

Unpacking the Preach

Date: 15th May 2022
Sermon Title: I am sending you: to be present
Bible Passage: John 6:1-15

Introduction

We marked Mental Health Awareness Week and had Emma Jones (Minister in Training at Battle Baptist Church) join us to bring God's Word and share her story.

- When we talk about Mental Health - what do we mean? What symptoms might be included?
- What questions do you have about mental health?
- People may willingly talk about their physical health but not be as inclined to talk about mental health. Why do you think this is?

Recapping the Preach

Emma began by unpacking the story for the feeding of the 5000. She described each character and the role they had to play in the story.

- The story of the feeding of the 5000 appears in all four gospels. Why do you think all four gospel writers bothered to tell this story?
- Think about each of the characters: Philip, Andrew, the boy, the crowd and Jesus. How do the characters contrast with one another?
- What are the conflicts on the story and how are they resolved?
- Where do you think the miracle took place - as Jesus gave thanks (John 6:11) or in the hands of the disciples as they distributed the food (Luke 9:16b)?
- Why do you think the people wanted to make Jesus king by force (vs.15)?

Emma then shared her personal testimony of struggling with mental health and how God has carried her through this and continues to do so on hard days.

- Have you every struggled with mental health (anxiety, depression etc.)? What strategies have you got in place to help you cope?
- How can you walk with others who are struggling with mental health?

Emma closed by relating the story to how we can live own response. Jesus said, 'I am sending you...' and John 6:1-15 fills in the blank...to be present. We need to be present in three ways: present to God, present to ourselves and present to others.

- What are the ways you are present to God? How do you spend time with God?
- How can you be present to yourself? What are the things you do which strengthen your mental wellbeing?
- How could you be present to someone who is struggling with mental health?

Praying for those who are struggling with Mental Health



- Watch this video on YouTube:
- What was wrong with the way the ‘friends’ helped Jo?
- How could they have better been present with Jo?
- What lessons can you learn from their example?

Response

- Is there anything from the preach and passage that you will be taking away to reflect on or work on?

Prayer pointers

- Take time to share prayer requests and pray for one another.

Additional resources:

If you need some additional resources the below websites are useful:

- <https://www.gotquestions.org>
- <https://enduringword.com>
- <https://www.biblica.com>
- <https://biblehub.com/commentaries/>