

LET'S TALK

INTRO

- What's something funny you believed was true as a child?
- Have you ever seen an illusionist live show?
- Ask your small group members if anyone can do a card trick or sleight of hand.

READ

John 21:1-8

REFLECT

Sometimes it is difficult to put ourselves into a well know biblical event because we already know the end of the story. The period after the death of Jesus and before He was fully made known to his disciples must have been really hard for these men.

These first followers of Jesus had left everything behind to follow Him. Three years of their lives were given up in pursuing a dream of grandeur as they thought Jesus was to usher in God's glorious kingdom. What they put their entire hope in came to a drastic and sudden end. They were disillusioned.

Disillusionment - A feeling of disappointment, akin to depression, arising from the realization that something is not what it was expected or believed to be, possibly accompanied by philosophical angst from having one's beliefs challenged.

Qu: Have you ever been disillusioned? (Perhaps that is too personal.) Alternate Question: Can you remember a time of being very disappointed?

Chapter 2 of the story of God deals with the broken parts of our world due to the effects of sin.

One of the hardest things to admit is that part of our own experience in life has those dark chapters.

PT 1 – Disillusionment

Qu: Why do you think it is important to acknowledge that all of life is not happy?

Mental illness is a part of the fall just like physical illness. Depression, anxiety and mood swings are some common forms of mental illness.

Even if we don't have a "diagnosed level" in one of these areas, we all suffer from time to time at some level.

From the passage:

What Happens When We Are Disillusioned?

- Vision is lost – back to fishing
- Dissonance sets it
- Relationships continue

Qu: Why is it so hard to let go of deeply held beliefs even when we know it's not working?

When we're disillusioned, there is a positive dimension. We are freed from illusion, believing wrong things about God and the world as it really is.

Our lives have seasons of ups and downs
Order → Disorder → Reorder

It's important to keep moving forward!

Peter jumped backed in! (v7)

RESPOND

- What encourages you as we open up a topic like mental health in our church?
- Does it scare you to think about a topic such as this?

PRAY

- Pray for one another to better understand the difficult parts of our story
- Pray that we would be compassionate to those who have mental illness