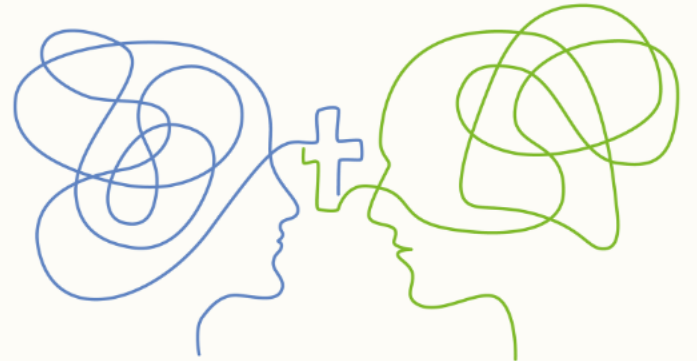


Stream 1

Church-based care

Session 1:

Growing a culture of care



Welcome to the local church

- The dream
- The call
 - 1 Thessalonians 2:7b-12
- The reality



Structure of the stream

- Session 1: Growing a culture of care
- Session 2: Speaking words of hope
- Session 3: Structuring with wisdom

With input from Helen, interviews with others and some discussion & skills exercises.



Discussion

- What is wonderful about the care of your church – particularly the care of those struggling with their mental health?
- How would you like to see your church grow in this area?



Realising our call

- To be ... a role model (1 Thess 1:4-6)
- To speak ... the truth in love (Eph 4:15-16)
- To be a light ... to an unbelieving world (Acts 2:44-47)



Discussion

- What makes it hard to be a role model when it comes to loving others with mental health struggles?
- How can we begin to overcome some of those barriers?



Raising awareness

- Conversation / Social Media
- Testimony
- Books – displayed and read
- Illustrations and applications in Bible studies
- Topical evenings / peer support
- Practical examples of care



Interview: growing a culture of care

- Meet:
 - Diane
 - Gilly
 - Tim



Reaching out in humility

- Move towards
 - with wisdom but not fear
- Listen quietly
 - body language and encouragers
- Ask good questions
 - short and open
- Reflecting back



Discussion

What words might someone struggling with their mental health use to describe their experiences?



Exercise

In pairs – have a conversation:

Person A: Greet person B and ask them how they are

Person B: Share something slightly hard

Person A: Don't talk. Just encourage them to keep sharing. All you can ask is "what's hard?" or "what's hardest?" or "how can I pray?". Use encouragers.

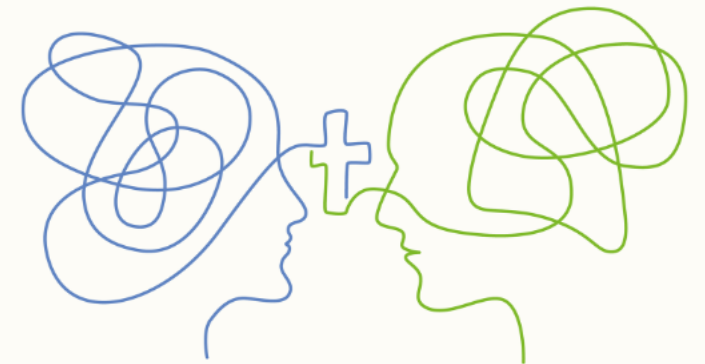


Stream 1

Church-based care

Session 2:

Speaking words of hope



God speaks – Psalm 119:89-92

Your word, LORD, is eternal;

it stands firm in the heavens.

Your faithfulness continues through all generations;

you established the earth, and it endures.

Your laws endure to this day,

for all things serve you.

If your law had not been my delight,

I would have perished in my affliction.



A word about words

- True words can be beautiful and encouraging
- True words can be terrifying and burdening
- Think about
 - Context – how has the Bible been applied in the past?
 - Tone – how can we encourage?
 - Pace – what's the next baby step?
 - Starting place – where do they want to begin?

One thing, gently spoken in a way that lands



Discussion

- Are we likely to underfeed or overfeed someone who is struggling deeply?
- Are we likely to over-expect change or under-expect change?



Recalling God's faithfulness

- God's character
 - Which never changes
- God's activity
 - Which never ceases
- God's plans
 - Which are never bad

Narrative speaks!



Interview: opening Scripture with those who struggle deeply

- Meet:
 - Sophie
 - Terry



Remembering identity

- Where are we looking?
- In creation
 - In the image of God
- In Christ
 - Chosen, child of the living God
- In community
 - Gifted, needed, of great value

Know it – Grasp it – Live it



Biblical Counselling UK

Discussion

Tom is struggling with depression. He is finding it hard to get out of bed, get into work, and reply to messages. He's not eating well. Not sleeping well. He hasn't prayed in weeks.

- How might Tom be feeling about God and himself?
- How might you help Tom articulate more about how he sees himself?



Discussion

- Pick one word that God uses to describe Tom
- How might you help Tom:
 - Know it
 - Grasp it
 - Live it



Reframing hard experiences

- Lament
 - Being real
- Lenses
 - Being eternal
- Looking for hope
 - Being practical



Discussion

- Tom says this to you: "I can see no hope, I feel God has abandoned me, everywhere there are walls hemming me in and there is nothing I can do"
- Without denying the depth of his feelings / experiences, how might you help Tom reframe these thoughts?



Q&A

- Any questions?

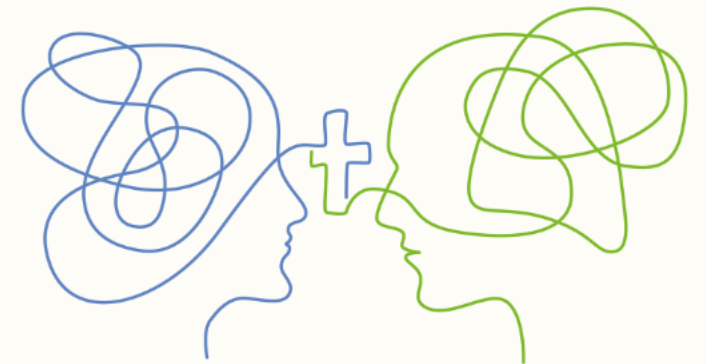


Stream 1

Church-based care

Session 3:

Structuring with wisdom



Recognising limits

- Teamwork
 - We need each other
- Capability and capacity
 - We need specialists
- Boundaries
 - We need wisdom



Discussion

- How can you encourage teams to grow and flourish in your church?
- How can you become both increasingly confident that you and your team can make a difference and yet be alert to the things you cannot to?
- How can you help people grow by saying a loving "no"?



Relaying information

- Confidentiality
 - We need wise communication
- Dual roles
 - We need to integrate different roles naturally



Interview: caring wisely

- Meet:
 - Kenny
 - Jane



Remaining able to help

- Prayer
 - We need God
- Self-care
 - We need rest



Discussion

- How can you help yourself persevere wisely for the long haul:
 - Physically
 - Relationally
 - Spiritually?



Time of prayer

- Spend some time praying:
 - For yourself
 - For your church
 - For those people you are walking alongside

