

# HOW TO GET UNSTUCK

## Mental Health Awareness Weekend

Sheila Walsh – May 7, 2017

1. Open in prayer.
2. Sheila Walsh said, "One of the reasons I like to talk about [my mental health experience] is because there still is so much stigma attached to any kind of mental illness. And I think that's why so many people just get locked in despair and don't get the help that's available and why so many just end up taking their own lives. They just can't bear the shame and what I want to say to people is that this is not your spiritual life. It's your brain chemistry."
  - What has been your experience and belief regarding mental health?
  - Were you ever told or did you ever believe that if you just pray harder, or have more faith, it would disappear?
  - Why do you think mental health is viewed and treated differently than other health issues?
3. Sheila Walsh said, "You can try for years to deny the things that are tearing at your soul, but they will not go away. They thrive in the shadowlands, and if you don't deal with them, they will one day deal with you."
  - Read and discuss 1 Peter 2:9.
  - As a Christ-follower, a Royal Priest, a beloved son or daughter of God, have you ever tried to keep something in the "shadowlands"? What happened?
4. Walsh reminded us that God's love is unconditional and He invites us to come to Him "just as we are."
  - Have you ever struggled with God's unconditional love?
  - Read and discuss Ephesians 2:4-10.
5. Statistics state that 1 in 5 people will experience some sort of mental health issue. The church, jail, or the ER are often the first point of entry for people to get help with mental illness.
  - What can we, the Church, do to be a conduit to health for people dealing with mental illness?
6. Close in prayer, asking God to empower us through His love to help erase the stigma of mental illness and help lead the way in serving those affected.

**\* Additional mental health resources are available at [TransformationChurch.tc/mentalhealth](https://TransformationChurch.tc/mentalhealth).**