

Peace of Mind Week 1 Playbook

Speaker: Pastor Craig Groeschel

Life.Church Original Run Dates: August 13-14

Message Title: The Most Dangerous Myths of Mental Health

Main Topic: Intro to series and mental health overview

Key Verses:

- 1 Thessalonians 5:23-24 NIV
- Psalm 88:13-14, 18 NIV
- Matthew 22:37 NIV
- Isaiah 26:3 NIV
- 2 Peter 1:3 NIV
- John 14:27 NIV

Series URL: www.life.church/peaceofmind

**Users can find series-specific content like Finds.Life posts, LifeGroup discussion videos, Bible Plans, and a sign-up for a mailing list which will deliver extra series commentary, exclusive content, and more to their inbox.*

Next Steps Content:

- **Bible Plans:**
 - [Wisdom for Mental Health](#)
- **Series-Related Content:**
 - Week 1
 - [Why We Can Live in Peace Even When Life Gets Tough](#)
 - [Be Anxious for Nothing: A Guide to Finding Peace](#)
- **Peace of Mind YHIS Mini-Series:**

Four *You've Heard it Said* podcast episodes will release weekly starting 8/17. Week one is a new episode, weeks 2-4 are re-releases of past episodes with fresh intros and outros.

Social Media Posts:

Edit these social media posts to fit your campus' weekend attendance plans.

Sometimes, we're facing battles that no one else can see. Maybe it's trying to move forward after loss or uneasiness about the future. What do we do when we don't understand what we're feeling and hope seems far away? In our new series, *Peace of Mind*, we'll learn how to fight our mental battles and find peace. <Information on service times>

Series Bible Plan Blurbs:

For this series, we have a Bible Plan on the YouVersion Bible App to reinforce the content of the series. Please work these into your Weekly Guide and social media schedules.

Social Media

Do you feel like your unique mental health has isolated you from others? You're not alone, and you don't have to navigate your mental health on your own. This 5-day Bible Plan can help you take steps toward peace: go2.lc/mentalhealthplan

Mental health challenges can feel like a storm. But with wisdom from the Bible, we can find hope and a way forward: go2.lc/mentalhealthplan

Discover practical wisdom to help you navigate mental health challenges in this 5-day Bible Plan: go2.lc/mentalhealthplan

Weekly Guide

Start the Bible Plan

Discover practical wisdom to help you navigate mental health challenges in this 5-day Bible Plan: go2.lc/mentalhealthplan

Find Peace of Mind

Mental health challenges can feel like a storm. But with wisdom from the Bible, we can find hope and a way forward: go2.lc/mentalhealthplan