

## Sermon Bible Study Series

Title: Jeremiah and the Great Faithfulness of God—Jeremiah and Mental Health

Primary Text: Jeremiah 37:11-38:23

Expanded Reading:

Big Idea: *Christian mental health is something bigger than secular mental health, and Jeremiah can help us to understand it better.*

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### Review

What to you was the most significant teaching you recall from the message? What spoke to you?

### In Focus

#### ***Re-read the Primary Text***

- 1) *Why do you think the guard is so eager to detain Jeremiah?*
- 2) *Zedekiah is an unreliable king in this passage. Why do you think that is the case?*
- 3) *Why do you think Jeremiah's message of surrender was so difficult for the people to hear?*
- 4) *Jeremiah was likely feeling depressed, anxious, and despairing from within the cistern. Were there other things you can imagine he might have been feeling?*
- 5) *Resilience is both a natural stick-to-itiveness and a supernatural strength. Can you think of a time when you experienced one or the other kind of resilience?*
- 6) *"Godly Boredom" is kind of a funny idea. How can you cultivate Godly boredom in your own life?*
- 7) *Think of your own spiritual friendships—what makes those friendships special?*

**Follow-up**

Did the sermon raise any questions you wished you could ask?

Can you locate any potential answers to those questions in Scripture?

**Mission**

Since people are ready to talk about mental health today in a way like never before, the idea of Christian mental health may be an excellent way to introduce people to our Christian faith. What are some talking points that you can bring to a discussion with nonbelievers?

What does it mean to model good Christian mental health practice as a way of reaching people with the gospel?

**Next Week's Passage: Jeremiah 31**