

# GOD and MENTAL HEALTH

## God and Mental Health: Breaking the Stigma of Mental Illness

January 23, 2022 | Rajendra Pillai, Senior Pastor

### SERMON DISCUSSION GUIDE:

Note to Leaders: Every group is different, please choose the questions that relate best to your particular group and don't feel like you have to get to every question.

Brothers and sisters,  
think of what you were when you were called.  
Not many of you were wise by human standards;  
not many were influential; not many were of noble birth.  
But God chose the foolish things of the world to shame the wise;  
God chose the weak things of the world to shame the strong.  
God chose the lowly things of this world and the despised things—  
and the things that are not—to nullify the things that are,  
so that no one may boast before him.  
~ 1 Corinthians 1:26-29

1 in 5 U.S. adults experience mental illness each year  
1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year  
50% of all lifetime mental illness begins by age 14, and 75% by age 24  
Suicide is the 2nd leading cause of death among people aged 10-34

~ Source: NAMI

His disciples asked him,  
“Rabbi, who sinned, this man or his parents, that he was born blind?”  
“Neither this man nor his parents sinned,” said Jesus,  
“but this happened so that the works of God might be displayed in him.”  
~ John 9:2-3

The Bible references medical help in several places (a few examples - Isaiah 38:21; Ezekiel 47:12; 1 Timothy 5:23).

Classes (starting in less than two weeks):

1. Divorce Care
2. Grief Share
3. How to Get Through What You Are Going Through

Register at [damascus.com/classes](https://damascus.com/classes)

The way God designed our bodies  
is a model for understanding our lives together as a church:  
every part dependent on every other part, the parts we mention and the parts we don't,  
the parts we see and the parts we don't.  
If one part hurts, every other part is involved in the hurt, and in the healing.  
If one part flourishes, every other part enters into the exuberance.  
You are Christ's body—that's who you are! You must never forget this.  
~ 1 Corinthians 12:25-27

## PRACTICAL APPLICATION

*(sermon-based discussion guide for groups and individuals)*

1. What was most impactful to you from this weekend's service?
2. Read 1 Corinthians 1:26-29. What does this say about the kind of community Jesus died to build?
3. Read John 9:1-3. Why are we so quick to think suffering is always a punishment from God? What does that say about our view of God? What is the right view of suffering, especially mental illness?
4. Have you watched Finding Dory? If you remember the story, how do you think the gospel story plays out in Dory's story?
5. Healing comes when we are known. Sickness remains when we hide. Why do we hide our places of pain and suffering? What purpose does it serve? When did you grow the most in your walk with Jesus? In moments of little or no suffering or moments of intense suffering?
6. What did you think about the point of not oversimplifying the issue of mental illness with trite comments, but embracing the complexity?
7. Do you know of someone who could benefit and gain strength and healing from one of the classes listed above? Encourage them to do that this week. Or you might be the one who needs this!
8. Watch this excellent three-minute presentation on empathy by Brene Brown - [https://ed.ted.com/best\\_of\\_web/BXaLcbG4](https://ed.ted.com/best_of_web/BXaLcbG4). What stood out to you in this presentation. How does the gospel play out in our interaction with others who are suffering? How can empathy help in us living out the gospel with those who are mourning?
9. 1 Corinthians 12:25-27. Why did God design the church to be this way?
10. Remember the overarching goal is to love God more and love people more!
11. Find out more on how you can keep the 3 resolutions and make 2022 your best year at [www.damascus.com/3resolutions](http://www.damascus.com/3resolutions)

## NOTES

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# GOD AND MENTAL HEALTH

**Comprehensive Mental Health Resources**







## NATIONAL MENTAL HEALTH RESOURCES

### 2-1-1

[www.211.org](http://www.211.org)

Phone number or website that provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling, and more.

### Child-Help USA

[www.childhelp.org](http://www.childhelp.org)

Crisis line assists both child and adult survivors of abuse, including sexual abuse; also provides treatment referrals.  
1-800-4ACHILD; 1-800-422-4453

### National Alliance on Mental Illness Help Line (NAMI)

[www.nami.org](http://www.nami.org)

1-800-950-NAMI (6264)

### Lighthouse Network / Treatment Locator

Helping anyone in need understand and find immediate treatment options.

[www.lighthouse.network.org](http://www.lighthouse.network.org)

Phone 1-844-543-3242

### National Eating Disorders Association (NEDA)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Helpline 1-800-931-2237

Damascus Road  
after-hours  
emergency  
on-call



**800 645 0161**

DRCCcares@  
damascus.com

## NATIONAL MENTAL HEALTH ORGANIZATIONS



### MentalHealth.gov

[www.mentalhealth.gov](http://www.mentalhealth.gov)

### American Addiction Centers

[www.americanaddictioncenters.org/](http://www.americanaddictioncenters.org/)

### National Institute on Drug Abuse

[www.drugabuse.gov](http://www.drugabuse.gov)

### Suicide Prevention & Recovery Resources

#### National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Phone 1-800-273-8255 (1-800-273-TALK)

Text "TALK" to 741741

### Veterans Crisis Line

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Phone 1-800-273-8255

Text 838255 for a caring, qualified responder

### American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

## EATING DISORDERS



- Also check out [www.findingbalance.com](http://www.findingbalance.com), a Christian resource on eating disorders that includes a treatment finder (with treatment options in our area).



[www.damascus.com](http://www.damascus.com)

This guide has been compiled as a resource to accompany the three-part message series, “God and Mental Health,” which was livestreamed on January 23, 2022. To listen to the entire series after it airs, visit [www.damascus.com/messages](http://www.damascus.com/messages).



## RECOMMENDED READING

Grieving a Suicide: A Loved One's Search for Comfort, Answers, and Hope

By Albert Hsu

The Family Guide to Mental Health Care

By Lloyd I. Sederer, MD

Grace for the Afflicted

By Matthew S Stanford

I Love Jesus, But I Want to Die:  
Finding Hope in the Darkness of Depression

By Sarah J. Robinson

Anxious for Nothing

By Max Lucado

The Anxious Christian

By Rhett Smith

Try Softer

By Aundi Kolber

Boundaries for Your Soul

By Alison Cook

## RECOVERY & TREATMENT RESOURCES

### Faith-Based Options

#### Vital Sources Psychological Services

[www.vitalsources.org](http://www.vitalsources.org)

116 Record Street

Frederick, MD 21701

301 620 8700

#### Safe Harbor Christian Counseling

[www.safeharbor1.com](http://www.safeharbor1.com)

800 305 2089

#### Celebrate Recovery

[www.celebraterecovery.com](http://www.celebraterecovery.com)

### Counseling Resources

#### Frederick County Mental Health Association

[www.fcmha.org](http://www.fcmha.org)

Frederick, Carroll, and Washington County

Free online or walk-in crisis services

#### The Psychology Today Search Tool

<https://www.psychologytoday.com/us>

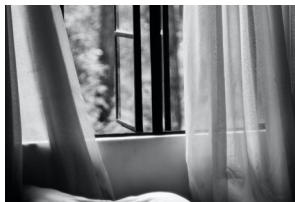
Choose the “find a therapist” option. Filter the results by factors, such as: insurance accepted, topics to address, types of therapy used (if you have a preference), and faith preference (which is found under the “more” tab for more filters after the results list appears). The result list of bios for licensed therapists is a way to get a feel for who might be a good fit for you and be able to contact them directly through their listing. It's recommended to contact a few therapists to ask similar questions to decide on the one with whom you'd like to take next steps.



## Resources for Special Needs Community

Linda Bunk's Resource Webpage  
[www.abnormalmissionary.org](http://www.abnormalmissionary.org)

Key Ministry  
[www.keyministry.org](http://www.keyministry.org)



## Damascus Road Support

Congregational Care / Stephen Ministry  
[www.damascus.com/prayer-and-care](http://www.damascus.com/prayer-and-care)

Stephen Ministry Description of Care:  
Stephen Ministry is a distinctly Christian ministry based on the biblical principle that Christ cares for people through people." Christ is the source of the hope and healing that Stephen Ministers offer their care receivers. Our Stephen Ministers are members of Damascus Road who are highly trained "to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation. Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need." Each Stephen Minister receives 50 hours of initial training as well as continuing education. Stephen Ministry is a confidential ministry. The identity of those receiving care and everything they discuss with a Stephen Minister remain private.



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

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[www.damascus.com](http://www.damascus.com)

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