

MENTAL HEALTH

EXPERIENCE GUIDE



MENTAL HEALTH EXPERIENCE

God created us to live free and be healthy. That includes our mental health.

Through this Mental Health Experience, you'll journey through twelve sessions filled with God's truth, and each of them is designed with specific tools and digital downloads (found in this guide) to help you along the journey. Our hope is that by engaging in this experience and using the tools provided, you'll begin believing and receiving God's truth for your life.

Use this guide to follow along with each session, capture what God is saying to you in the notes section, work through each tool, and apply it to your life. This is a resource that you can come back to as much as you need. God has come to set you free, and where the Spirit of the Lord is there is freedom.

So, here's how to get started. You can use your phone, a computer, or any device that works best. You can do this experience anytime, anywhere. You can go at your own pace through each session, and you can even come back and repeat a session anytime you want. Trust that God wants to speak to you on this journey to living mentally free.

Each session has these icons:



Every session starts with a video teaching. We believe there will be lots of discoveries made as you watch, so there's a place just for video notes.



When we receive new revelation, the best thing we can do is put it to use! There are response questions at the end of each video that will help you apply what you just learned.



We've created some tools to go alongside each session. These tools are designed to help you process and deepen your understanding of each teaching.

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SESSION 1

GETTING STARTED

Everywhere we go, people are talking about mental health. But what if we've gotten the conversation wrong? What if "mental health" is actually a positive thing God designed us to experience? We were created to live free, and God has given us the tools to help us on that journey.

Valley Creek recommends you seek the appropriate professional medical advice and professional therapy support if you are suffering from serious mental health issues. This Valley Creek Church mental health series is not intended to replace needed professional help for serious mental health issues. Please note, nothing in this series or on our website, blog, social media, programs, products, webinars, and/or services shall be interpreted as entering you into a therapeutic counseling relationship with Valley Creek Church.



NOTES:

RESPONSE

Declare this out loud:

God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 TIMOTHY 1:7

MISCONCEPTIONS

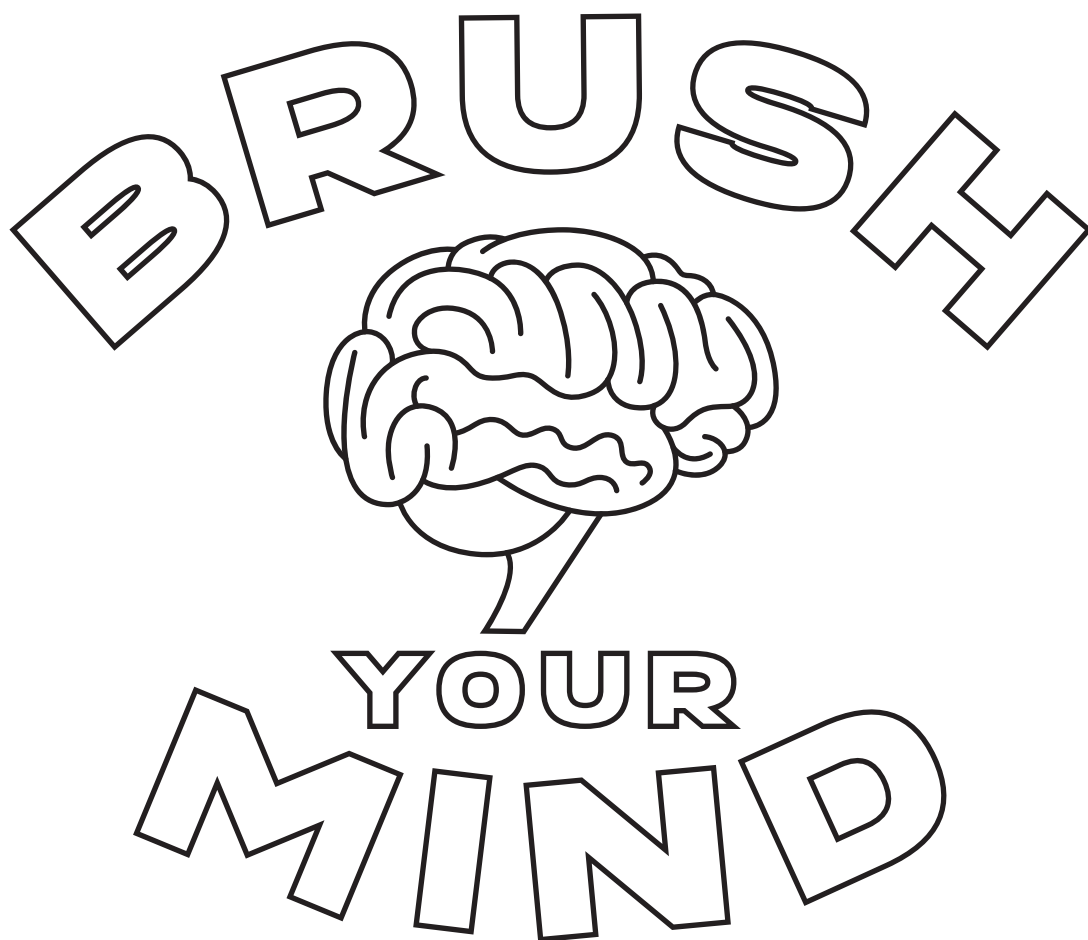
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Take some time to process this with God or whoever you're watching this with.



BRUSH YOUR MIND

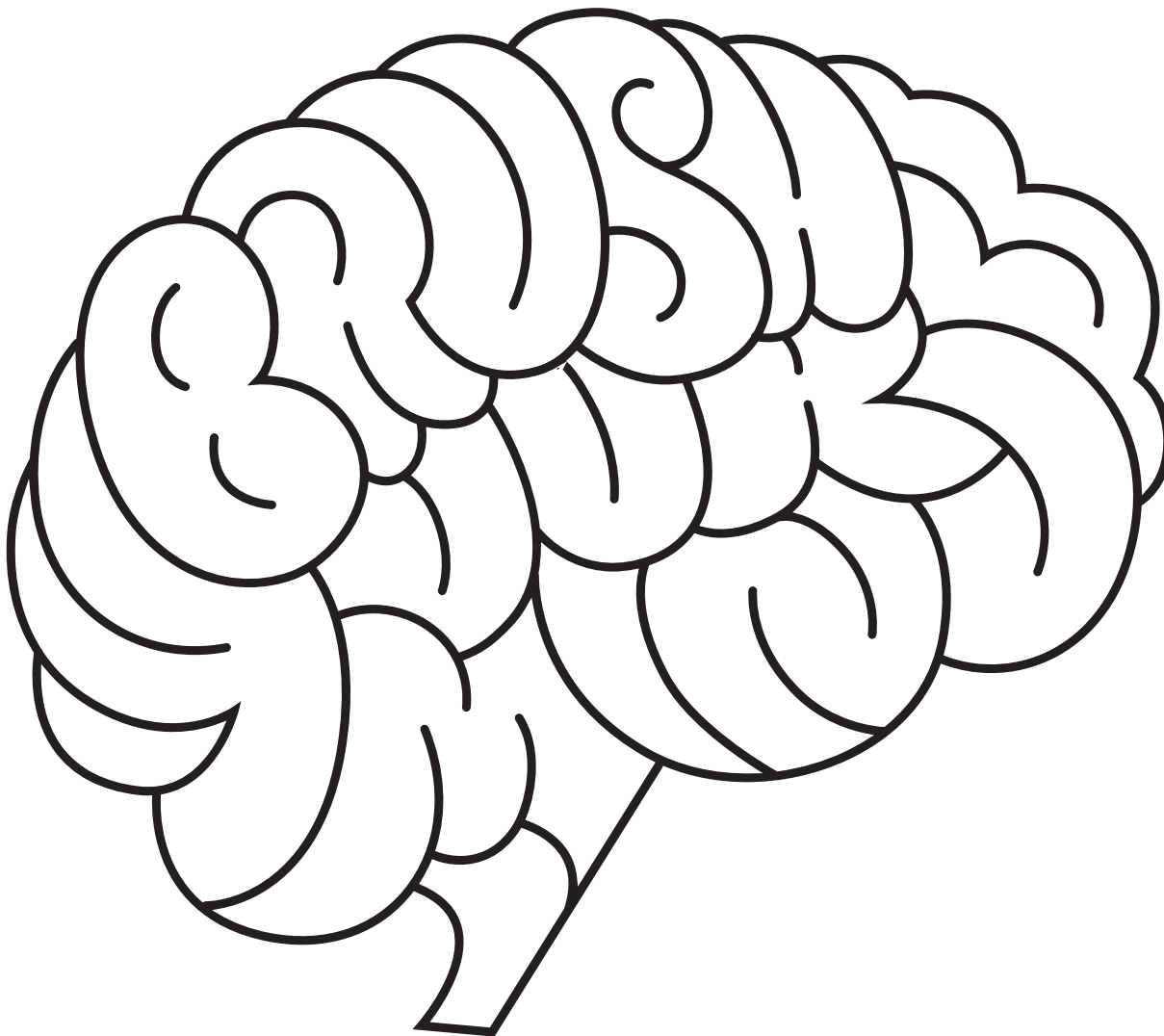
Use this graphic as a reminder to take intentional time each day to brush your mind of negative thoughts and the lies of this world.



SCAN THIS QR CODE FOR
MORE DIGITAL RESOURCES

BRUSH YOUR MIND

Use this graphic as a reminder to take intentional time each day to brush your mind of negative thoughts and the lies of this world.




SCAN THIS QR CODE FOR
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THE GOSPEL

[illegible]

What is God inviting you to discover about your identity in Him, the relationship He wants with you, and the purpose He has created you for?



✂ THE THREE CIRCLES

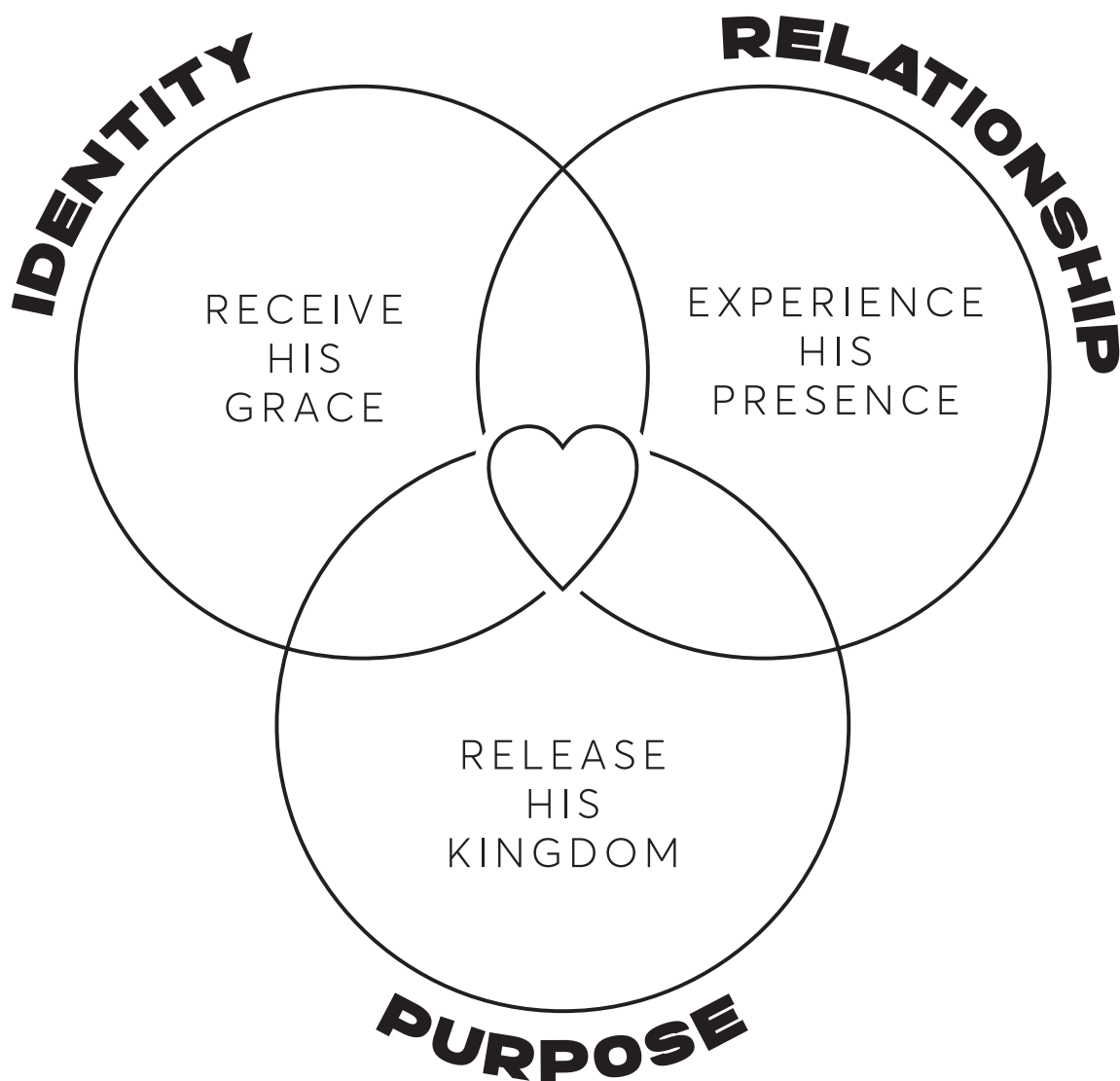
God's heart is for us to receive His grace, experience His presence, and release His kingdom. Use these printable graphics to help you discover who you are, who He is, and what you were created to do.

IDENTITY

- ☐ Romans 5:19 ☐ Ephesians 2:8-9
- ☐ John 1:12 ☐ 2 Corinthians 5:17
- ☐ 1 John 4:17 ☐ 2 Corinthians 5:21
- ☐ Matthew 3:17 ☐ Hebrews 8:12

RELATIONSHIP

- ☐ Hebrews 4:16 ☐ Ephesians 3:19
- ☐ Ephesians 3:12 ☐ 2 Corinthians 5:18
- ☐ Hebrews 13:5 ☐ 2 Corinthians 6:18
- ☐ Galatians 5:25 ☐ Ephesians 2:19-22



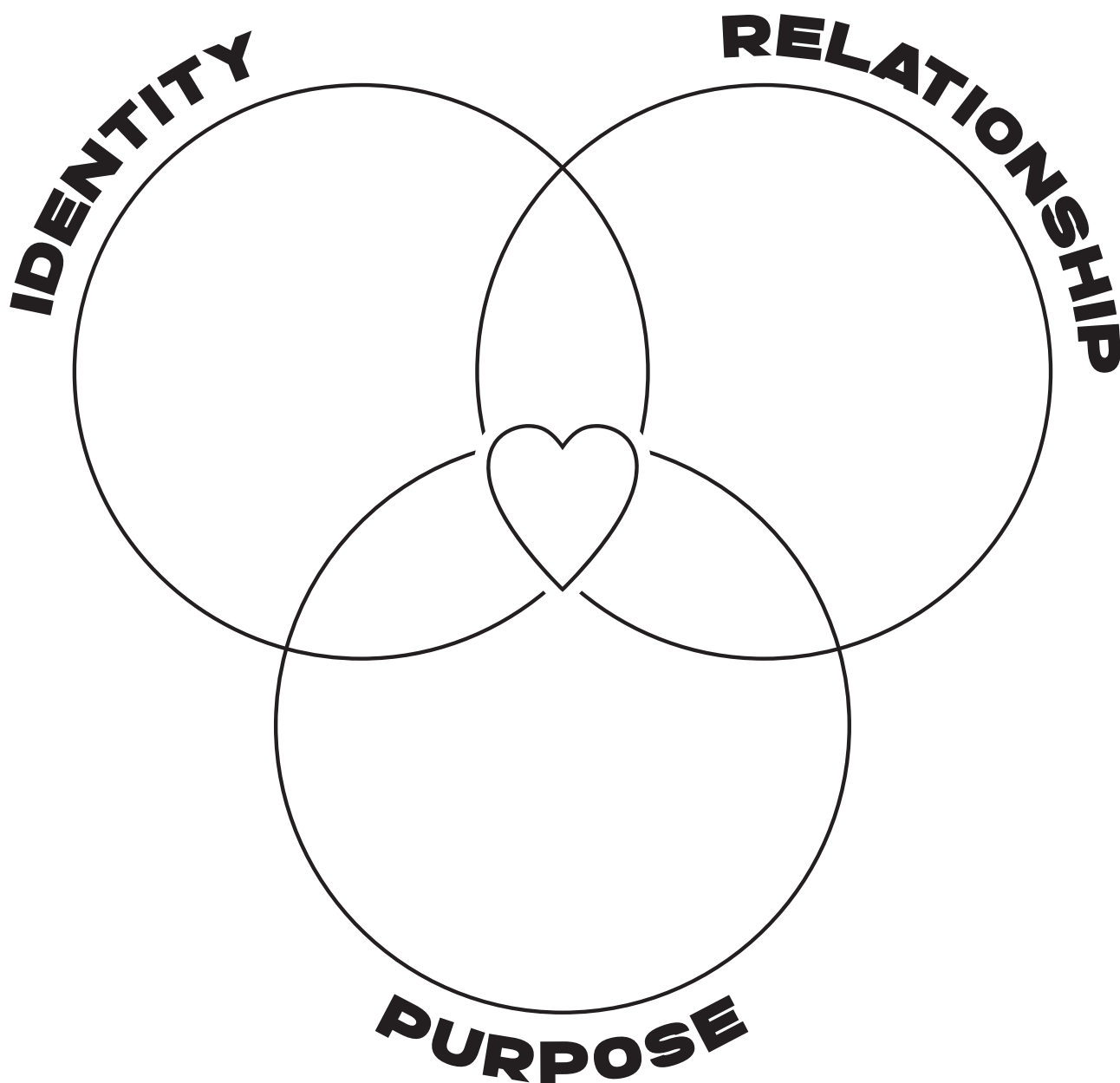
PURPOSE

- ☐ Genesis 1:28 ☐ Luke 17:21
- ☐ Matthew 28:18-20 ☐ Ephesians 2:10
- ☐ Matthew 16:18-19 ☐ Acts 1:8
- ☐ John 20:21 ☐ 2 Corinthians 5:20

MENTAL HEALTH

THE THREE CIRCLES

In the circles below, take some time to write what God is inviting you to discover about your identity in Him, the relationship He wants with you, and the purpose He has created you for. This is God's heart for your life.



LOVE vs. FEAR

This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a faint, light blue circular graphic that appears to be part of a larger design or logo. The rest of the page is empty, with no text or other markings.

What fruit is evident in your life? Is what you're seeing rooted in fear or love?

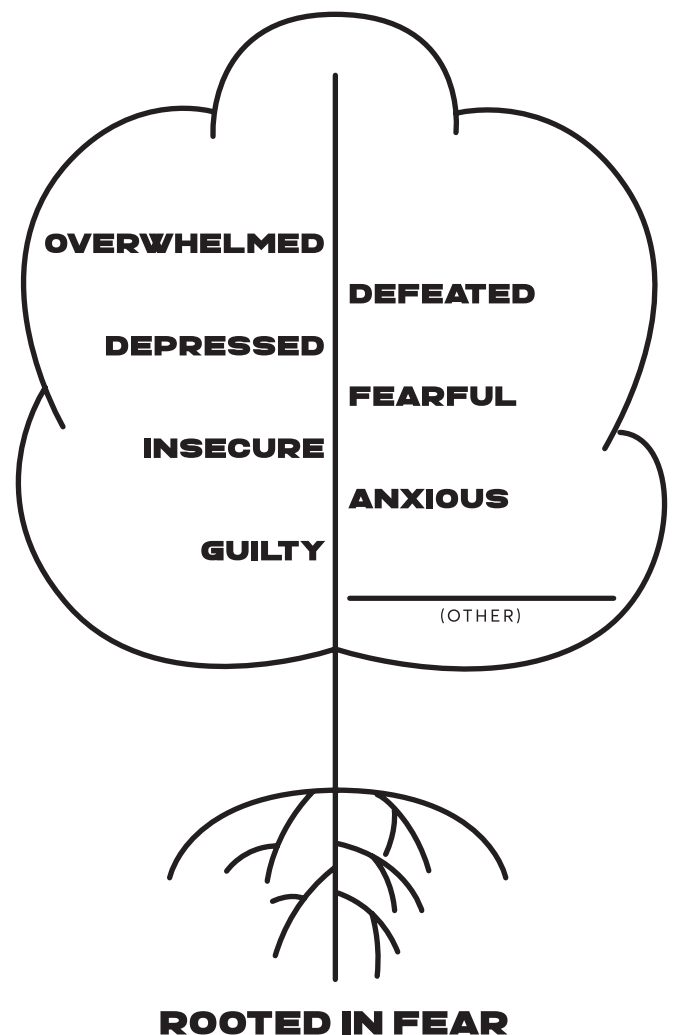
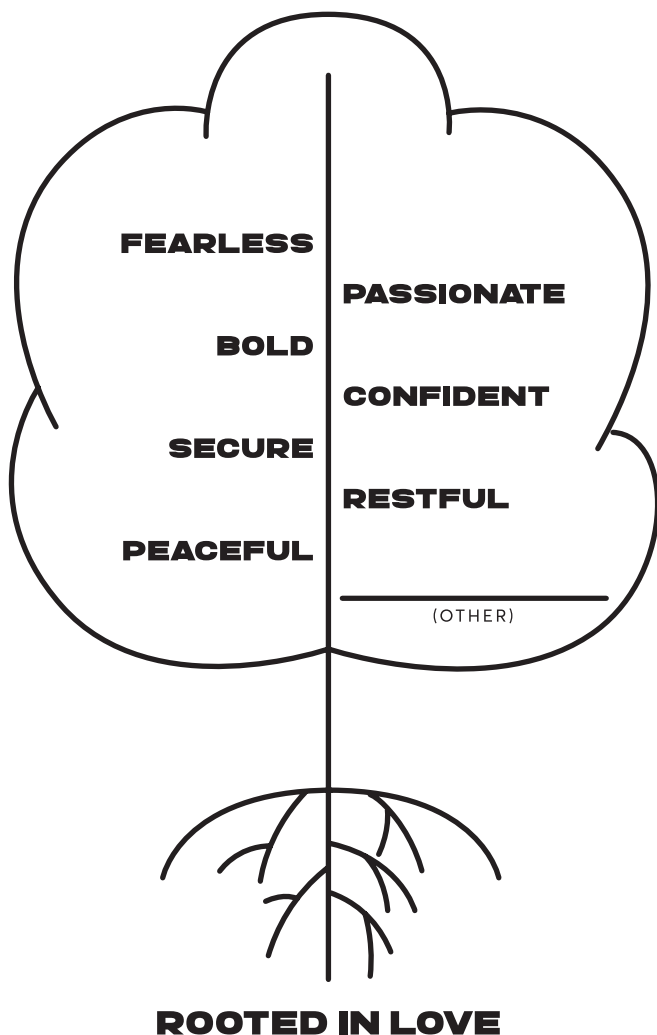


TRACE IT BACK

When you're feeling defeated, overwhelmed, or anxious, instead of focusing on your behavior, trace it back to the belief.

Stop and ask yourself: "What's at the root of my feeling, behavior, pain, or struggle? Is it rooted in fear or rooted in love?"


Use this graphic to help you circle or write in the fruit you identify in your life, and trace them back to determine if they are rooted in love or fear.



LABELS

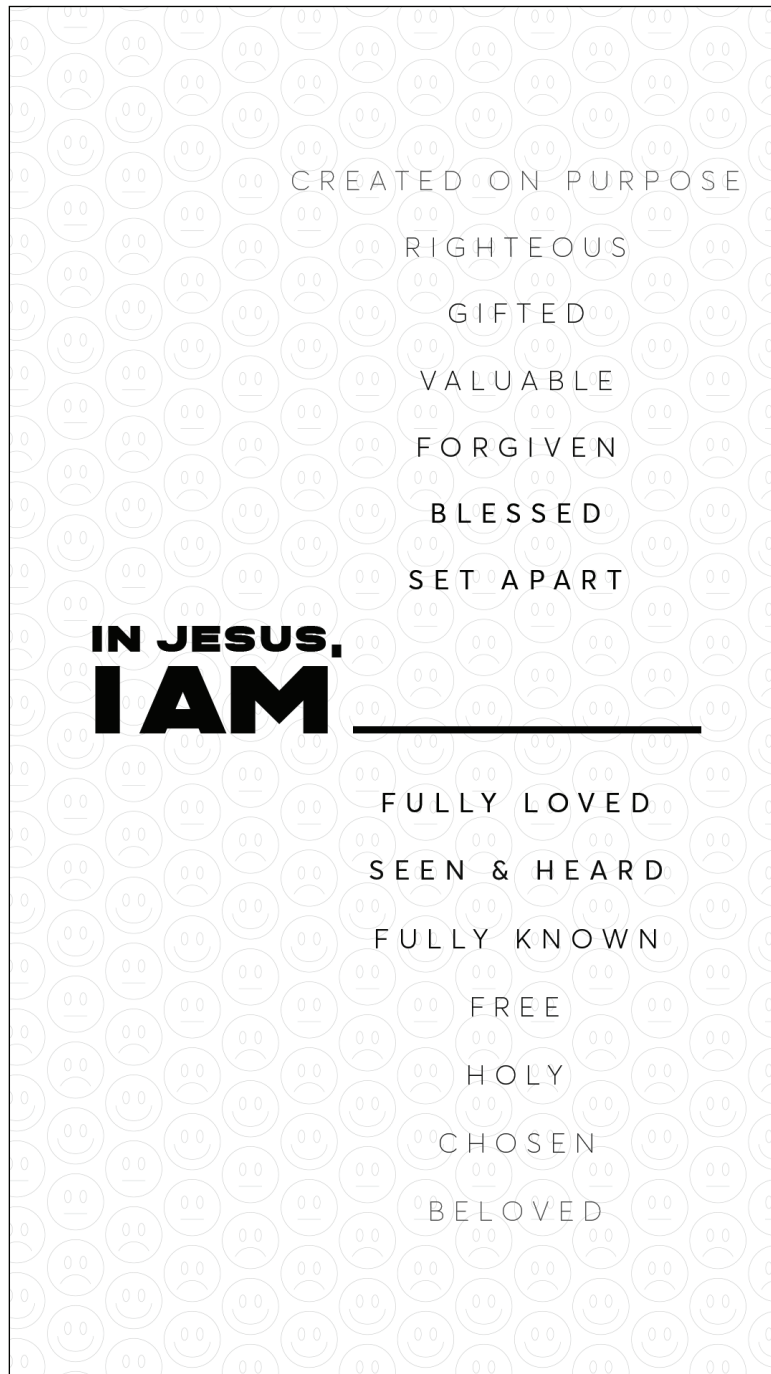
[illegible]

Who does God say you are?



SPEAK LIFE

Use this graphic as a reminder of who you are in Jesus' name.



SCAN THIS QR CODE FOR
MORE DIGITAL RESOURCES

REMOVE, RELEASE, REPLACE



This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a faint, light blue spiral graphic that starts near the top and curves downwards. The rest of the page is empty, with no text or other markings.

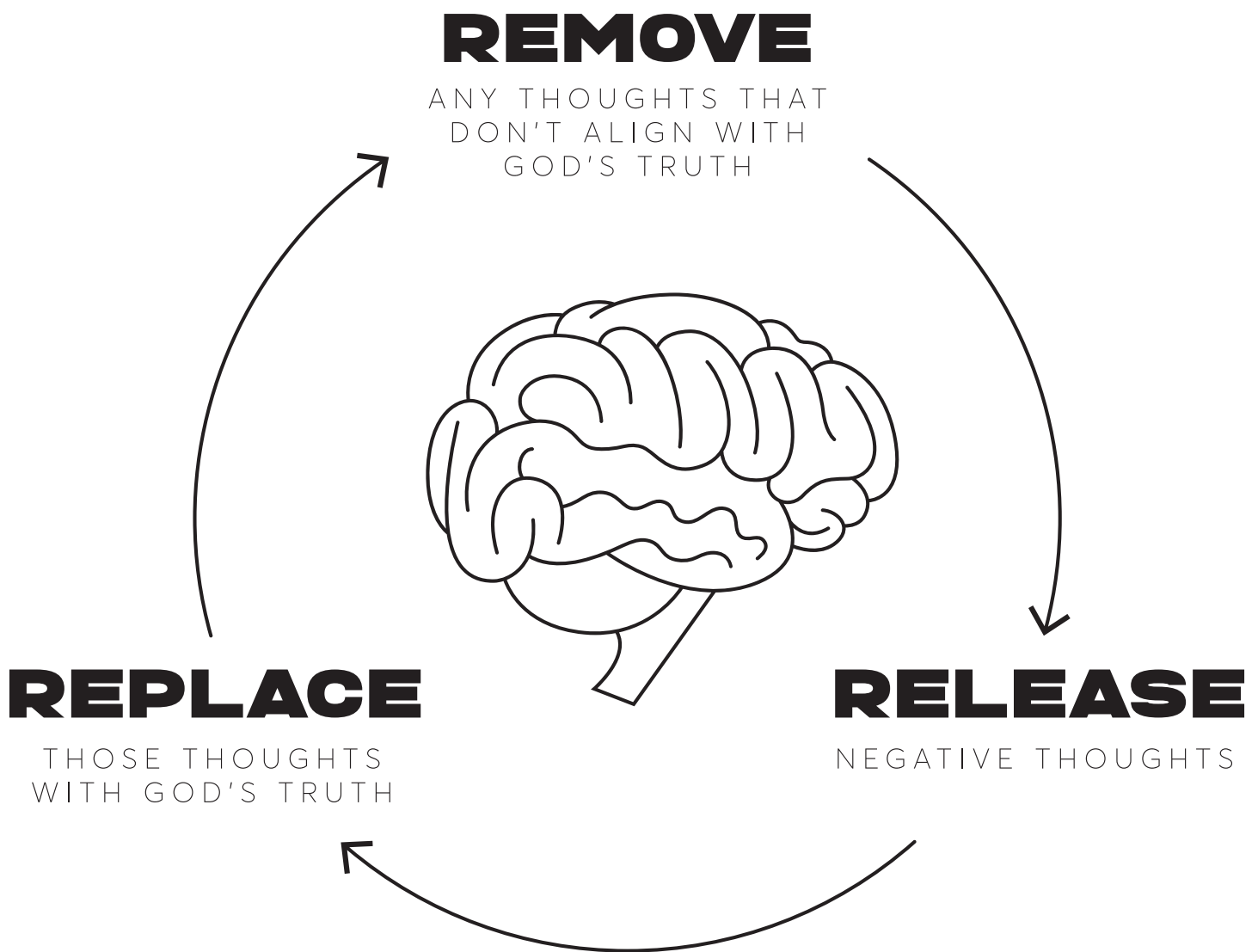
What's a lie you need to remove and release so that you can replace it with God's truth?



✂ **REMOVE, RELEASE, REPLACE**

We are empowered to take authority over our thoughts, and we do that by aligning them with what God says is true.

Use this graphic as a tool to help renew your mind and align your thought patterns to God's truth.



PLAYLISTS

[illegible]

Listen to "PEACE (Spoken Scriptures)," and allow this to become the playlist that plays over your life.



✂ LISTEN TO GOD'S VOICE

When we listen to God's voice, we're reminded who we are, who God is, and what we were created to do. Listen to PEACE (Spoken Scriptures) when you wake up, in the car, or as you fall asleep to let the truth of God's Word wash over you.



ALSO AVAILABLE ON MOST MUSIC STREAMING PLATFORMS



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MENTAL HEALTH

FIND A FRIEND



This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a faint, light blue circular graphic that appears to be part of a larger design or logo. The rest of the page is empty, with no text or other markings.

Do you want to become like the people you're hanging out with? Why or why not?





FIND A FRIEND

God created you for friendship. But what makes someone a good or healthy friend, where can you find them, and how do you build godly friendships in your life? Use the lists below and on the following page to get started.

QUALITIES OF A FRIEND:

FRIENDS encourage and speak life (1 Thessalonians 5:11)

FRIENDS are quick to listen (James 1:19)

FRIENDS put the needs of others first (Philippians 2:3-4)

FRIENDS help each other become the healthiest version of themselves (Proverbs 27:17)

FRIENDS always point each other to Jesus (Acts 4:20)

WHERE TO FIND A FRIEND:

CHURCH (student gatherings, serve teams)

FAMILY (brothers, sisters, cousins)

COMMON AREAS OF INTEREST (sports, theater, passions/hobbies)

SCHOOL (classmates, clubs, sports)

FRIENDS CAN BE FOUND ANYWHERE!



FIND A FRIEND (continued...)

HOW TO BUILD GODLY FRIENDSHIPS:

GO FIRST Introduce yourself, invite someone to hang out, or ask them to sit next to you at school

BE AUTHENTIC Be yourself, be honest, and let them get to know the real you

GET TO KNOW THEM AND THEIR INTERESTS Talk more about them than yourself, ask questions, and listen to their responses with your ears and heart

MAKE TIME FOR THEM Be present, focus on them, and put your phone down

MOST IMPORTANTLY, be the kind of friend you want others to be for you

HOW TO START A CONVERSATION:

DECIDE WHO YOU WANT TO START A CONVERSATION WITH Choose someone who seems welcoming, friendly, and has similar values, hobbies, or personality traits

CHOOSE A LOW-PRESSURE ENVIRONMENT Do you see them at church, have a class together, or pass them while walking across campus?

START SMALL Start with a simple head nod or a smile on day one, say "hi" or "hello" on day two, ask "how are you?" on day three, and keep taking steps until you build up to a full conversation

START WITH OBVIOUS TOPICS Ask them questions about something you have in common (church, hobbies, classes/assignments, or sports teams)

DON'T OVERTHINK IT Stay positive and be patient – every friendship starts with a single conversation, but great friendships take time

GRATITUDE

[illegible]

What are ten things you're thankful for?



CHOOSE TO GIVE THANKS

Take some time to write down ten things you're grateful for. Maybe it's your family, your friends, your church, or even something as simple as the fact that you woke up this morning. As you reflect on these things, let the peace of Jesus encourage you to move forward in victory.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

CHOOSE TO GIVE THANKS

Use this graphic to remind yourself of God's goodness in your life and our invitation to live with a spirit of gratitude!



GIVE THANKS
TO THE LORD, FOR
HE IS GOOD; HIS
LOVE ENDURES
FOREVER.

PSALM 118:1



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SERVE SOMEONE



This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a faint, light gray spiral graphic that starts from the center and winds outwards. The rest of the page is empty, with no text or other markings.

Who is God inviting you to serve? Now how can you go do it?





SERVE SOMEONE

Those who refresh others will themselves be refreshed. Proverbs 11:25 NLT

Jesus was able to live mentally free because He chose to serve others, and you can do the same! Here are a few ways you can serve the people in your life.

HOW TO SERVE YOUR FAMILY:

- Spend quality time with them
- Do a chore without being asked
- Make them a meal or a snack

HOW TO SERVE YOUR FRIENDS:

- Give them a specific encouragement ("You're such a good friend." or "You are so good at that!")
- Let them choose what you do together for fun
- Do a random act of kindness like getting them their favorite snack or drink

HOW TO SERVE YOUR COMMUNITY:

- Send a handwritten note to a teacher, leader, or coach, thanking them for investing their time in you
- Serve on a team at church
- Pray that God would move in a specific area of life that's important to you like sports, your school, or your family

DO SOMETHING FUN

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the left side, there is a faint, light blue circular graphic that appears to be part of a larger design or logo. The overall appearance is that of a clean, unused piece of stationery.

What do you love to do for fun?

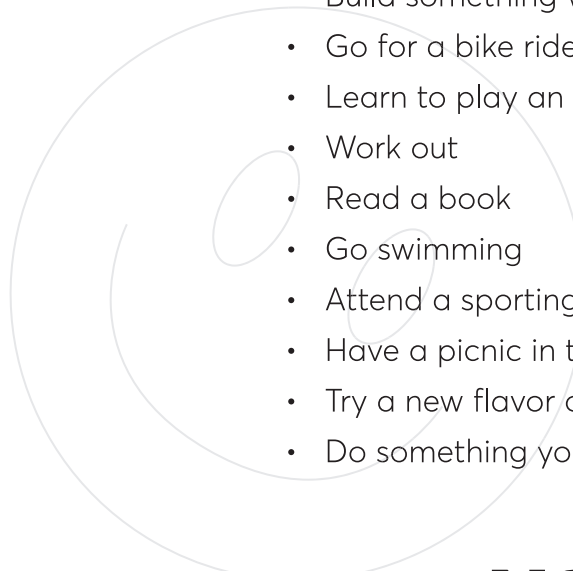




DO SOMETHING FUN

Sometimes, we need to put the phone down, turn off technology, and just – have – fun!

Create a bucket list of things you could do for fun. If you need help getting started, use the list below. Make it a goal to do at least one fun thing a day.


- 
- Play a board game
 - Shoot hoops with a friend
 - Complete a puzzle
 - Go for a walk or a run
 - Try a new recipe
 - Build something with Legos
 - Go for a bike ride
 - Learn to play an instrument
 - Work out
 - Read a book
 - Go swimming
 - Attend a sporting event
 - Have a picnic in the park
 - Try a new flavor of ice cream
 - Do something you've never done before

NOW GO DO IT!

NOW WHAT?

[illegible]

Who do you need to share this experience with?



SHARE THIS EXPERIENCE

We were all created to have mental health, and you're now on your journey towards freedom. While you're on that journey, you can come back to this experience any time you need to. When we experience freedom, we can't help but want to share it!

Below, list three people you want to share this experience and these tools with:

1 _____

2 _____

3 _____

Want to share this experience on social media?
Scan this QR code for some images to help you do just that!



