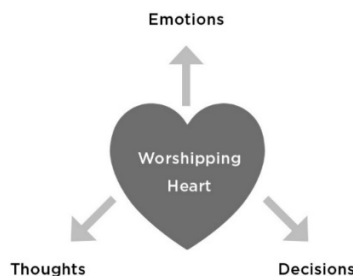


The Church's Response and Responsibility Towards Mental Health

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Worksheet #3 **9/19/2023**

- Biblical Understanding of Mental Illness- when our heart (worship center), body, and/or world are distorted.
 - _____ - Biblically, the heart is the moral, decision-making center of a person. Another way to describe the heart is as a kind of “worship center”. All of us have something that we make our greatest good—the goal towards which we strive. The Bible’s language for that is worship.
 - Matthew 6:21- For where your treasure is, there your heart will be also.
 - Deuteronomy 30:14- No, the word is very near you; it is in your mouth and in your heart so you may obey it.
 - Colossians 3:1- Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.

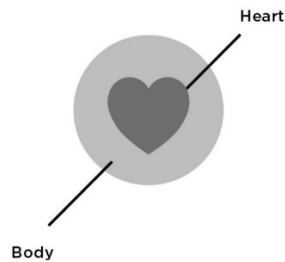


- _____ - Everything we do and everything we experience happens through the medium of our physical frame. Clearly what happens to our bodies affects us and our overall mental health.
- 2 Corinthians 11:24-27; 12:7- Paul writes about being hungry and thirsty and cold and naked.

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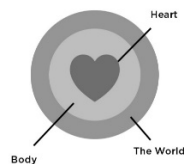
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- Matthew 4:2; John 4:6- Jesus experienced hunger and tiredness



- _____ - Every person lives in a specific cultural and social moment. The social circumstances that surround us—our immediate friends and family, our wider social network and the culture of the place where we live—will inevitably affect us.

- Job 3:24-26- For sighing has become my daily food;
my groans pour out like water.
²⁵ What I feared has come upon me;
what I dreaded has happened to me.
²⁶ I have no peace, no quietness;
I have no rest, but only turmoil.”
- 2 Corinthians 4:8-9- We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed.



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Developmental Disorders Vs. Mental Disorders

- _____ Disorders don't typically interfere with cognitive abilities, while developmental disorders may impact a person's ability to learn or understand certain thoughts. Unlike mental illness, which can be successfully treated, developmental disorders are lifelong disabilities.
- Developmental Disorders are diagnosed before age _____ while mental illness can affect any age.

Myths Concerning Mental Illness

1. Children and _____ cannot have a mental illness
2. Nothing can be done to _____ people from developing mental health conditions
3. Mental Illness is a sign of _____; if the person were stronger, they would not have this condition
4. Panic attacks can be _____
5. Mental Health Problems are _____
6. All people with a mental illness are _____

Stigma in the church

- Many Christians are not encouraged to seek mental health services, but instead are encouraged to _____ harder and have more faith.
- Mental Health is tied to weak willpower or overall weakness
- People are taught to absorb their mental health sufferings as a punishment for their _____ and repent
 - Mental illness is a "test of faith"
 - "God never puts more on us than we can handle"
- "Surrender your mental illness to _____"

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- The Culture of _____

Neutralize Shame

- _____ is the belief that we are _____ at the core of our being. It isolates us and prevents us from sharing our stories, which in turn prevents healing from taking place.
- In short, shame is that nagging _____ that constantly tells us that we're not enough. Shame is usually interconnected with things like abandonment, self-criticism, and judgment. And the longer shame goes untreated, the more powerful and destructive it grows.
- Churches have great influencing power here. We can exacerbate shame, or we can act as a _____ antidote to shame by engaging people with empathy, nonjudgment, vulnerability, and compassion.
- Shame feels like worthlessness—this idea that you are nothing more than the sum of all your _____.
- For some people, shame causes them to act in extreme ways like getting drunk or acting out sexually, anything to rid themselves of that initial feeling of _____, the feeling that "I am worthless."