



## Flourish: Mental Health

March 17, 2024

**Speaker:** Dr. Curt Thompson

**Scripture:** Mark 5:21-42, Genesis 2-3, Deuteronomy 8

**Sermon Overview:** The mind is the embodied and relational process that emerges from within and between brains, whose task is to regulate the flow of energy and information. Our minds require bodies, not just the brain; they require relational contexts; and they are not static; they are a process. With our minds, we are constantly trying to make sense of what we are sensing and, thereby, telling a story with this information. The key question is: in what story do you believe you are living?

### Sermon Series Question:

1. Where are you planted? Where is your hope planted?

### Sermon-Specific Questions:

1. Read Deuteronomy 8. How many times does Moses tell the Israelites to remember the Lord? Look to the surrounding chapters, what has happened to the Israelites before this time and what are the Israelites preparing for that Moses needs to repeat this instruction? Why is it so important? How often and in what ways are you reminded about the story that you occupy?
2. Read Mark 5:21-42. Why did the woman seek Jesus? Describe the last time you had an opportunity to tell someone about Jesus. What was the result? Will you ask the Lord to place someone on your heart whom you could tell about Jesus this week?
3. Why were the disciples confused? Describe the last time that a Word from the Lord brought confusion to your mind (or perhaps it is a confusing circumstance you cannot escape). Jesus is constantly stretching the imagination, expanding Eden into the wilderness. Can you use your holy imagination to picture a scenario that would bring clarity to the confusing word or circumstance from the Lord? Can you imagine an outcome that is better than you had previously hoped?

## Digging Deeper:

1. Reread Mark 5. Identify the aspects of that community that were symptomatic of illness. How did Jesus target the entire community to bring healing? How was that healing an open door for future disruption, followed by future healing?
2. The flourishing mind is one in which the nine domains are integrated through the conduction of the middle prefrontal cortex. All of the mind's domains are run through the energy of emotion. Emotions fuel human behavior. And when the mind is flourishing, the fruit of the flourishing is the Fruit of the Spirit. Read Galatians 5:22-23 on the fruit of the Spirit. Look up supporting verses for each type of fruit (*for example, 1 Corinthians 13 tells us that love is patient*). Now, for each fruit of the Spirit examine how a flourishing mind produces this fruit, given the power of God. (*E.g. Consider a past situation that required patience. What was the relational context that required patience? How did the body give the mind signals that patience was needed? How did emotions fuel the behaviors in that situation? How did God's Word affect the scenario? Was God's love demonstrated through patience?*)

## Practical Application:

- Consider looking at our fasting resources at [ncc.re/fast](http://ncc.re/fast). What has your experience been with fasting?
- Join us for the John Wesley fast– Text “fast” to– 844-504-0861
- Join a group or a ministry team, or become a mission partner!
- Get into community with a [small group](#). It's not too late. Check them all out at [ncc.re/groups!!](http://ncc.re/groups!!)