

Bible Study

Sound Mind

Series

Study 2



A Sound Mind Through Connection

A Sound Mind through Connection

Sound Mind Series

Study 2

As humans, connections are our lifeline. Whether it is family, friends, colleagues, neighbours or strangers down the street, it is evident that we are designed for connection.

From the day we are born, we need others in order to survive. This survival isn't simply about food and shelter, it is also about the connection with others, our identity as part of a community.

Studies show us that people who feel more connected to others have lower levels of anxiety and depression. Not only that, they have higher self-esteem, greater empathy and the ability to trust others more. Along with these social benefits, connection also brings physical benefits too - improved immunity, quicker recovery times and it may even lengthen your life ([Stanford Medicine](#)).

In this study, we will consider three ways that the Bible teaches on the benefits of connections.

There is a passage in the Bible that shows very clearly that we need connection with other humans. Read Genesis 2:18-23. In these few verses it paints the picture that nothing else was good enough for Adam's wellbeing, than to have another human being for connection.

Let's take a look at some verses that show the types of connections we have as humans.

1. Look up the following verses and write down the type of connection each verse mentions

Genesis 2:24

Proverbs 27:9

Matthew 5:44

Romans 13:1

1 Cor 12:15

2 Cor 6:14

Ephesians 6:1-4

Colossians 4:1

1 Peter 2:18

The Bible has many, many verses that guide us on how we are to interact in various relationships. From family to authorities, from friendships to enemies. This shows us three things:

- That we are designed for connection;
- That we will struggle with relationships (or God wouldn't have given us guidance); and
- That God, being our creator, knows exactly what we need to have healthy connections, and therefore better mental health.

In the following questions, we will take a look at some important traits in healthy connections. This activity is as much about what to look for in others, as it is about searching your own life to see how you can be a healthy connection for others too .

2. Look up Proverbs 18:24.

a) What trait in a friendship is expected so that your life doesn't 'come to ruin'?

b) What are some signs of being reliable?

Proverbs 16:28

Matthew 5:37

Colossians 3:9-10

Questions to ponder...

Do you have connections that aren't reliable? Does this mess with your mental health? Are you reliable? Do you need to find more reliable relationships to assist your mental health?

It's good to remember, if you aren't reliable, then this will affect how others want to interact with you too. Prayerfully consider if this is an area that you need to change. Ask God to reveal to you any areas in which you may not be reliable.

3. When our mental health isn't going well, we often can't think clearly, and therefore our decisions aren't always helpful nor wise. And with our emotions being quite changeable at times, we can't just rely on the way we *feel* to make decisions. God clearly shows us that seeking wise counsel is important. This shows us another way that we need connection to others. Read and consider these 7 verses from Proverbs:

Proverbs 11:14, 12:15, 15:22, 15:31, 19:20, 24:6, 28:26

a) List below, the types of wise counsel you may require throughout your life (circle or tick any that you have already sought)

b) Why do you think we are willing to seek counsel in some areas of our life, yet not in others?

Are there any areas of your life that you think you **don't** need wise counsel? If so, which ones, and why?

4. One of the most important human relationships we have is with our church family. This may seem contrary to what you have experienced in church life, but God sees it as critical for our wellbeing. Let's explore this a little further. Read Hebrews 10:24-25.

a) What is God's instruction in verse 25?

b) What is the reason for this instruction (vs 24 & 25)?

It's a sad fact, that we have all probably experienced people in church who are actively discouraging. Perhaps at one time or another, we have been that person too.

When we consider that God sees our connection with other believers as vital for our encouragement, it is important that we look for ways to meet with them. But we must remember that meeting together is not just for our own encouragement, but for us to encourage others also. So, once again, ask God to search your ways and show you how you can be more encouraging to fellow believers.

As in any family, all the members must play a role to support each other. If one member doesn't fulfill their role, the whole family suffers. This is no different with your church family.

5. Read the following verse and think of various ways that the church needs people to play a role. Then, consider a role that you can take on in order to fulfill your role as a part of the body of Christ.

1 Corinthians 12:12-27

6. Read the following verse and consider how we each belong to each other.

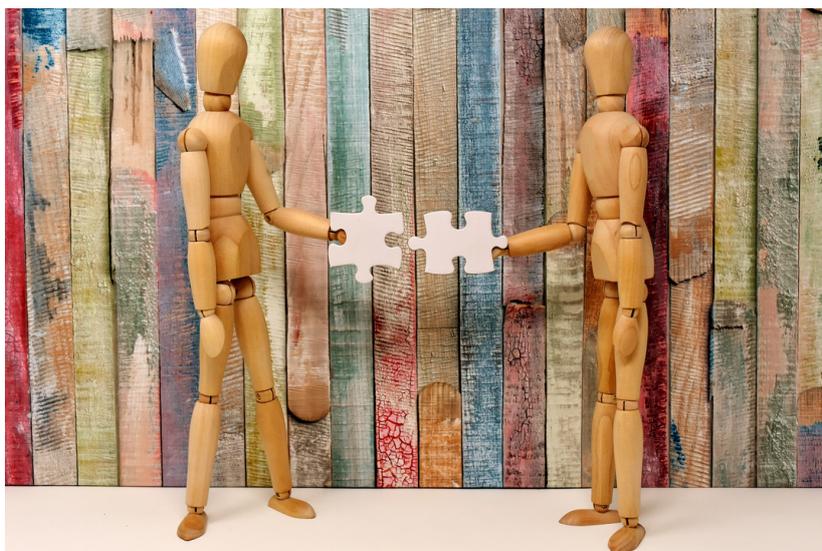
Romans 12:4-5

The importance of connection is evident throughout the Bible, from the very beginning when God created Adam and Eve, to the very end where we will all gather together and be in God's presence forever.

We learn that many different relationships are vital for our wellbeing, not just for our own benefit, but also for others too.

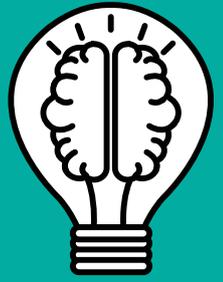
Even though mental health issues often get in the way of connecting, it's important to understand the role connection plays for our mental health.

My prayer is that we will all be able to improve our connections with others; that we may we be teachable and seek wise counsel to help us throughout our lives; and may we seek to come together with fellow believers for the encouragement of all, bringing glory to our Heavenly Father.



What did I learn?

Sound Mind Series



Topic _____

Verses _____

Key Points

1. _____
2. _____
3. _____

Prayer

What's this mean
for me?

Digging Deeper

Sound Mind Series



Topic _____

Verses _____

Words to Explore

**Promises to
Treasure**

Additional Verses