

CHRIST CHURCH

R E F L E C T I O N G U I D E

C H E C K - I N

What is a highlight
from your past week?

R E F L E C T

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

S C R I P T U R E

Genesis 1:26
John 5:1-9

P R A Y E R

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

R E S P O N D

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?

C L O S I N G

What or whom can we be
praying for?



Peace of Mind