

ON EDGE: BREAKING THE SILENCE

April 27th, 2025

MESSAGE RECAP

This week, we kicked off our new series, On Edge, by challenging the myths that keep people from suffering alone, like believing no one will understand, that it's easier to suffer in silence, or that the Bible has nothing to say about the battle of the mind. We were reminded that everyone goes through something that can leave us feeling broken, anxious, or burdened. And yet, God is near to the Brokenhearted (Psalm 34:18), and Jesus invites all who are weary to come to him for rest (Matthew 11:28). As a church, we're called to be a grace-filled, listening, and supportive community where no one has to carry their pain alone.

GROUP DISCUSSION

1. How are you...really?
2. After listening to the message, what myth stood out to you the most? Why?
 - a. No one will understand.
 - b. It's easier to suffer in silence
 - c. The Bible doesn't talk about it?
3. Read Psalm 34:18 and Matthew 11:28:
 - a. What do these verses reveal about God's heart toward those struggling emotionally or mentally?
4. Opening Up – Breaking the Silence
 - a. Have you ever felt like you had to keep quiet about something you were going through? Why or why not?
5. Looking at the Layers mentioned in the sermon – Situational, Clinical, & Spiritual:
 - a. Which one do you think you've personally experienced the most?
 - b. Why is it helpful to recognize that multiple layers might be at play?
6. What does it practically look like for our group (and our church) to be a place where people can talk about these things without fear or shame? How can we grow in listening well and offering real support?

PRAY