

4Ws for Week 41, 10 - 16 Oct 2022

WELCOME (10 minutes)

(If there are first-time guests, begin with a round of introduction and warmly welcome them.)

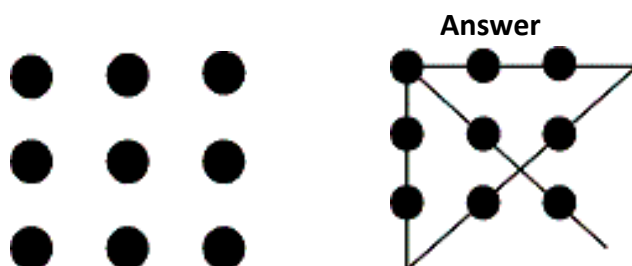
Suggested icebreakers:

1. Share how you are feeling today. Click on the link below:

https://www.healthhub.sg/sites/assets/Assets/Programs/stay-well/phase-3/pdfs/Stay_Positive/Feelings_Tracker.pdf

2. Think out of the box

Draw nine dots (as shown) on a piece of paper. Give these instructions, “Without taking pen or pencil off your paper, connect all nine dots with four straight lines.”



WORSHIP (20 minutes)

(Remember to pause for the ministry of the Holy Spirit. Encourage members to release a word, a vision, tongues and interpretation of tongues, to minister to each other.)

Suggested worship songs:

- 1) Battle Belongs - Phill Wickham (E)
- 2) Worthy Of It All (D)

WORD (45 minutes)

Preacher: SP Daniel Khong

Scripture Passage: Philippians 4:2-7

Sermon Title: Hearts and Minds

Introduction

Mental health is a real issue facing us today. Unlike physical injury, we tend to brush away mental issues because the manifestations are not as obvious. Over time, if we do not manage our stress and anxiety well, they will affect our heart and mind.

In Philippians 4:6-7, Paul wrote “⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Here Paul acknowledged the importance of guarding our heart and mind. Our mental health is important to God. However, as a church, we need to de-stigmatise mental health conditions so that we can reach out to those who struggle with it.

There are 3 important truths about mental health:

1. It's Not Something New
2. It's Part of Our Overall Well-Being
3. It's Our Collective Responsibility

Discovery and Understanding Questions:

Q1. Why is mental health important?

A1. Having good mental health is important because it significantly impacts our psychological, emotional, and social well-being. Maintaining a positive mental health and treating any mental health conditions is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, improve relationships and physical well-being as well.

1 Thessalonians 5:23 (NLT)

²³ Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

Q2. How can the church be a healing community for those struggling with mental health issues?

A2. The church can be a healing community by:

- Making a concerted effort to spread mental health awareness.
- Working to de-stigmatize how we think about, approach, and identify mental health issues in our church.
- Removing shame and fear that's often associated with topics surrounding mental health.
- Advocating that asking for help is a sign of strength.
- Working together to begin building a foundation that respects and honors the importance of good mental health.
- Encourage early intervention and treatment to enable better management and improvement of mental health condition.

Application Questions

Break into smaller groups, share, pray and minister to one another. *(CG Leaders – be sensitive during this moment. Set the tone to end with a time of ministry and prayer for healing, if need be).*

Q1. Since mental health is not something new, share your mental health struggles either now or in the past.

Q2. As part of our learning that mental health is our collective responsibility, share how you can help someone who has mental health issues.

WORKS (15 minutes)

Focus on *edification, equipping* and *evangelism*. In every CG gathering, encourage members to reach out right where God has placed them. Give members time to share their outreach efforts. Start sharing about XFXZ and get the Members' buy-in.

For announcements: visit www.fcbc.org.sg/announcements or our social media platforms – Facebook and Instagram @fbcscg.