

CHRIST CHURCH

REFLECTION GUIDE

CHECK-IN

What is a highlight from your past week?

REFLECT

What word or phrase from the passages stuck out to you?

SCRIPTURE

Genesis 1:26
John 5:1-9

PRAYER

*Lord, help us to find peace
and calm our inner thoughts.
You hold us safe, God
We trust in You. Amen.*

RESPOND

What does it take to have a healthy body? A healthy spirit? A healthy mind?

What does it mean to you that God would entrust you with your own mental health? Why are boundaries and self-care so important?

Why do people give up on having "good" health?

Read John 5:1-9

What steps in your life might lead to better mental health?

CLOSING

What or whom can we be praying for?



Peace of Mind