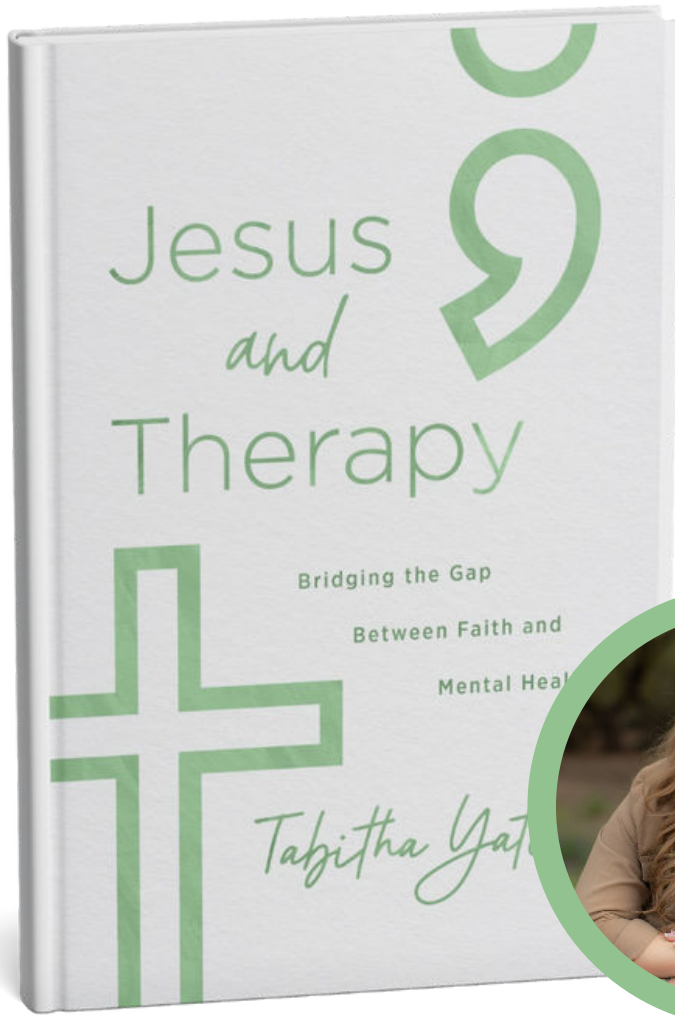


DISCUSSION GUIDE



5.5" x 8.5" 240 pages U.S. \$19.95

TABITHA YATES is a mental health advocate, writer, and suicide attempt survivor known as *The Redeemed Mama* on social media where she writes about faith, mental health, and God's redemptive plan. Tabitha has been published in *Yahoo News*, *MSN*, *Relevant Magazine*, *The Mighty*, and more. Through practical advice, personal anecdotes, and biblical insights, Tabitha has used her platform to help renew the faith of millions of individuals struggling with where their faith and mental health intersect. She lives in Southern Arizona with her family. *Jesus and Therapy: Bridging the Gap between Faith and Mental Health* is her first book.



From mental health advocate Tabitha Yates, *Jesus and Therapy* is a deeply powerful and essential exploration of mental health within the Christian community. More than just an examination—this book is a heartfelt invitation to begin crucial conversations in the church and offer hope to those who feel isolated and misunderstood. *In Jesus and Therapy: Bridging the Gap Between Faith and Mental Health*, Yates combines insights from psychology, personal experience, and Scripture to offer practical steps for confronting and healing trauma.

"IN JESUS AND THERAPY, TABITHA REACHES OUT TO THE HURTING SILENT, THOSE FEARFULLY HIDING IN THE SHADOWS TRYING TO BE SAFE. SHE WRITES WITH FIRE, PASSION, AND EXPERTISE BORN ONLY OUT OF EXPERIENCE."

—MARY ASPELUND, FOUNDER OF WARRIOR WOMEN

DISCUSSION QUESTIONS

- Q1.** What compelled you to pick up this book? Was there anything in particular you were hoping to gain through reading this book?
- Q2.** Think of a time when you found yourself in the midst of mental health struggles. How did God show Himself during that time? How did that experience bring you closer to Him or help you to know Him better?
- Q3.** Has the church ever misrepresented Jesus to you? How did that shape your perception of Jesus and yourself? When did you first experience a change in that perspective as a result of His unyielding love and grace?
- Q4.** In Chapter 2, the author discusses moments where she wished someone would have spoken up for her. Has there ever been a time where you could have spoken up for someone struggling with their mental health? Have you ever wished someone would have done that for you?
- Q5.** In your darkest moments, how could a friend or loved one have shown up in a meaningful way? What did you need to hear? Have you heard it from Jesus?
- Q6.** The author writes about the common misconceptions surrounding mental health in the church. What has your personal experience been with these fallacies? How has this impacted your relationships with other Christians and your comfortability in the church?
- Q7.** The author talks about being made to feel like a “second class Christian.” Has someone close to you ever made you feel this way? Have church leaders ever made you feel this way? Do you believe their perception of you was directly related to your mental health? Do you feel as though you’ve been wrongfully labeled by other believers?
- Q8.** Do you feel like your church has appropriately addressed conversations about mental health? If not, would it make you feel seen if your pastor addressed it from the pulpit? What damage have you witnessed being caused by the church avoiding this important topic?
- Q9.** Have you ever tried therapy? If yes, where have you seen the fruit of it in your life? If no, did the author’s description of its many benefits lead you to consider where it might be helpful in your life? Why or why not?
- Q10.** If you have found yourself retreating from church or even faith, following experiences that resulted in church hurt, how did chapters 11 and 12 impact your viewpoint? Do you feel drawn back into a relationship with Jesus? What is a healthy first step you could take to reengage with your faith and the church?
- Q11.** What is your biggest takeaway from this book? What resonated most with you?



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