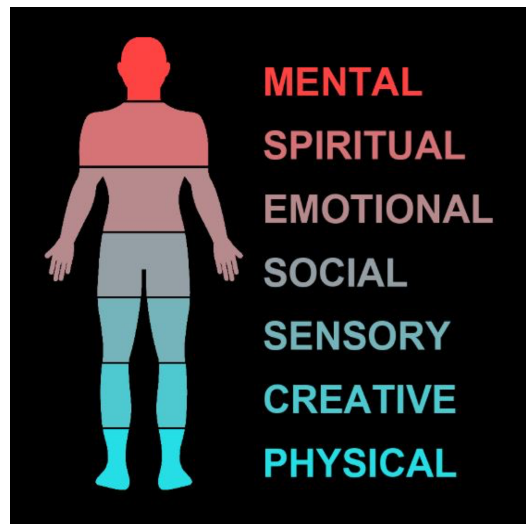


Healing the Fear to Look Within

Dr. Sandra Dalton-Smith

5-5-19

- This is our 5th year continuing the conversation about Mental Health Awareness. According to the National Alliance on Mental Health, 1 in 5 adults in the U.S., or 43.8 million people, will experience a mental illness in a given year. At TC, we believe the Church should be on the front lines of understanding and addressing mental health.
- Open in prayer.
- Dr. Sandra defined physical, spiritual, and mental brokenness. Brokenness is at the root of our mental, spiritual, and physical health. We often talk about physical and spiritual brokenness, but we don't talk about mental brokenness as often. Take time to review and discuss the points from Dr. Dalton-Smith below. Remember that most things need a combination of prayer, medical, and lifestyle change!
 - Why is it easy for us to share a physical pain but not a mental pain?
 - What did you learn about mental health that surprised you or will help you personally or with others?
- Read Isaiah 30: 12 – 15
 - In this text – Israel is looking to Egypt rather than to God for her protection. They went to Egypt without asking God and they thought their wisdom was better than seeking wisdom and protection from their true King. So Isaiah is warning them that seeking help outside of God is unwise and the “walls will come crashing down” (v13).
 - How can this not only apply to the Nation of Israel but to you and me?
 - What is God's answer in v15?
 - Isn't it good news that we can return and rest in Him regardless of our past?
 - Dr. Sandra shared that when a potter's vessel is broken it can't hold any water in it. Just like a broken vessel we won't be able to hold the abundant life that God offers us. Are you willing to share a time when this was true for you or someone close to you?
- Dr. Sandra challenged us about the concept of rest. We think we are supposed to work and then find time to rest. God calls us to remember the Sabbath and keep it holy. God's original plan for us was to rest in Him and the identity He gives us, so that He can strengthen us and then we will be able to work in excellence! How are “trust” and “rest” connected when talking about our resting in the Lord?



- Dr. Sandra gave examples of each of the following mental health categories. Please discuss each area below and which areas you are deficient in.
 - Mental Health Example – If you lay down at night and your brain continues making a list or you think of conversations from the day, you need more mental rest. A great technique to relieve this is to ‘mind dump.’ Write down what’s in your mind, so that your brain can rest throughout the night.
 - Spiritual Health Example – Make sure that you aren’t performing for God, but spending time in relationship with God. One example of this is “If God wrote you a text message, what would you need it to say today?” What does this tell us about our “inward” view of loving ourselves correctly?
 - Emotional Health Example – To have rest and healthy boundaries we need to be able to say yes and no. We spend too much time giving a reluctant yes, rather than a truthful no! No is a complete sentence all by itself!
 - Social Health Example – We have people in our lives who either drain us or fuel us. It’s easy to spend most of our time putting energy towards the draining relationships, don’t forget to put time into the life-giving relationships as well. Take time to listen to the Holy Spirit and look people in the eyes when you speak to them.
 - Sensory Health Example – Depending on the environment you’re in throughout the day determines the types of sensory overload you will experience (loud sounds, bright lights, physical labor). Make room to decompress daily. Determine ways to allow your body to calm down.
 - Creative Health Example – This isn’t something you produce (creative work), it’s allowing yourself to take in the beauty of creativity – natural or man-made. For example, listen to music, look at artwork, sit at the beach, go into nature.
 - Physical Health Example – Most of us are physically tired. Be sure to get at least 6 hours of sleep and pay attention when your body needs more physical rest. Learn to recognize your body’s signals of needing more rest (tension, grinding teeth).

- Encourage everyone in the group to check out these additional resources:
 - RestQuiz.com
 - A free personalized rest deficit assessment to determine which of the 7 types of rest you need the most
 - IChooseMyBestLife.com
 - A free 30-day sacred rest challenge
 - Download the free TC resource guide at TransformationChurch.tc/MH