



July 12, 2020

We are so thankful to be able to meet together digitally. Welcome to Brunch Church for the next three weeks. Thanks, Greenville Community Church, for proving **the church is more than a building; it's a movement.** This is a simple House Church guide to help you.

We recommend you set your House Church gathering around a set time. Since we are having brunch at GCC, come on and make breakfast for yourself! The HC Video will be ready Sunday morning for you. These are different weeks because we are addressing a cultural topic, and each week we have a guest to help us think from a different perspective.

This week we tackle **Emotional Health and Surviving 2020**. Listen to our interview with Jeff Helton and then take some time to work through these questions.

Questions...

Here are four questions to help you process the teaching today personally, as a family, or a group. If you are worshiping alone, journal your responses to these questions.

1. What did the Holy Spirit reveal to you in this interview today?
2. On a scale of 1 being terrible and 10 being incredible, how are you doing emotionally in 2020? Why do you think you are where you are?
3. What fear is driving you right now, and what can you do to push back against it?
4. How are you handling social media in 2020? Is social media hurting you emotionally right now, and what can you do to shift your online habits?

Prayer / Take a few minutes to be still and process how you are doing emotionally. Take some time through prayer and invite the Holy Spirit to explore your soul and restore your soul.