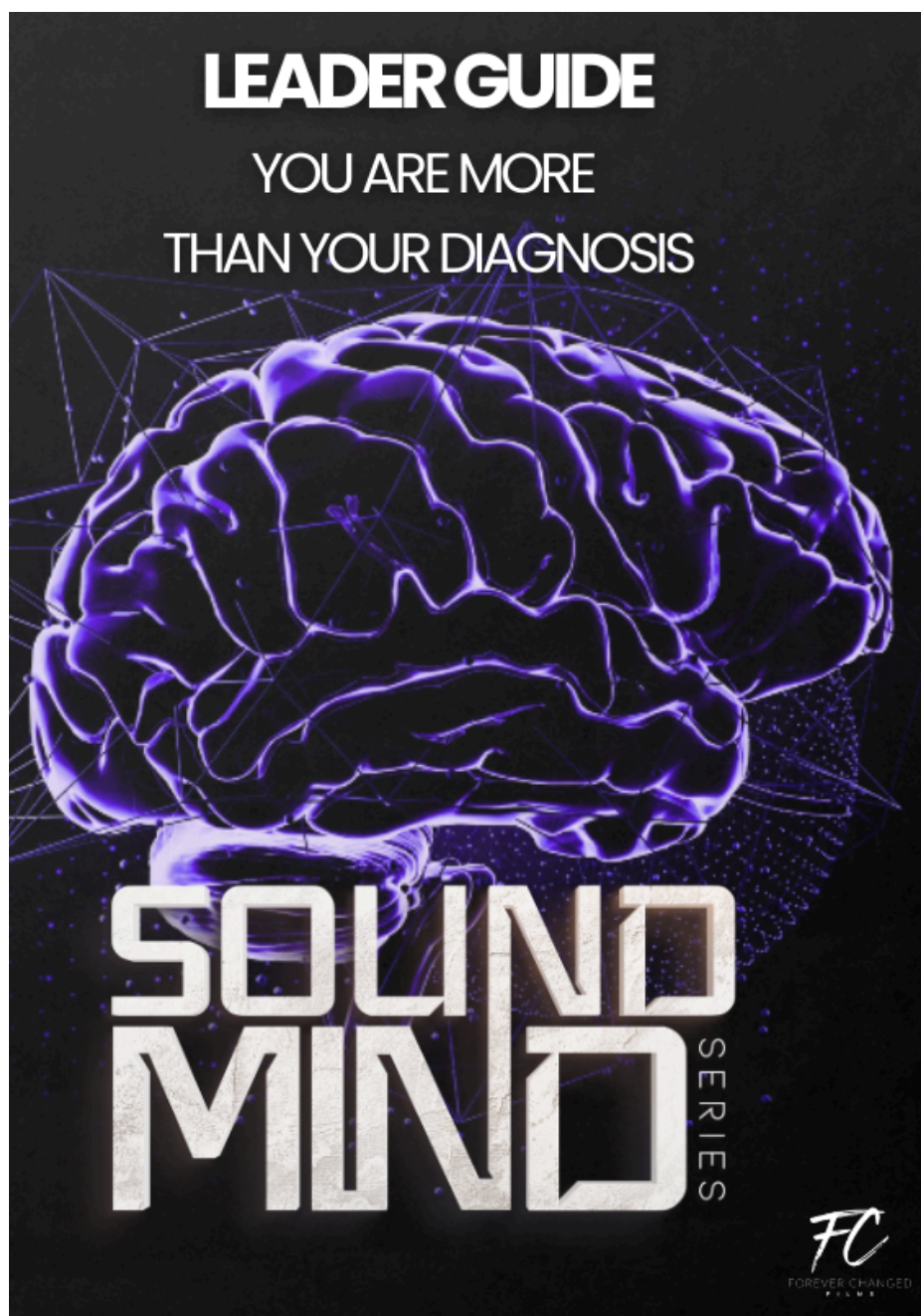


# Sound Mind Series: A Mental Health Documentary

## Leader Guide



## Sound Mind Series 5 videos

### Episode: “**Depression Rewritten**” - Allison & Ben Byxbe

**Leader Guide** presented by Forever Changed Films

#### **Can you ever come out of the depths of depression?**

*A once-vibrant newlywed finds herself engulfed in the depths of depression and anxiety after a series of personal tragedies. Struggling to care for her special needs son Reed, Allison feels like she’s losing herself in darkness. As her mental health deteriorates, Allison feels her faith slipping away. Over the years Allison struggles as a young mom of three, and her husband Ben can use some major support too. Can this hopelessness narrative be rewritten for the Byxbe family? “Depression Rewritten” is a powerful tale of redemption through a relationship with Jesus Christ.*

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## Question 1

**Allison talked about feeling angry at God and emotionally closed off. Have you ever felt angry at God or disappointed with Him, and what made it hard to bring that feeling to Him?**

### **Why This Question Is Asked**

*This question directly addresses a silent struggle many believers carry: “If I’m angry at God, am I being unfaithful?” The film models that anger does not disqualify someone from faith—it reveals a real relationship.*

### **How This Helps the Person Answering**

*It gives permission to name emotions they may have spiritualized away or buried. Naming anger is often the first step toward re-engaging God honestly rather than withdrawing.*

### **Scripture for Leader Reference**

- **Psalm 13 – David’s honest lament**
- **Job 7:11 – Speaking from anguish of soul**
- **Hebrews 4:15–16 – Jesus welcomes honest approach**

### **Leader Guidance**

- *Normalize emotional honesty with God. Prioritize relationships over resolution.*
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## Question 2

**She said she let questions “run amuck” in her mind. When you’re overwhelmed, what thoughts tend to run wild inside you?**

### **Why This Question Is Asked**

*Depression and anxiety often grow louder in isolation. This question helps surface internal narratives that silently shape emotions and behavior.*

### **How This Helps the Person Answering**

*Naming thoughts aloud reduces their power and helps participants begin distinguishing between facts and fears.*

### **Scripture for Leader Reference**

- *Psalm 42:5 – Talking to one’s own soul*
- *2 Corinthians 10:5 – Taking thoughts captive*

### **Leader Guidance**

- *Listen without correcting or reframing yet.*
  - *This is about awareness, not fixing thought patterns.*
- 

## **Question 3**

*Read Isaiah 51:3. Where in your story does life currently feel like a “desert,” “ruins,” or “wasteland”? Read Psalm 27:13. Do you find it hard to believe you will “see the goodness of the Lord in the land of the living”? Why or why not?*

### **Why This Question Is Asked**

*This question holds biblical hope and present suffering together without forcing premature optimism.*

### **How This Helps the Person Answering**

*It allows participants to locate themselves honestly in the story, even if hope feels distant or fragile.*

### **Scripture for Leader Reference**

- *Isaiah 51:3 – Restoration imagery*
- *Psalm 27:13 – Hope in present life*

### **Leader Guidance**

- *Let doubt be spoken without correction.*
  - *Avoid “God will fix this” language.*
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## Question 4

*Allison described a moment where she wondered if others would be “better off” without her.*

*Lie vs. Truth: What lies do you tend to hear when you're at your lowest? What truth (from God or a friend) helped you push back against it?*

### **Why This Question Is Asked**

*This gently surfaces worth-based lies and suicidal ideation without forcing disclosure.*

### **How This Helps the Person Answering**

*It helps participants separate identity from lies and recognize the role of truth and community in survival.*

### **Scripture for Leader Reference**

- *John 10:10 – The thief’s lies vs. Christ’s life*
- *Romans 8:1 – No condemnation*

### **Leader Guidance**

- *Listen carefully to tone and intensity.*
  - *Follow up privately if someone shares something concerning.*
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## Question 5

*Allison talked about “Jesus with skin on.” Who has been Jesus with skin on for you, and what did they do that made you feel seen or loved?*

### **Why This Question Is Asked**

*This grounds God’s presence in tangible, relational experiences.*

### **How This Helps the Person Answering**

*It helps participants recognize God’s faithfulness through people, especially when God feels distant.*

### **Scripture for Leader Reference**

- *1 John 4:12 – God’s love made visible*
- *Galatians 6:2 – Bearing burdens*

### **Leader Guidance**

- Celebrate even small examples.
  - If someone says “no one,” acknowledge the pain without rushing hope.
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## Question 6

***Ben shared that he was hiding sin, pain, and exhaustion. What is one thing you tend to hide when you're not okay, and what makes honesty feel scary?***

### **Why This Question Is Asked**

*This addresses shame, performance, and fear of vulnerability—especially common in church settings.*

### **How This Helps the Person Answering**

*It normalizes fear while gently inviting honesty.*

### **Scripture for Leader Reference**

- ***Psalm 32:3–5 – The cost of hiding***
- ***James 5:16 – Healing through confession***

### **Leader Guidance**

- *Do not pressure specificity.*
  - *Reinforce safety and confidentiality.*
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## Question 7

***Depression is isolating, and knowing God was with Allison changed everything. How have you seen or experienced God's presence in your circumstances?***

### **Why This Question Is Asked**

*This closes the session by gently re-orienting toward hope without denying pain.*

### **How This Helps the Person Answering**

*It trains participants to notice grace, even in subtle forms.*

### **Scripture for Leader Reference**

- ***Psalm 34:18 – Near to the brokenhearted***

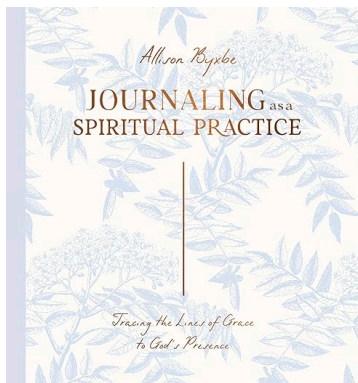
- **Matthew 28:20** – God’s abiding presence

### **Leader Guidance**

- *Accept quiet or subtle answers.*
  - *Presence does not always mean relief—affirm that.*
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### **Additional Book Resource:**

*Journaling as a spiritual practice: Tracing the lines of grace to God’s Presence* By Allison Byxbe



## Sound Mind Series 5 videos

### Episode: “**Bipolar Cannot Stop Me**” - Maggie & Tim Rice

**Leader Guide** presented by Forever Changed Films

**Can you have faith when your mind is falling apart?** When Maggie is diagnosed with bipolar disorder, her world tilts—again. A survivor of childhood abuse, she’s spent years running from her past, never really understanding why bad things happened to her. She’s a devoted Christian, but bipolar disorder and depression don’t care about beliefs. As she battles the storm within, she must face the ultimate question—can I ever live a normal life? As the highs and lows of her disorder test their marriage, buried trauma resurfaces, threatening to destroy everything. God doesn’t give us a spirit of fear but of power, love, and a sound mind. (2 Tim 1:7)

## Question 1

**Maggie shared how repressed childhood abuse resurfaced suddenly in adulthood. How did hearing her story affect your understanding of how past trauma can shape mental health later in life?**

### Why This Question Is Asked

*This question introduces trauma carefully and helps participants understand that mental illness is often layered and long-rooted.*

### How This Helps the Person Answering

*It helps people make sense of their own stories—or those of loved ones—without shame.*

### Scripture for Leader Reference

- **Psalm 34:18 – God’s nearness**
- **Isaiah 61:1 – Healing the brokenhearted**

### Leader Guidance

- *Do not invite detailed trauma sharing.*
- *Affirm safety and dignity.*

## Question 2

***Maggie described hiding her suffering because she was a missionary’s wife and feared stigma. Where do you feel pressure to appear “okay” even when you’re not?***

### ***Why This Question Is Asked***

*This addresses spiritual performance and fear of judgment in faith communities.*

### ***How This Helps the Person Answering***

*It validates the cost of pretending and opens space for honesty.*

### ***Scripture for Leader Reference***

- ***2 Corinthians 12:9 – Strength in weakness***
- ***Psalms 32:3–5 – The burden of hiding***

### ***Leader Guidance***

- *Normalize fear of being judged.*
  - *Let participants choose their depth of sharing.*
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## Question 3

***Maggie said the turning point was realizing she needed professional help. How did the episode challenge the idea that seeking psychiatric care reflects a lack of faith?***

### ***Why This Question Is Asked***

*This dismantles stigma around medication and mental health treatment in the church.*

### ***How This Helps the Person Answering***

*It reframes treatment as stewardship, not spiritual failure.*

### ***Scripture for Leader Reference***

- **Luke 10:34 – Practical compassion**
- **1 Corinthians 6:19–20 – Caring for the body**

### **Leader Guidance**

- *Avoid extremes.*
  - *Emphasize holistic care.*
- 

## **Question 4**

***Tim shared how Maggie’s bipolar disorder affected their marriage. How did his honesty help you understand the cost mental illness places on spouses and families?***

### **Why This Question Is Asked**

*This widens compassion to caregivers and spouses.*

*How This Helps the Person Answering*

*It validates frustration without labeling it unloving.*

### **Scripture for Leader Reference**

- **Galatians 6:2 – Bearing burdens**
- **Ecclesiastes 4:9–12 – Needing one another**

### **Leader Guidance**

- *Guard against spouse-blaming.*
  - *Affirm perseverance.*
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## **Question 5**

***Have you ever had a negative experience with a family/ friend or church member that treated you poorly given your mental health battle?***

### **Why This Question Is Asked**

*This question helps uncover how stigma, misunderstanding, or unhelpful responses from others—especially in family or church—may have added pain during a mental health struggle.*

### **How This Helps the Person Answering**

*It validates personal experiences, reminds participants they are not alone, and helps separate their worth and faith from how others treated them.*

### **Scripture for Leader Reference**

- **Romans 12:15** – **“Rejoice with those who rejoice; mourn with those who mourn.”**
- **James 1:19** – **“Everyone should be quick to listen, slow to speak and slow to become angry.”**
- **Job 16:2** – **“I have heard many things like these; you are miserable comforters, all of you.”**

### **Leader Guidance**

- **Allow participants to share or pass without pressure.**
  - **Redirect if conversation becomes dismissive, preachy, or debate-focused.**
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## **Question 6**

***Maggie described replacing intrusive memories with prayer and surrender. When painful thoughts surface for you, what helps you redirect them toward truth?***

### **Why This Question Is Asked**

*This equips participants with practical spiritual tools.*

### **How This Helps the Person Answering**

*It highlights sustainable practices rather than quick fixes.*

### **Scripture for Leader Reference**

- **Philippians 4:8 – Redirecting thought life**
- **2 Corinthians 10:5 – Taking thoughts captive**

### **Leader Guidance**

- *Emphasize grace.*
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## **Question 7**

***Maggie shared her father’s redemption story. How did that testimony shape your understanding of grace and God’s power to redeem even the darkest stories?***

### **Why This Question Is Asked**

*This allows space for theological tension without forcing agreement.*

*How This Helps the Person Answering*

*It invites honest wrestling with grace and justice.*

### **Scripture for Leader Reference**

- **2 Corinthians 5:17 – New creation**
- **Romans 5:20 – Grace abounding**

### **Leader Guidance**

- *Hold grief and redemption together.*
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## **Question 8**

**Despite bipolar disorder, Maggie said her calling was not canceled. How does her story challenge the belief that mental illness disqualifies someone from purpose or service?**

**Why This Question Is Asked**

*This reframes diagnosis as context, not destiny.*

**How This Helps the Person Answering**

*It restores hope and dignity.*

**Scripture for Leader Reference**

- **Romans 11:29 – God’s calling is irrevocable**
- **John 15:5 – Fruitfulness through abiding**

**Leader Guidance**

- *Celebrate faithfulness over productivity.*

**FINAL PAGE – Reflection Page**

**What stayed with me the most from this episode?**

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**Where did I sense God’s presence—or absence—most clearly?**

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**Is there anything I want to bring to God in prayer this week?**

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**Prayer for myself and/or someone I love:**

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**Sound Mind Series** *5 videos*

**Episode: "Unconventional Clay" - Daniel Ritchie**

[www.ForeverChangedFilms.org](http://www.ForeverChangedFilms.org)

**Leader's Guide** presented by *Forever Changed Films*

**Can you find your identity when you feel no purpose?** Born without arms and left for dead at birth, Daniel Ritchie endured relentless bullying as a child and constant rejection in every room he walked into. Struggling with depression and identity, he came to the end of himself. But one night, on a squeaky gym floor during a simple dodgeball game, he encountered God in a way that changed everything. What once felt like a curse now begs the question—could it be a gift?

## **Question 1**

**When have you felt like your struggle started to define who you are?**

### **Why This Question Is Asked**

*Suffering often shifts from being something we experience to something we believe defines us.*

### **How This Helps the Person Answering**

*It helps participants recognize the difference between identity and condition, and begin separating who they are from what they are carrying.*

### **Scripture for Leader Reference**

**Psalm 42:11 – Speaking truth to the soul**  
**Romans 8:1 – No condemnation in Christ**

### **Leader Guidance**

**Allow people to describe their lived experience without correction.**

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## **Question 2**

**What messages have shaped how you see yourself? What have you been told? (Good or bad)**

### **Why This Question Is Asked**

*Identity is often formed through repeated messages long before we question their truth.*

### **How This Helps the Person Answering**

*It surfaces internalized beliefs and allows participants to name lies or affirmations that still influence them.*

### **Scripture for Leader Reference**

**Psalm 139:13–14 – Wonderfully made**  
**Jeremiah 1:5 – Known and formed by God**

### **Leader Guidance**

*Do not push for detailed backstory or trauma specifics.*

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## **Question 3**

*How has rejection impacted your sense of worth?*

### **Why This Question Is Asked**

*Rejection often becomes internalized as personal failure or unworthiness.*

### **How This Helps the Person Answering**

*It validates relational pain and opens space for healing rather than minimizing the damage rejection can cause.*

### **Scripture for Leader Reference**

**Isaiah 53:3 – Christ acquainted with rejection**  
**Psalm 27:10 – God’s unfailing acceptance**

### **Leader Guidance**

*Acknowledge grief before hope.*  
*Avoid minimizing statements or comparisons.*

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## **Question 4**

*When someone really “gets” you—or when you feel judged—how does that affect you?*

### **Why This Question Is Asked**

*Feeling seen can bring healing, while feeling judged can intensify shame and withdrawal.*

### **How This Helps the Person Answering**

*It helps participants name how safety or judgment impacts emotional and spiritual openness.*

### **Scripture for Leader Reference**

[www.ForeverChangedFilms.org](http://www.ForeverChangedFilms.org)

**1 Samuel 16:7 – God looks at the heart**

**2 Corinthians 4:16 – Inner renewal**

### **Leader Guidance**

*Keep responses reflective, not comparative.*

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## **Question 5**

***When have you struggled to believe God loves you because of your situation?***

### **Why This Question Is Asked**

*Many believers unconsciously equate God's love with comfort, healing, or ease.*

### **How This Helps the Person Answering**

*It allows honest doubt while gently re-centering truth in Scripture without shame.*

### **Scripture for Leader Reference**

***Romans 8:38–39 – Nothing separates us from God's love***

***Psalms 34:18 – Near to the brokenhearted***

### **Leader Guidance**

*Avoid theological debate or explanations.*

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## **Question 6**

***Where do you feel inadequate in roles that matter most to you?***

### **Why This Question Is Asked**

*Feelings of inadequacy often hide beneath responsibility, love, and pressure.*

### **How This Helps the Person Answering**

*It brings compassion to hidden guilt and invites grace into places of self-criticism.*

### **Scripture for Leader Reference**

[www.ForeverChangedFilms.org](http://www.ForeverChangedFilms.org)

**2 Corinthians 12:9 – Strength in weakness**  
**Ephesians 2:10 – God’s workmanship**

### **Leader Guidance**

*Listen with your body language too. Have compassion. Put yourself in their shoes.*

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## **Question 7**

*When life is hard, do you withdraw or reach out—and why?*

### **Why This Question Is Asked**

*Isolation can deepen suffering, even when it feels protective.*

### **How This Helps the Person Answering**

*It gently challenges withdrawal while honoring self-protection without shame.*

### **Scripture for Leader Reference**

**Romans 12:15 – Rejoice and weep together**    **Ecclesiastes 4:9–12 – Better together**

### **Leader Guidance**

*Affirm that reaching out is courageous, not weak.*

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## **Question 8**

*How does seeing your life as part of God’s bigger story change how you view your struggles?*

### **Why This Question Is Asked**

*Purpose grows when identity shifts from self-focused meaning to God’s redemptive story.*

### **How This Helps the Person Answering**

*It restores meaning without denying pain or rushing resolution.*

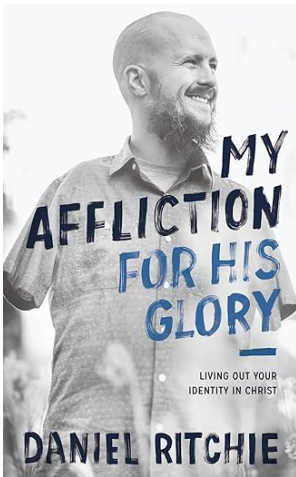
### **Scripture for Leader Reference**

**Romans 8:28 – God at work through all things**    **John 15:5 – Fruitfulness through abiding**

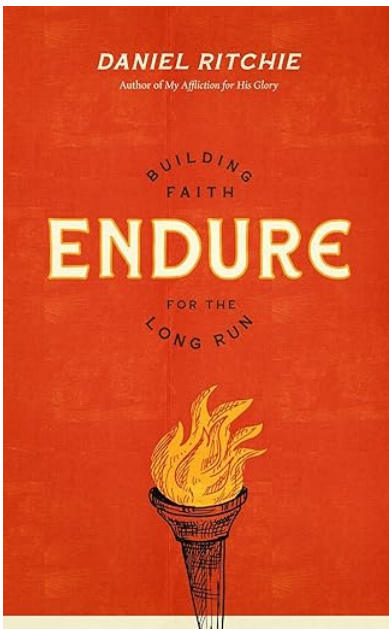
**Leader Guidance** *Hold mystery alongside hope.*

**Additional Book Resource:**

1. *My Afflictions for His glory: living out your identity in Christ* by Daniel Ritchie



2. *Ensure: building faith for the long run* by Daniel Ritchie



## Sound Mind Series 5 videos

### Episode: "Feeding My Soul" - Jen Nizza

Leaders Guide presented by Forever Changed Films

#### What if the biggest battle wasn't what the world saw—but what you saw in the mirror?

Haunted by lies about her worth, Jennifer battles the relentless pressure to look perfect, searches for meaning in the New Age, and nearly loses her life to an eating disorder—until she discovers how caring for both body and soul is central to who we are, and embraces the life-changing truth about God, her struggle, and her true identity.

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## Question 1

*Jennifer shared that she was always changing her appearance and searching for something different because she didn't feel worthy.*

*Where have you looked for worth, control, or identity outside of God?*

### Why This Question Is Asked

*This question surfaces the universal human impulse to define ourselves through **external factors**—appearance, spirituality, performance, or control—rather than through our identity in Christ.*

### How This Helps the Person Answering

*It helps participants gently recognize patterns of self-reliance or false identity without shame, creating space for honesty and reflection rather than self-condemnation.*

### Scripture for Leader Reference

- *Jeremiah 2:13 – Looking to broken cisterns*
- *Colossians 2:8 – Empty philosophies and false sources of meaning*

### Leader Guidance

- *Keep the conversation broad and non-accusatory.*
  - *Avoid narrowing the discussion to eating disorders alone.*
  - *Let participants define "external factors" for themselves.*
-

## Question 2

*Jennifer talked about being a caretaker at a young age and later punishing herself when life felt overwhelming.*

*How has responsibility, stress, or grief shaped the way you treat your body or yourself?*

### **Why This Question Is Asked**

*Early responsibility and unresolved grief often lead people to seek control as a form of emotional regulation.*

### **How This Helps the Person Answering**

*It reframes self-destructive behaviors as learned coping strategies rather than moral failures, reducing shame and opening the door to compassion.*

### **Scripture for Leader Reference**

- *Psalm 55:22 – Casting burdens on the Lord*
- *Matthew 11:28–30 – Jesus invites the weary to rest*

### **Leader Guidance**

- *Focus on emotional impact, not diagnosis.*
- *Normalize coping behaviors without affirming them.*

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## Question 3

*Dr. Ben shared that many adolescents believe the world is constantly watching them.*

*How has feeling “seen” or judged affected your relationship with your body or self-image?*

### **Why This Question Is Asked**

*Perceived scrutiny fuels shame, comparison, and perfectionism—especially around appearance.*

### **How This Helps the Person Answering**

*It helps participants identify false narratives that drive self-criticism and external validation.*

### **Scripture for Leader Reference**

- *1 Samuel 16:7 – God looks at the heart*
- *Psalm 34:5 – Those who look to Him are radiant*

### **Leader Guidance**

- *Keep discussion reflective, not comparative.*
  - *Avoid social media lectures or advice-giving.*
- 

## **Question 4**

*Jennifer described how her eating disorder gave her a sense of control while slowly taking her life.*

*Where have you experienced control that promised safety but led to harm?*

### **Why This Question Is Asked**

*Control often masquerades as protection but eventually deepens suffering.*

### **How This Helps the Person Answering**

*It helps participants recognize unhealthy control patterns without self-blame.*

### **Scripture for Leader Reference**

- *Proverbs 14:12 – A way that seems right*
- *John 10:10 – Christ’s promise of abundant life*

### **Leader Guidance**

- *Watch emotional intensity closely.*
  - *Follow up privately if concerns arise.*
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## **Question 5**

*Jennifer shared the moment she realized food was about staying alive—not appearance.*

*What shifts when you believe your body truly matters to God?*

### **Why This Question Is Asked**

*This reframes the body from something to control or punish into something sacred and worthy of care.*

### **How This Helps the Person Answering**

*It moves participants from obsession toward stewardship and gratitude.*

### **Scripture for Leader Reference**

- *1 Corinthians 6:19–20 – The body as God’s temple*

[www.ForeverChangedFilms.org](http://www.ForeverChangedFilms.org)

- *Psalm 139:13–14 – God’s intentional design*

### **Leader Guidance**

- *Avoid moralizing health or body size.*
  - *Emphasize care over perfection.*
- 

## **Question 6**

*The clinicians emphasized that treating only the physical or psychological without the spiritual leaves healing incomplete.*

*Why do you think holistic care—body, mind, and spirit—matters so deeply?*

### **Why This Question Is Asked**

*Biblical anthropology affirms that humans are whole beings, not compartments.*

### **How This Helps the Person Answering**

*It validates the integration of spiritual care with professional treatment.*

### **Scripture for Leader Reference**

- *1 Thessalonians 5:23 – Whole-person sanctification*
- *Luke 10:34 – Compassionate, practical care*

### **Leader Guidance**

- *Resist “either/or” thinking.*
  - *Affirm both medical and spiritual support.*
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## **Question 7**

*Jennifer said she now serves a new master and practices prayer, worship, and Scripture to stay grounded.*

*What spiritual practices help you step off the “hamster wheel” of striving?*

### **Why This Question Is Asked**

*Lasting change comes through rhythms of grace, not willpower.*

### ***How This Helps the Person Answering***

*It invites participants to identify sustainable practices rather than spiritual performance.*

### ***Scripture for Leader Reference***

- ***Matthew 6:24 – You cannot serve two masters***
- ***Philippians 4:6–7 – Peace through prayer***

### ***Leader Guidance***

- *Celebrate small, realistic practices.*
- *Avoid implying spiritual discipline equals instant healing.*

## Sound Mind Series 5 videos

### Episode 5: "Tangled Tired Mind" - Jon & Brett Seidl

**Leaders Guide** presented by Forever Changed Films

#### **Can you ever escape from tormenting thoughts?**

*Jon's life spirals under the torment of anxiety, OCD, childhood wounds, and a marriage on the brink—while his spouse Brett carries the heavy, unseen weight of loving someone who is struggling. Desperate to silence the noise in his head, he clings to an escape that slowly consumes him—until he cries out to the only One who can untangle his tired mind.*

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### **Leader Goal**

*To help participants understand how distorted thinking fuels emotional distress and destructive coping, and how reconnecting with truth reshapes posture even when circumstances remain unchanged. Leaders are encouraged to normalize lament, affirm professional care, address hidden coping behaviors, and point the group toward abiding in Christ as the source of lasting transformation.*

### **Question 1**

**Jon described anxiety as the “tyranny of the what-ifs”—never-ending thought cycles he couldn’t escape. What kinds of thoughts tend to trap or exhaust your mind when you’re anxious or overwhelmed?**

#### **Why This Question Is Asked**

*Anxiety often begins in the thought life long before it shows up in behavior.*

#### **How This Helps the Person Answering**

*It helps participants recognize intrusive thinking patterns without shame and creates awareness of how thoughts shape emotional experience.*

#### **Scripture for Leader Reference**

- **2 Corinthians 10:5 – Taking thoughts captive**
- **Isaiah 26:3 – Peace through steadfast minds**

#### **Leader Guidance**

- *Avoid “just think positive” language. Emphasize awareness before change.*

### **Question 2**

**Brett shared how Jon’s anxiety escalated small conflicts and slowly strained their marriage. How has anxiety, stress, or mental health affected your closest relationships?**

#### **Why This Question Is Asked**

*Mental health struggles rarely stay contained within one person.*

[www.ForeverChangedFilms.org](http://www.ForeverChangedFilms.org)

### **How This Helps the Person Answering**

*It validates relational impact while reducing blame and isolation.*

### **Scripture for Leader Reference**

- **Galatians 6:2 – Bearing one another’s burdens**
- **Ecclesiastes 4:9–10 – Not meant to walk alone**

### **Leader Guidance**

- *Protect spouses from feeling “on trial.”*

## **Question 3**

**Dr. Neil explained that David’s circumstances didn’t change—but his thinking did.  
When have wrong beliefs shaped your emotions, even when nothing externally changed?**

### **Why This Question Is Asked**

*This highlights the biblical connection between belief, feeling, and posture.*

### **How This Helps the Person Answering**

*It helps participants see that truth realigns the mind, which reshapes emotional experience without denying pain.*

### **Scripture for Leader Reference**

- **Psalms 13 – Lament leading to trust**
- **Romans 12:2 – Renewal of the mind**

### **Leader Guidance**

- *Clarify: this is not blaming people for feelings.*
- *Emphasize truth as relational, not mechanical.*

## **Question 4**

**Jon shared that alcohol wasn’t the problem—it was his solution for pain.  
What escapes or coping strategies have promised relief but quietly caused harm?**

### **Why This Question Is Asked**

*Many destructive behaviors function as pain management, not rebellion.*

### **How This Helps the Person Answering**

*It reframes coping with compassion and opens the door to honest reflection.*

### **Scripture for Leader Reference**

- **Jeremiah 2:13 – Broken cisterns**
- **Matthew 11:28–30 – True rest in Christ**

### **Leader Guidance**

- *Do not push confession publicly. Be attentive to vulnerability cues.*

## **Question 5**

**Jon described learning how to lament—bringing anger and questions to God. What emotions have you felt hesitant to bring honestly before God?**

### **Why This Question Is Asked**

*Many believers equate lament with spiritual failure.*

### **How This Helps the Person Answering**

*It gives permission for honesty and reconnects emotion with relationship.*

### **Scripture for Leader Reference**

- **Psalm 62:8 – Pouring out the heart**
- **Hebrews 4:15–16 – A sympathetic Savior**

### **Leader Guidance**

- *Avoid correcting emotions with theology.*
- *Reinforce God’s capacity to hold pain.*

## **Question 6**

**Nurse Practitioner Linda emphasized presence over fixing for spouses of those struggling. How do you tend to respond when someone you love is anxious or depressed—fix, withdraw, or stay present?**

### **Why This Question Is Asked**

*Support systems often struggle more than they admit.*

### **How This Helps the Person Answering**

*It normalizes helplessness and reframes love as faithful presence.*

### **Scripture for Leader Reference**

- **Romans 12:15 – Weep with those who weep**
- **Job 2:13 – Silent presence**

### **Leader Guidance**

- *Affirm listening as active love.*

## Question 7

*Jon described four key movements in his healing: abiding, identity, radical vulnerability, and obedience. Which of these feels most challenging for you right now—and why?*

### **Why This Question Is Asked**

*Growth requires participation, not just insight.*

### **How This Helps the Person Answering**

*It invites personal application without pressure for perfection.*

### **Scripture for Leader Reference**

- *John 15:4–5 – Abiding produces fruit*
- *James 5:16 – Healing through confession*

### **Leader Guidance**

- *Celebrate honesty over progress.*

## Question 8

*Brett shared that Jon’s anxiety didn’t disappear—but joy became visible.*

*What kind of change would feel most hopeful for you right now: fewer symptoms, or a different posture within them?*

### **Why This Question Is Asked**

*This resists “cure” narratives and honors realistic hope.*

### **How This Helps the Person Answering**

*It helps participants reimagine faithfulness amid ongoing struggle.*

### **Scripture for Leader Reference**

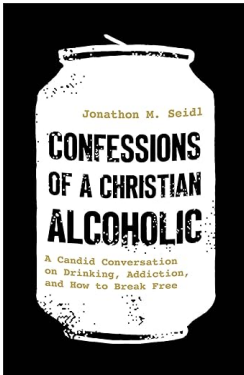
- *Nehemiah 8:10 – Joy as strength*
- *2 Corinthians 4:16 – Inner renewal*

### **Leader Guidance**

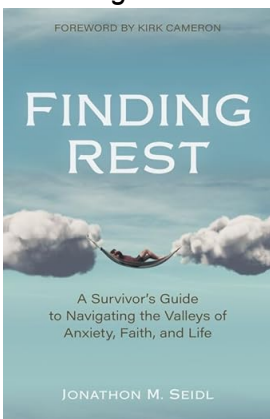
- *Emphasize fruit over fixes.*
- *Close with prayer, not answers.*

**Additional Book Resource:**

1. *Confessions of Christian Alcoholic - A candid conversation on Drinking, Addiction and How to Break Free*  
By Jon Seidl



2. *Finding Rest - A Survivor's Guide to Navigating the Valleys of Anxiety, Faith, and Life* By Jon Seidl



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