



10.6.24 • Mike McKay & Wibke Rees • Is it ok to not be ok?

Key Verses

Psalm 88
Romans 5:2-5
2 Corinthians 12:9-10
John 16:33b

Discussion Questions

- 1). Is it okay to not be okay? – How do you personally relate to this idea, and how does it resonate with your experience in faith or life challenges?
- 2). Why do you think mental health issues, such as anxiety and depression, are often hidden or ignored in our culture? – How can we as a community address these issues more openly?
- 3). Psalm 88 is described as a lament with no resolution.* – What does this teach us about dealing with unresolved pain or suffering in our own lives?
- 4). Can you share examples of how being part of a faith community has helped you or others through difficult times?
- 5). In what ways can adversity strengthen faith, as seen in the examples of Job or Psalm 88?
- 6). What practical steps can we take to move from pain toward healing, especially in the context of faith?

*To study more about Lament, check out Fuller Formation materials listed here:

[Material 1](#)

[Material 2](#)

Notes

Submit a Question



Continue the Conversation

Wednesdays

6:30PM

Multi-Purpose Room