

Hope Presbyterian Church
Sermon-Based Bible Study Group



**July 16, 2023 - "Hugged, Heard, Helped" - #1 in the series Anthem of Hope
(Stef Rowe - Guest Speaker)**

Texts Referenced: Mark 10: 46-52, Luke 15:20, James 1:19 NIV

1. What stood out to you about the message?
2. Consider three things we know about mental illness - *it's common, complicated, and often coupled with our faith.*
 - How do you respond to the statistic that 20% of people suffer from some type/level of mental illness?
 - In what ways does mental illness manifest itself as complicated?
 - Why does mental illness intersect with our faith in ways other illnesses may not?
3. **Read Mark 10: 46-49.**
 - Why were those gathered around Jesus intent on quieting Bartimaeus?
 - How does this scene remind us of how people often respond to someone suffering the unfortunate effects of physical or mental illness?
4. Think about how someone suffering from a mental health issue might respond when/if they are *hugged, heard, or helped.*
 - **Read Luke 15:20.**
 - What does this text teach us about the power and meaning of a hug/embrace?
 - What can make it difficult to give or receive this type of affirmation?
5. **Read James 1:19.**
 - What's the difference between hearing and listening?
 - What does it mean to "listen with the whole ear"?
 - How do we benefit when we are listened to?
6. **Read Mark 10:50-52.**
 - What was Bartimaeus really asking for when he pleaded, "I want to see!"?
 - Why is difficult to ask for help?
 - How can we position ourselves to help those among us with mental illness?
7. How can we pray for you?