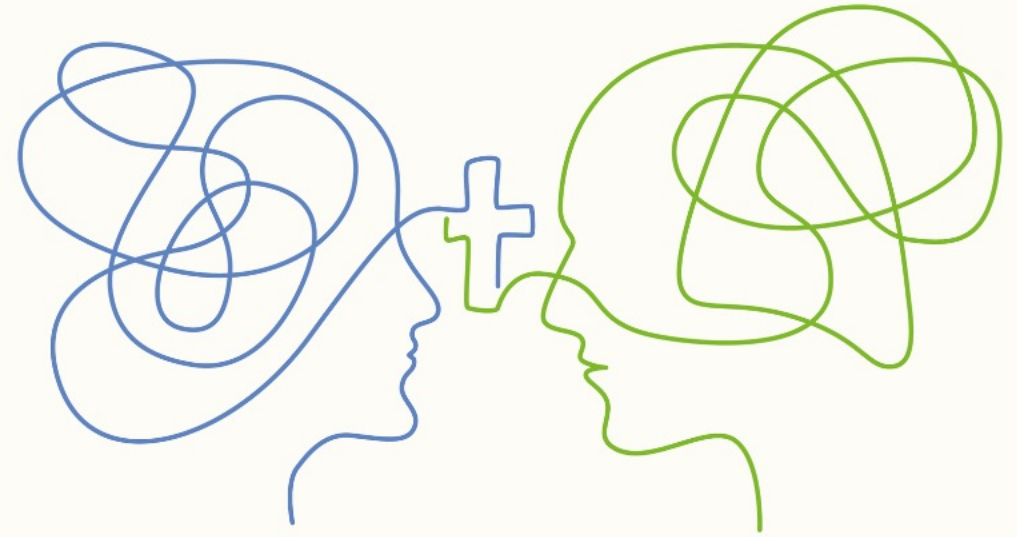


Session 5

**The gospel,
the church and
mental health**

Helen Thorne



Biblical Counselling UK

Together: for a conference

Gospel, the church and mental health

- Christ's comfort to troubled souls ...



Together: by experience

Church:

Growing a culture of hope
Speaking words of hope
Structuring wisely

Church Leaders:

Common struggles
Leading well

Counsellors:

Supervision
Boundaries
Consultation

Workers:

Faith in workplace
Using gifts in church



Together: by design

Now you are the body of Christ,
and each one of you is a part of it.

1 Corinthians 12:27

A cord of three strands is not quickly broken

Ecclesiastes 4:12



Together: as we serve

- the pastors and teachers, to equip
- his people for works of service
- so that the body of Christ may be built up

Ephesians 4:1-20



Together: in ongoing growth

So that

- Depressed people know hope
- Anxious people know security
- Addicted people know freedom
- Broken people know love

All rooted in Christ



Together: in reflection

- Know your God
- Know yourself
- Know your team



Know your God

- What have you learned about God – his character, activity or the way he relates?



Know yourself

- What have you learned about yourself – your nature, your gifts, your call or your role?



Know your team

- What have you learned about your context – your prayers for your church, the ways you can relate to those around, your limits and your need for others?



Together: in purpose

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

(Ephesians 4:16)



Together: as we leave

Gospel, the church and mental health
- Christ's comfort to troubled souls

