

Gospel Conversations

Mental Health

Opening Question for everyone to answer:
How do you feel when you think about all
the hard things and stressors in your life.

Use only word word to respond!

World:

What is the narrative at Geneva regarding
mental health?

How much is mental health discussed?

Respecting those close to you's privacy, do you know people who struggle with mental
health? What are they going through?



Word:

David messes up big time. Mentally, he is a wreck and super depressed. He
wonders how he can feel better. This is the answer he arrives at... **Read it together
twice**, then spend **two minutes** slowly reading it **yourselves**, letting these words sink
into your heart.

Psalm 51:16-17

You do not desire a sacrifice, or I would offer one.

You do not want a burnt offering.

The sacrifice you desire is a broken spirit.

You will not reject a broken and repentant heart, O God. (NLT)

What sticks out to you about this passage?

Us:

What is one word that describes how you feel after reading this passage?

What has God laid on your heart regarding this passage, what is he saying to you at this
moment?

How do you feel knowing that these are the expectations that God has for you?

How does this passage speak to the mental health struggle that so many college
students face on a day to day basis?