

AN ORIGINAL PODCAST SERIES PRESENTED BY SECC YOUTH

Dear CHURCH,



Episode 3: Sebastian

Discussion Guide

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Episode 3: Sebastian begins with Pastor Aren witnessing our guest perform spoken word poetry at a vespers event. He then learns about Sebastian's upbringing in a Samoan family, his struggle with depression, and how the stigma surrounding mental health became both a challenge and an inspiration in his life.

STARTER Prior to listening to Episode 3, rate 1-10 how open you believe the Church is to discussing mental health. Why did you choose this rating?

Question 1 Throughout the episode, clips are played of Sebastian performing his spoken word piece "For My Polynesian Men." What did you think of this poem?

Question 2 At **12:18**, Sebastian says, "In a Samoan culture, there are these constructs of how a man is supposed to look, and I didn't fit that mold." Have you ever felt as if you do not fit in with what society expects of you? What has that been like?

Question 3 Upon learning of Sebastian's pivot towards a career in therapy, Pastor Meshach Soli said, "I was encouraged that...he was pursuing another avenue of ministry." [**26:23**] Do you agree that working as a therapist is ministry? How would you define what work should be considered "ministry"?

BONUS In his letter, Sebastian says to the Church: "To you, correction was more important than connection." [**32:51**] Have you ever felt this way? What would it look like for the Church to prioritize connection over correction?