

MESSAGE NOTES

PERSONAL APPLICATION | Walking It Out

1. Rusty, in his sermon, quoted Kyndal Inskeep's lyrics; "If I'm being honest, I'm not being honest." How do people tend to hide their struggles?

What about you? How have you hidden your struggles from others?

2. Rusty ended his sermon with the encouragement to "speak God's truth to yourself." Is there a lie you're tempted to believe about yourself or about mental/emotional health?

3. Take the Challenge: Spend 10-15 during this week sitting silently before God. How can you create space to listen to God's truth, and how will you respond if He gently reveals something that needs healing?

PRAYER REQUESTS _____

Series: Weeds In My Garden

Rusty George

"Let's Be Honest About Not Being Honest"

Church360

August 10, 2025

NOTES:

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DISCUSSION QUESTIONS

OPENING DISCUSSION | Let's Get the Discussion Started

1. Think back to your childhood. What are some small or silly ways you remember being less than honest?

2. Why do you think it's hard for people, especially Christians, to admit they're struggling mentally or emotionally?

3. In Philippians 4:6-7, Paul encourages us in saying, "Do not be anxious about anything." What is your honest reaction to this verse?

BIBLICAL REFLECTION | What Does God Say About This?

1. What are some common lies or misconceptions our culture promotes about mental health, especially in the church or society at large?

2. We hear a lot about talking to other people when we are feeling down and out. According to 1 Peter 5:6-7, "Cast all your anxiety on Him because He cares for you." What does it mean to "cast your anxiety" on God?

Does it feel comforting, challenging or even unrealistic at times? Explain.

4. Read 1 Thessalonians 5:23-24. This talks about God making us whole – spirit, soul, and body. What does it mean for you personally to be "whole"?

What does this say about God's view of your mental health?

What kinds of anxiety are hardest for you to release to God?