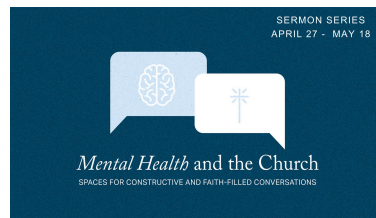


Sermon-Based Bible Study Group**April 27, 2025**

“Shame” - #1 in the series *Mental Health and the Church: Spaces for Constructive and Faith-filled Conversations*

Texts Referenced (NIV): John 9:1-7, John 16:33

1. What stood out to you about the message?
2. In 2020, the National Alliance on Mental Illness (NAMI) reported the following statistics on mental illness:
 - *One in five U.S. adults experiences mental illness.*
 - *One in 20 U.S. adults experiences a serious mental illness.*
 - *17% of youth, aged 6-17, experience a mental health disorder.*
 - How do you react to these statistics?
 - How does the idea that *we may not experience a mental illness, yet we all have mental health*, influence your thoughts about your mental health?
3. According to research professor and author Brené Brown, *shame is the belief that we are unworthy, while guilt is the feeling that we have done something wrong.*
 - Why is understanding the difference between shame and guilt important for mental health?
4. **Read John 9:1-2.**
 - What assumptions were the disciples making about why the man was blind?
 - When it comes to mental health, why do some faith communities not accept factors like genetics, brain chemistry, social and environmental influences, psychological experiences, and chronic stress as contributing to mental illness?
5. **Read John 9:3-7.**
 - Why might the disciples have found Jesus’ response to their question hard to accept?
 - What can we learn from Jesus’ two-part response—his words and actions—about how we should respond to those experiencing health issues, including mental illness?
6. **Read John 16:33.**
 - How do Jesus’ words encourage acceptance and compassion regarding mental illness?
 - What can we at Hope do to eliminate the stigma of shame related to mental illness?
6. How can we pray for you?