

THE GOSPEL Mental Health.

July 12, 2015 - Kay Warren

- **Introduction**
- **Read and discuss Luke 4:17-21.**
 - o What does the Bible say about mental illness?
 - o What Old Testament Scripture is Jesus quoting?
 - o As Christ-followers, what does this scripture mean to us today, in light of mental illness?
- **Discuss the following things we know about mental illness.**
 - o One in five adults in the US will experience mental illness this year. (60 million adults)
 - o One in five children will also experience a mental illness.
 - o The number one provider of mental illness services in America today is the criminal justice system.
 - o In 2013 there were 41,000 people who took their lives...twice the number of murders.
- **Where is the church?**
 - o Review Kay's story of her experience in India.
 - o As you discuss her story, what stood out to you regarding her question, where was the local church?
 - o How does that translate into who we are, where we are, and how we can be His heart, hands, and feet?
 - o How has the "Church" abandoned folks with mental illness to professionals and to the world?
- **Read and discuss Ephesians 1:19-23 (Read The Message)**
 - o Discuss Kay's statement, "God has put all His eggs in the "church basket".
 - o Even with almost 80% of Americans saying they have some form of faith, how have we allowed the church to become the peripheral of the world?
 - o Why does the church have a unique opportunity to do what no other organization can do in the area of mental health?
- ***Read and discuss the Church is His body...in His Church there's a place for everyone.***
 - o The church is a place for posers and pretenders,
 - o for the powerful and the powerless,
 - o the brainiacs and the idiots,
 - o the popular and the unpopular,
 - o the sick and the healthy,
 - o the sinful and the righteous.
 - o For geeks, freaks and the dorks,
 - o for the athletically challenged and the jocks,
 - o for the broken and the whole,
 - o for the winners and the losers,
 - o and for the strong and the weak.
 - o For those who fail and those who don't,
 - o for the drunks, the druggies and the addicts.
 - o A place for the abused and the abusers,
 - o for the dealers, the murderers, the rapists, and the thieves.
 - o A place for the beautiful, the ugly and the average,
 - o for the physically disabled and the mentally ill.
 - o The Church is the place for every ethnic group, every language, gender, and for those who don't fit neatly into any category.
 - o Stop and pray that Transformation Church will be that place.

- **Practical steps for the church to get involved in Mental Illness.**

- **Discuss each point of how we can be the C-H-U-R-C-H...**
 - o **C** Care for and support individuals and families dealing with Mental Illness.
Read and discuss Luke 6:36.
Become a compassionate person—as God has been with you.
Success in life should be depth to how much compassion you have for others.
At our core, we all crave to be loved and accepted.
Loneliness is perhaps one of the greatest epidemics in our world.
Read Psalm 69:20, John 15, and Luke 6:36.
Biblical friendship is the differences we experience together
We’ve adopted the Americanized version of friendship...I like you, we’re alike...we can be friends.
We’ve been called to love at the same level He loves.
As His Church, do you love and are you friends with those dealing with mental health issues?
 - o **H** Help with practical needs.
Mental illness is the “no casserole” illness.
How do we change that stigma?
(HINT: bring meals, offer childcare, help with appointments, be a friend)
Read and discuss 1 John 3:17.
 - o **U** Unleash trained servant leaders.
We are ministers by virtue of our relationship with Jesus.
Take time to invest in people.
Read and discuss 1 Peter 4:10.
 - o **R** Remove the stigma.
Talk about mental health, share your own story.
Knock down the wall...we are a church for all people.
Recognize mental health has a broad spectrum.
Read and discuss Ezekiel 34.
 - o **C** Collaborate with the community.
Partner with professionals in your community.
Identify programs that are already in place in your community.
Be a networker for those around you.
Read and discuss 1 John 3:13.
 - o **H** Offer Hope.
Nobody offers hope like Jesus!
And as His Bride, we are hope givers!
We can offer hope like no other place, people, or organization.
Transform the valley of trouble into an anchor of hope.
Read and discuss Hosea 2:15.

- **Challenge for Transformation Church**
 - o To whom much is given, much is required.
 - o Are you loving others like God loves you?
 - o Read and discuss John 13:35.

- **Close in prayer.**