

**Laurel Street Mennonite Church
August 7, 2022**

Worship Leader: Angela Dietzel
Music Leader: Lachelle Hackman
Discussion facilitator: Janelle Bitikofer

TABLE CHURCH

Singing: Cast Your Burdens
Call to Worship
Welcome, Announcements & Celebrations
Opening Prayer
Dismissal of Nursery (ages 0-3) & Children's Church (ages 4-7)
Led by Becca & Jannat

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

QUESTIONS FOR REFLECTION

1. Share (if you're comfortable) about a time when you had a difficult emotional experience (example - depression, post-partum depression, sadness, anxiety, trauma, grief) and someone supported you in a helpful way. What did they do or say that was helpful, and why was it helpful?
2. In churches it's often easy to know how to support someone who has a physical illness like cancer. We may support them with casseroles, childcare, prayer, and social support. Do you think we as Christians find it harder to know how best to support and encourage someone who is experiencing a mental health struggle (example - depression, post-partum depression, sadness, anxiety, trauma, grief, etc.)? If so, why do you think people are less confident about how to show helpful support for mental health?
3. What are some ways that you think churches can be more supportive and helpful when someone is going through a mental health struggle?

Songs of response:

I Will Carry You
Tu has venido a la orilla
(Lord, you have come to the Lakeshore) VT 283

CALL TO SHARE

Communion
Offering Prayer & My Coins Count
Sharing & Prayer Time

CALL TO GO FORTH IN GOD'S LOVE

Sending Song: Blest be the Tie that Binds VT 831
Benediction