

FAITH **UNDER** **CONSTRUCTION**

STUDY GUIDE WITH
DISCUSSION QUESTIONS

EPISODE 4:

Self-Care or Soul Care?

Hosts Rasool Berry and Christin Thorpe speak with Charlotte Crabbe, owner of Cultivate Vibrance, about soul care—investing in your spiritual, mental, and physical well-being from a biblical perspective.

1. Christin Thorpe mentions that connecting mental health support with spiritual support helped her to understand what peace looks like.
 - a. Have you ever combined mental health support with spiritual support? If so, share your experience.
 - b. How has spiritual health impacted your mental health?
2. Rasool Berry asks about the fragmented nature of integrating our mental health, our physical health, and our spiritual health. Why do you think it's important to discuss health from a holistic approach?
3. Read Philippians 4:6-8. What do you think these verses say about the intersection of spiritual health and mental health?
4. "Severe anxiety has increased among young adults 86 percent in the last five or so years."
—Rasool Berry
 - a. Have you seen an increase in young adults and anxiety? Explain what you have noticed and how you think the church community can help.
5. Read 1 Kings 18. How does God speak to Elijah after he was feeling suicidal? How can we use this as a model when caring for others with mental health issues?
6. "So often, we see Jesus not just say, 'I'm here to save your soul.' But he also healed the sick and fed the hungry, and it was this integrated experience that we see." —Rasool Berry
 - a. Read Matthew 25:35-36. What do you think these verses say about meeting the physical needs of others?
7. Christin Thorpe says her brother told her: "I didn't trust God enough to rest."
What do you think he meant?
 - a. How does true rest require trust in God?
 - b. Why might rest be so important to God?
8. In this episode, we learn that rest can look different for everyone, and it could look different depending on the season you're in.
 - a. How does rest look for you in this season of your life?
 - b. How will you practice rest this week?

9. Read Isaiah 54:4-8. How does this passage capture God's grace?
 - a. In what area of your life do you need God's grace the most?

10. Crabbe says, "Contemplative Prayer is a prayer form focused on stillness and quiet. Being still allows us to be still in the realization of God's presence."
 - a. Sit in silence for five minutes. Imagine God is sitting with you in the silence. Clear your mind and focus on your breathing.
 - b. Once you're finished, share your experience with the group.