

Biblical hope in mental health is rooted in God's promises of love, restoration, and peace. Scripture reminds us that even in struggles, we are never alone - *"The Lord is near to the broken hearted and saves the crushed in spirit"* (Psalm 34:18). Hope in Christ provides strength to endure trials, knowing that suffering produces perseverance and character (Romans 5:3-5). Through prayer, faith, and God's Word, we find peace beyond understanding (Philippians 4:6-7). Biblical hope is not mere wishful thinking but a confident trust in God's plan, offering comfort, healing, and the assurance of His unwavering presence.

What do you hope for?

Read Joshua 2:8-21

1. Who is Rahab, and what is her role in this passage?
2. What did Rahab say she knew about the God of Israel (verses 9-11)? Why do you think Rahab had faith in the God of Israel even before meeting the spies?
3. How did the spies respond to Rahab's plea for protection? What does Rahab's protection of the spies reveal about trust and fear?
4. What was the sign of her salvation and protection (verses 17-21)? How does the scarlet cord symbolize hope and redemption?
5. Rahab lived in a city doomed for destruction. How does her story encourage people who feel trapped in difficult situations?
6. What does this passage teach about God's ability to redeem anyone, no matter their past?
7. How can Rahab's faith inspire someone struggling to find hope today?
8. Rahab likely lived with fear and uncertainty in Jericho. How do you think her decision to trust in God affected her mental state?
9. How does faith in God help in dealing with anxiety or fear about the future?
10. How can focusing on God's promises (like Rahab did) bring peace in difficult times? What do you focus upon in difficult times?
11. The spies reassured Rahab of her protection. How can Christians today offer hope and encouragement to those struggling with mental health?

Prayer Points

Pray for those in our church as well as people we know and love who are impacted by mental health. Pray that we as a church become more aware of those around us.

Pray for the Ukrainian Baptist Union, the European Baptist Federation and their partners, courageously persevering in providing shelter, food and care to tens of thousands across the country.

Sermon Notes



BIBLE STUDY

February 16th 2025

Mental Health:
Hope

Joshua 2:8-21

We live in a time when there is a greater effort to understand the challenges people face with mental illness, and the importance of everyone's own mental wellbeing. In light of this, how do we understand mental health as Christians? What does the Bible actually teach, avoiding the danger of taking verses out of context? If we are faced with anxiety, depression or suicidal thoughts, how do we relate the gospel to our personal experience? How can we bring hope to those who face daily challenges?

If you would like to join a Connect Group, please contact the church office 01424 730001