1: *Depression, Anxiety, & Community*

Week 2: *Schizophrenia and the Role of Family*

Week 3: *Wholistic Living, with Danielle Strickland*

Week 4: *Q & A with Nina Cavey and Matt Kerr*

APPETIZER: The Power of a Loving Community

1 John 3:18 – Loving beyond words, but in actions and in truth

1 Peter 1:22 – Loving deeply, from the heart

Ephesians 4:15 – Speaking the truth in love

1 Corinthians 13:6 – Love always protects, always hopes

- In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.
- By the time Canadians reach 40 years of age, 1 in 2 have—or have had—a mental illness.
- After accidents, suicide is the second leading cause of death for people aged 15-24.
- First Nations youth die by suicide about 5 to 6 times more often than non-Aboriginal youth. Suicide rates for Inuit youth are among the highest in the world, at 11 times the national average.
- 42% of Canadians were unsure whether they would socialize with a friend who has a mental illness.
- 55% of Canadians said they would be unlikely to enter a spousal relationship with someone who has a mental illness.
- 27% of Canadians said they would be fearful of being around someone who suffers from serious mental illness.

- Stats from CAMH (Centre for Addiction and Mental Health)

DINE IN: The Justice, Gentleness, & Generosity of Jesus

Matthew 12:15-21

Isaiah 42:1-4

1. Jesus is JUST, and will work for the good of all.
2. Jesus is GENTLE, and will not add burden to the overburdened.

Matthew 11:28-30

3. Jesus is GENEROUS, and will give everyone attention, purpose, and hope.

Luke 15

Romans 8:24; 12:12

TAKE OUT: A Community of the Broken

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.
~ The Apostle Paul (2 Corinthians 1:3-4)

OUR PRAYER FOR THIS COMMUNITY...

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
~ The Apostle Paul (Romans 15:13)

Our thanks to Joanne Goodwin for sharing with us this week!

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. What are you most looking forward to in this series?
2. After reviewing Sunday's teaching, talk about what most stood out to you, new thoughts, lessons learned, or lingering questions.

HEAR [Listening to God through Scripture – in Discussion Groups]

3. Read **Matthew 11:28-30**.
 - a. What are your initial thoughts about this passage? What verse, phrase, word, or idea stands out to you the most?
 - b. Jesus' words are directed to all of us, but primarily to people burdened down by religious ritualism. Are there some ways that religion, including the Christian religion, can make the burdens people carry even worse? Talk about examples.
 - c. According to this passage, how does Jesus, specifically a Jesus-centred faith (think back to last week's topic), counter the adverse effects of religion?
4. Now read **Matthew 12:15-21**.
 - a. What are your initial thoughts about this passage? What verse, phrase, word, or idea stands out to you the most?
 - b. Jesus sometimes tells people not to disclose his miraculous ministry, probably for two reasons: i) Jesus could become overwhelmed as a known healer and never get to doing anything else he came to accomplish, and ii) Jesus could have provoked the religious authorities too much too soon, leading to his premature crucifixion, not giving him the time to accomplish everything he came to do, including fully training his disciples. This is very different than an invading king establishing his Kingdom by force. See how Jesus explains this in the next chapter, **Matthew 13:31-33**. What lessons stand out to you from these two parables?

HUDDLE [Making it Personal and Praying Together – in Huddles]

5. Take time meditating on **Matthew 12:20**. After a few quiet minutes, feel free (but not pressured) to share anything God may be impressing on you.