

Peace of Mind Series Playbook

Speakers:

Week 1 – Pastor Craig Groeschel
Week 2 – Pastor Craig Groeschel
Week 3 – Campus Pastor Team Teach
Week 4 – Pastor Craig Groeschel
Week 5 – Pastor Craig Groeschel
Week 6 – Pastor Craig Groeschel
Week 7 – Pastor Craig Groeschel

LifeChurch Original Run Dates:

Week 1 – August 13-14 Baptism Weekend
Week 2 – August 20-21
Week 3 – August 27-28
Week 4 – September 3-4
Week 5 – September 10-11
Week 6 – September 17-18
Week 7 – September 24-25

Series Description: 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.

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 Finds.Life Content:**
 - Week 1:
 - [Why We Can Live in Peace Even When Life Gets Tough](#)
 - [Be Anxious for Nothing: A Guide to Finding Peace](#)
 - Week 2:
 - [Try This Prayer for Anxiety and Depression \(Trust Me, It Helps\)](#)

- [Who Can I Talk to About Depression? Part 1](#)
- Week 3:
 - [Does Having Anxiety Make Me a Bad Christian? Let's Talk About Spirituality and Mental Health](#)
 - [Amy Groeschel: Here's a Prayer for Fear, Worry, and Anxiety](#)
- Week 4:
 - [How I'm Learning Not to Worry While Dealing With Uncertainty](#)
 - [Craig Groeschel's 3 Steps For Finding Your Words to Live By](#)
- Week 5:
 - How Do I Process Loss? A Guide for Moving Toward Peace (Live 9/9)
 - [The Guide to Making Good Daily Habits and Breaking Bad Ones](#)
- Week 6:
 - [5 Keys to Overcoming Addiction](#)
 - [Wondering How to Be More Resilient? Take a Look at These 5 Habits](#)
- Week 7:
 - [How to Heal From Grief When the Pain Seems Like It's Taking Over](#)
 - [Feeling Stuck in Life? Maybe There's Something You Need to Quit](#)

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.

Series Social Media Posts:

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

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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