

# Family TableTalk

## Mind Matters Sermon Series

### Read

Matthew 22:34-40, Deuteronomy 6:4-9, Romans 12:1-2

### Think

#### Week 1—May 2, 2021 “Your Mind Matters”

Our mental health is just as important as our physical and spiritual health although it is the area we typically talk about and focus on the least. There is no denying that there are mental health issues in our community and world. The truth is, we all experience symptoms of various mental health challenges at times. But God cares about our **whole** selves so it's time to remove the stigma and talk about the difficult topic of mental health. Talking with children about mental health is something we shy away from. Having the right conversations with your children opens up the lines of communication and help you keep an eye out for the warning signs of anxiety, depression and bullying. Over the next 5 weeks I will share a few ways to approach talking with children:

- Ms. Christina talked a little bit about filling your bucket. What are ways you can fill your bucket and help with positive thoughts?
- *Model positive sharing about emotions and challenges.* Show your child it's okay to acknowledge feelings by talking about your own feelings. Share a time when you were angry or sad. How did you feel, how did you tell others how you were feeling.
- Ask questions even when nothing is wrong. Ask questions like “what was your favorite part of the day? Or What was difficult for you today?”

### Discuss

### Pray

Merciful God, thank You for the resources available to support us with our mental health. Help us make our mental health a priority and realize it's just as important as our physical and spiritual health. Guide us to be self-aware when we need to find resources to stay mentally healthy. Amen.

### Go Deeper:

Share family blessings, bummers and how you have seen God at work this week.

Listen to your favorite worship song and have a dance party

Write a note of encouragement to your child(ren) this week

Remind your child/children how God made them special and share some of your favorites

Read Deuteronomy 6:4-9. This is one of Ms. Cheryl's favorite verses. Share why this verse could be important to your family

