


focus2011

Mental Health, Spirituality and the Role of the Church

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**Premier
Mind & Soul**
EXPLORING CHRISTIANITY AND MENTAL HEALTH


tackling the unspoken issues

Mental Health, Spirituality and the Role of the Church

- Mental Health
- Spirituality
- The Role of the Church

• What do you want to hear about?





Why the issue is unspoken...



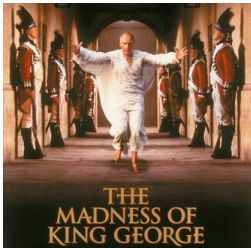
The Great Divide




- Bachelor of Arts
 - Divinity
 - Theology
- Bachelor of Science
 - Medicine
 - Biology
- BDs and MAs!
- Psychology
- Psychiatry







The Madness of King George




- George III
- The Lords Appointed is ill
 - Sickness not sin
- Doctors begin to treat the mentally ill



What is the root cause?



What's the answer?



Christians and Medication

- Paracetamol/COX-3 action in brain and spinal cord
- Morphine - Delta for analgesia/Mu for euphoria and dependence - both in the brain
- Chemotherapy - varied action, but 'necessary to save life'
- Anti-epileptic medication - action in the brain but epilepsy seen as medical illness
- The Morning After Pill - objection is ethical not medical
- The Combined Contraceptive Pill - differential objection based on ethics not mode of action

They all have their place...



tackling the unspoken issues

Mental Health, Spirituality and the Role of the Church

- Individuals
 - www.mindandsoul.info/londoncounsellors
- Groups
 - Focussed: HTB Depression Course
 - General: embedded Pastoral Care
- Whole Church
 - Mental Health Friendly Churches

Mental Health Friendly Churches

www.mindandsoul.info/mhfc

Churches are friendly to issues of health and disability as measured by the extent to which:

- People with difficulties **feel they 'belong'** whether or not they are able to take part in or attend meetings (although it is of course a good sign if they do feel able to attend and be part of meetings)
- A **contact/team is available** to consult with who 'champion' issues around disability and health and are able to signpost local services
- Information is available in **alternative formats** appropriate for different needs [e.g. large print, audio, electronic]
- Physical **adjustments are willingly made** to help those with different needs and the style of individual services is relatively predictable
- Church activities welcome, accept and are positive environments that are **flexible to people's needs**
- People **give their time sacrificially** to listen and respond to pastoral issues, ideally described by a Pastoral Care Policy/Strategy
- The culture/ethos of the church is one of an **on-going journey** of valuing all, addressing their needs and enabling them to use their gifts and contribute

tackling the unspoken issues

Mental Health, Spirituality and the Role of the Church

- Eliminating Stigma around Mental Health
 - "...the least of these" [Mt 25v40]
- Embracing a more Mature Spirituality
 - "...this way of life / practice" [Mt 28v18-20]
- With Good Theology and Good Psychology
 - Bad Theology – it's all about me and my comfort
 - Bad Psychology – Pop psychology and favourite verses

tackling the unspoken issues

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- Good Theology: Beautiful Mind, John 21
 - Grace **before** Works
 - Integration **before** Isolation
 - Redemption **before** Recovery
- Good Psychology: Coming to Peace...
 - Informed by **observation & experiment** [Ps 19v1]
 - Iteratively expanding **clinical models**
 - Understanding narrative as the **person's story**



The Silence of God

Michael Card – The Hidden Face of God



Slaves in America

Slaves in the OT

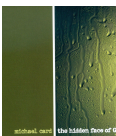
- exile

- years of silence

Hebrews 11v13: “did not receive the things promised, they only saw them and welcomed them from a distance...”



The Silence of God

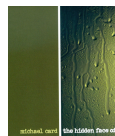


It'll drive a man crazy
It'll break a man's faith
It's enough to make him wonder
If he's ever been saved

When he's bleating for comfort
From Thy staff and Thy rod
And the heavens only answer
Is the silence of God



The Silence of God

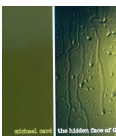


It'll shake a man's timbers
When he loses his heart
When he has to remember
What broke him apart

This yoke man be easy
But this burden is not
When the crying fields are frozen
By the silence of God



The Silence of God



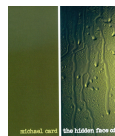
But when you have to listen
To the voices of the mob
Who are reeling in the throes
Of all the happiness they've got

When they tell you all their troubles
Have been nailed up to the cross
What about the times
When even followers get lost

...Cos we all get lost some times



The Silence of God

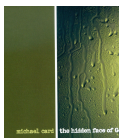


There's a stature of Jesus
On a monastery knoll
In the hills of Kentucky
All quiet and cold

He's kneeling in the garden
As silent as a stone
And all His friends are sleeping
And He's weeping all alone



The Silence of God

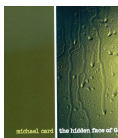


And the Man of All Sorrows
He never forgot
What sorrow is carried
By the hearts that He bought

So when the questions dissolve
In the silence of God
The aching may remain
But the breaking does not



The Silence of God



The aching may remain
But the breaking does not
The holy lonely lonesome echo
Of the Silence of God

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