

# CHRIST CHURCH

## REFLECTION GUIDE

### CHECK-IN

What is your favorite moment from 2023?

### REFLECT

What word or phrase from the passages stuck out to you?

### SCRIPTURE

Luke 13:1-4  
Luke 5:27-32

### PRAYER

*Lord, when we feel broken, help us to remember that we are never alone in our struggles, and that with You by our side, we can face any trial with courage and hope. AMEN*

### RESPOND

Why might it be important that we talk about mental health as a church?

Review the four modalities below that people often use to answer the question

“Why do people suffer?”

*Individual sin / Not enough faith*

*Demon possession / Brokenness*

In what ways are they true?

In what ways do they fall short?

In what ways is Jesus a “doctor” or “healer”?

### CLOSING

What or whom can we be praying for?



Peace of Mind