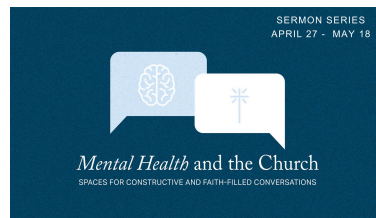


Sermon-Based Bible Study Group**May 11, 2025**

“Navigating Life Transitions” - #3 in the series *Mental Health and the Church: Spaces for Constructive and Faith-filled Conversations*

Texts Referenced (NIV): Philippians 4: 6-7, Ecclesiastes 3: 1

1. What stood out to you about the message?
2. Life transitions mark the beginning of something new, such as a new job, a move to a different city, or a major life event such as a marriage, divorce, or the birth of a child.
 - What’s been a major life transition you’ve experienced?
 - What proved challenging, and how were you able to navigate the transition?
3. **Read Ecclesiastes 3:1.**

The Greek translation of “time” in this verse is *kairos*, which means *an opportune and decisive moment*.

 - How can this definition shed light on how to navigate life transitions?
 - In what ways has a life transition been a *kairos moment* - a time of opportunity or when God revealed himself to you?
4. **Read Philippians 4: 6-7.**

Consider how life transitions often cause anxiety, stress, depression, and even grief.

 - How do you respond to Paul’s seemingly counterintuitive urging “do not be anxious about anything” in anxiety-producing times?
 - What has helped you turn to prayer in times of difficult life transitions?
5. Consider the following ways to navigate difficult life transitions:
 - a. **Prayer** - *honestly name life transition issues before God*
 - b. **Mark the Moment** - *acknowledge that what you are feeling is real*
 - c. **Build a Support System** - *relationships, therapy*
 - d. **Self-Care** - *physical, emotional, mental*
 - In what ways have these strategies helped you navigate life transitions?
 - How might our Hope community effectively provide support for mental health?
6. How can we pray for you?