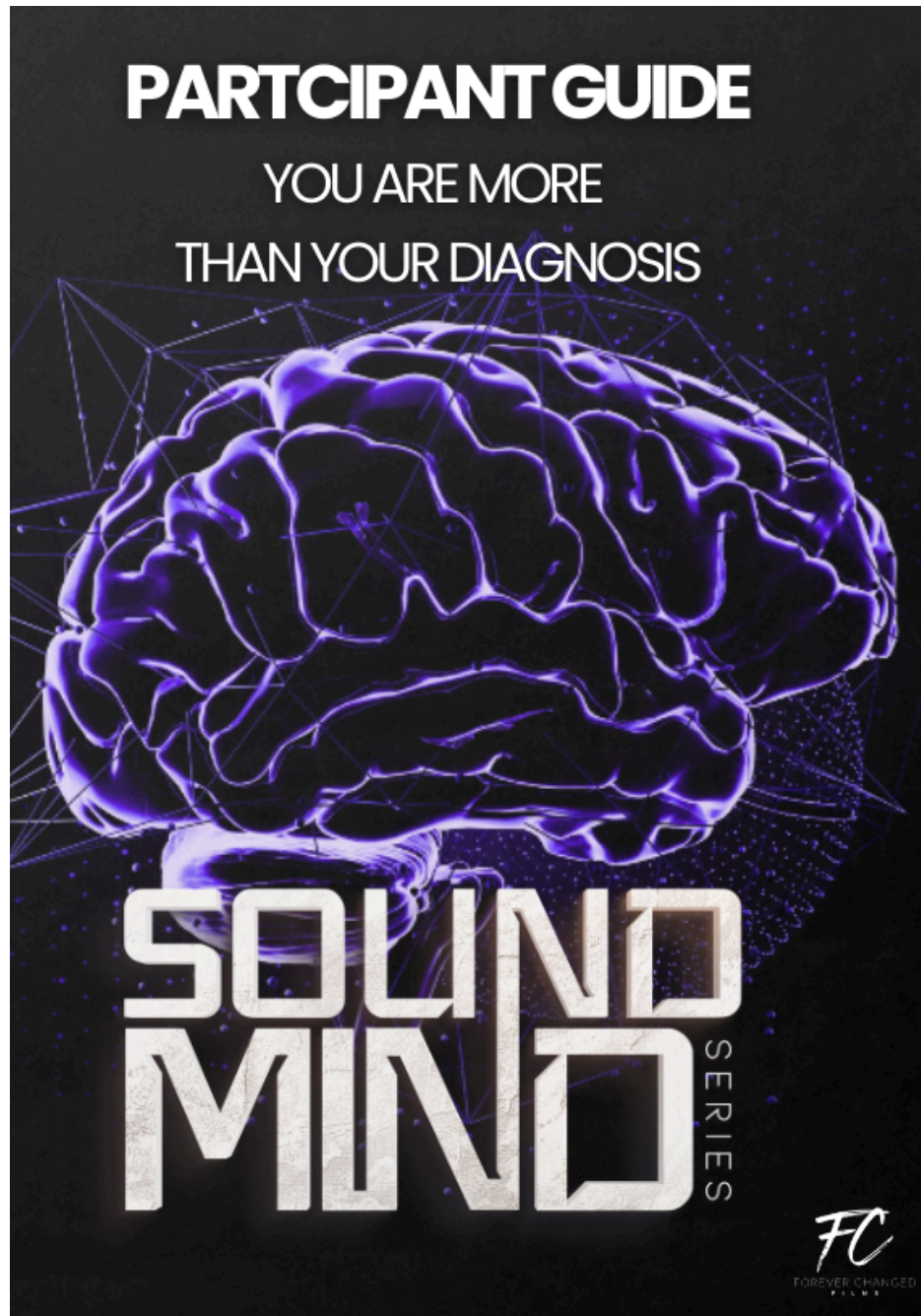


# Sound Mind Series: A Mental Health Documentary

## Participant Guide



## Sound Mind Series 5 videos

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

Participant 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?

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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?

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### 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?

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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?**

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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?**

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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?**

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## Question 7

**Depression is isolating, and knowing and experiencing the reality that God was with Allison changed everything. How have you seen or experienced God's presence in your circumstances?**  
*(It might be through a person, a song lyric, Scripture, nature, etc.)*

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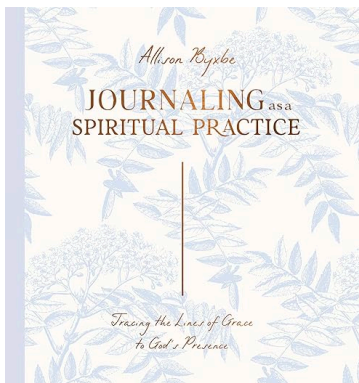
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### **Additional Book Resource:**

*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

Participant 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?

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## 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?

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### Question 3

Maggie said the turning point was realizing she needed professional help.

Some challenge the idea that seeking psychiatric care reflects a lack of faith- what do you think?

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### Question 4

Tim shared how Maggie's bipolar disorder affected their marriage.

How did his honesty help you understand the cost mental struggles place on spouses and families?

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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?

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### Question 6

Maggie described replacing intrusive memories with prayer and surrender.

When painful or overwhelming thoughts surface for you, what helps you redirect them toward truth?

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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?

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## Question 8

Despite bipolar disorder, Maggie said her calling was not canceled.

How does her story challenge the belief that a mental diagnosis disqualifies someone from purpose or service?

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## 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

Participant 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?

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### Question 2

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

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### Question 3

How has rejection impacted your sense of worth?

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## Question 4

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

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## Question 5

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

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## Question 6

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

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## Question 7

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

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## Question 8

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

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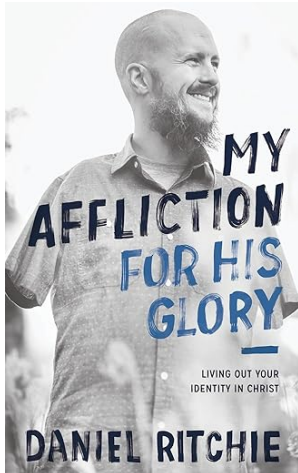
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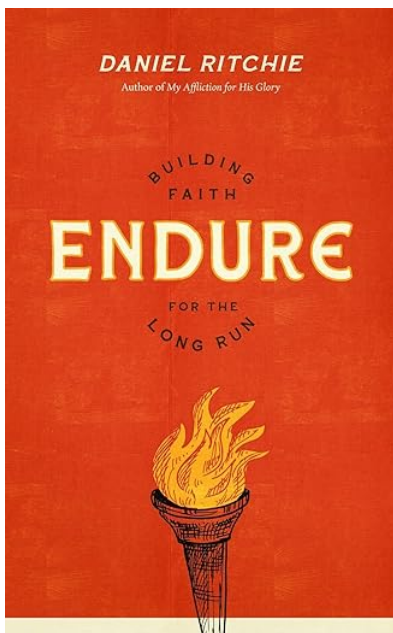
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**Additional Book Resource:**

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**

**Participant 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**

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

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**Question 2**

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

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**Question 3**

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

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## Question 4

Where has control promised safety but led to harm?

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## Question 5

What changes when you believe your body matters to God?

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## Question 6

Why do you think caring for body, mind, and spirit together matters?

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## Question 7

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

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## Closing Reflection

What lie about yourself do you need to release to God?

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What truth from God do you want to hold?

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## Sound Mind Series 5 videos

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

Participant 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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### 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?

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### 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?

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### 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?

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## 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?

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## 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?

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## 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?

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## 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?

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## 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?

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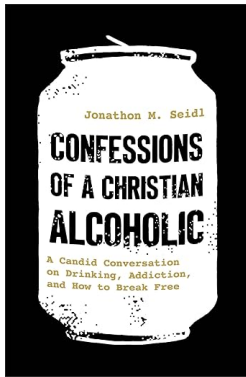
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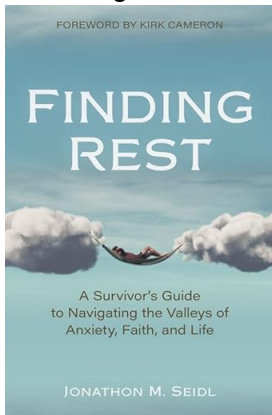
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**Additional Book Resource:**

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



# SOUND MIND SERIES

[SoundMindSeries.com](http://SoundMindSeries.com)

**For more mental health resources**