



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*

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## APPETIZER: How God Sees Us

God knows we need:

- His Presence and His Voice
- Food and Water
- Relaxation and Sleep
- Emotional Outlets
- Direction and Mission
- Community and Partnership

1 Kings 19

*And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

**-Philippians 4:19**

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## DINE IN: Children of the Day

Paul teaches the Thessalonians to be 'awake' and 'sober' to avoid darkness.

- Spirit
- Soul
- Body

**1 Thessalonians 5:23**

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## TAKE OUT: Better Together

What parts of yourself do you need to accept and embrace?

Which part of the Body of Christ do you need to accept and embrace?

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## Home Church Questions

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

1. 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]

2. Read **1 Thessalonians 5**.
  - a. Which stood out to you in this passage the most?
  - b. Discuss what "belonging to the day" in **verses 5-8** means. How do being "awake" and "sober" help us stay away from the darkness?
  - c. Contemplate which command might be relevant for you this week as you read through **verses 12-22** again. Share with each other in practical terms how you are going to live this out.
  - d. In **verse 24**, Paul tells us that Jesus is faithful, and he will keep us blameless. How does Jesus do that? Practice your explanation in simple and understandable terms.

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

3. Read through this list of questions and identify areas of segregation and fragmentation. Talk about it with your huddle and pray together.
  - a. In what ways do you find yourself fragmenting yourself? In what ways are you at war with yourself? Is there an area of your life you are segregating or denying?
  - b. How can you learn to love and embrace your whole self?
  - c. What area of your life do you find hardest to embrace?
  - d. Where is fear dominating your thoughts? Body? Mind? Spirit? Will?
  - e. Is there anything we haven't talked about yet (spiritual, physical, emotional, or relational) that you want to surrender to God in your journey as a growing, thriving Christ-centred disciple?