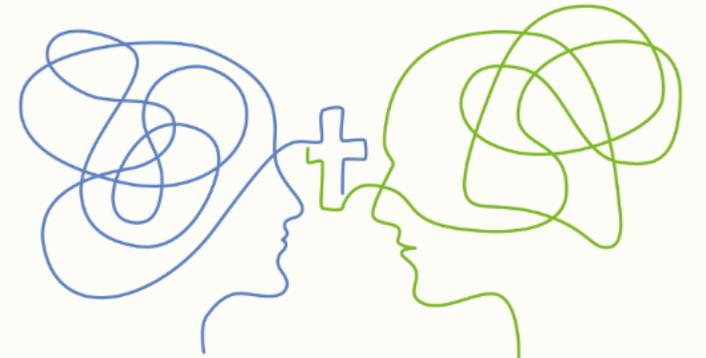


Stream 2

Pastors and Church Leaders

Pastoral care of people with
mental health struggles



Pastoral Care of people with mental health struggles

Session 1: **Barriers**

Session 2: **Examples**

Session 3: **Ambitions**

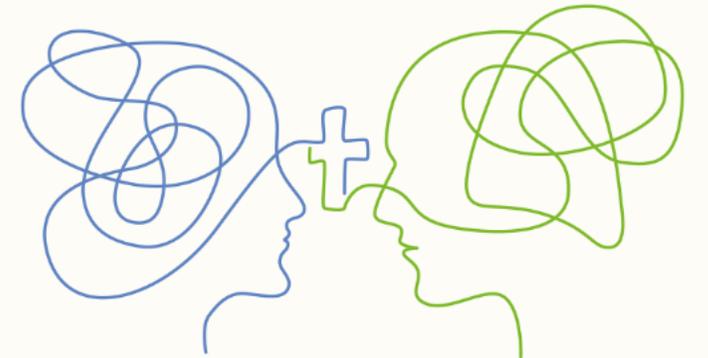


Stream 2

**Pastors and
Church Leaders**

Effective care of people with
mental health struggles

Session 1: Barriers



Pastoral Care of people with mental health struggles

- Wholehearted
- Compassionate
- Gospel shaped
- Wise



Discussion 1:

- What prevents, or hampers, churches from engaging well with people's mental health struggles?
(8 mins)



Stigma – discussion #2

How can churches, perhaps without meaning to, contribute to the sense of stigma that is felt by people with mental health problems? (5 mins)



Jesus – a heart for the afflicted

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. (Matthew 4:23-24)



Church – a choice of the weak

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. (1 Corinthians 1:27)



Confidentiality

In the same way, the women are to be worthy of respect, not malicious talkers but temperate and **trustworthy** in everything. (1 Timothy 3:11)

They could find no corruption in him, because he was **trustworthy** and neither corrupt nor negligent. (Daniel 6:4)



Confidentiality – discussion #3

In what ways have you found (or can you imagine finding) the issue of confidentiality problematic in relation to mental health difficulties in the life of your church? (5 mins)



Deskilled by unusually difficult problems or people – discussion #4

Have you faced (or can you imagine facing) situations involving a particularly unusual or difficult mental health issue that has left you feeling deskilled and uncertain how to respond? (5 mins)



Unusually difficult or complex problems

My dear brothers and sisters, take note of this:
everyone should be quick to listen, slow to speak
and slow to become angry. (James 1:19)



Struggling to connect the Bible to mental health difficulties – discussion #5

In what areas, and with what kind of difficulties, are you most conscious of a struggle to make connections with the Bible?
Does the nested circles diagram help you?



Struggling to connect the Bible to mental health difficulties – discussion #5

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. (2 Peter 1:3)

I myself am convinced, my brothers and sisters, that you yourselves are full of goodness, filled with knowledge and competent to instruct one another. (Romans 15:14)

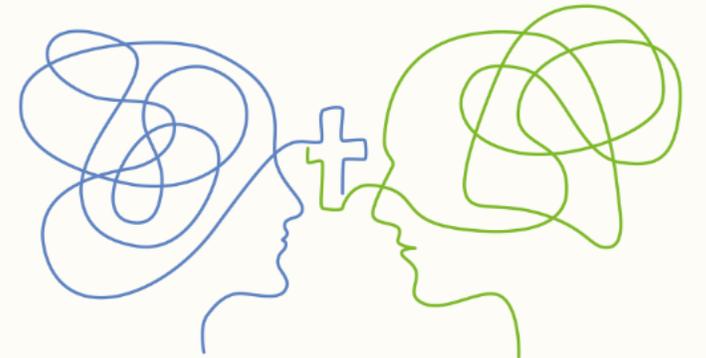


Stream 2

**Pastors and
Church Leaders**

Effective care of people with
mental health struggles

Session 2: Examples



1. Seminars and other teaching opportunities

- Rachel Meynell
- David Hughes
- Ben Epps



2. Working with mental health / counselling professionals

- Esther Lynch
- Rachel Meynell



3. Ways to establish care teams / lay pastoral counselling provision

- Ali Steele
- Allan Beckett



4. Life example: The ups and downs of walking alongside someone with mental health issues

- Fiona Hamilton

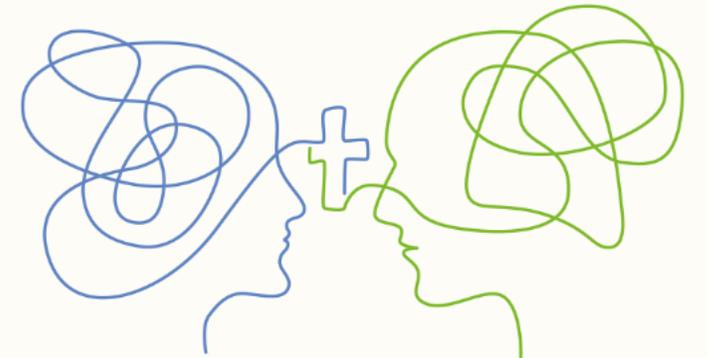


Stream 2

**Pastors and
Church Leaders**

Effective care of people with
mental health struggles

Session 3: Ambitions



Ambitions:

1. Overcome ignorance

My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favouritism. Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. If you show special attention to the man wearing fine clothes and say, “Here’s a good seat for you,” but say to the poor man, “You stand there” or “Sit on the floor by my feet,” have you not discriminated among yourselves and become judges with evil thoughts?
James 2:1-4



Ambitions:

1. Overcome ignorance

- Reflecting the love of God
- Caring for the vulnerable
- Evangelistically significant



Ambitions:

1. Overcome ignorance

- Preaching, leading
- Testimonies
- Teaching events
- Resources and books
- Dynamics of Biblical Change

Discuss: how are we doing in overcoming ignorance?



Ambitions:

2. Foster Compassion

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

2 Corinthians 1:3-7



Ambitions:

2. Foster Compassion

The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honourable we treat with special honour. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has put the body together, giving greater honour to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.

1 Corinthians 12:21-26



Ambitions:

2. Foster Compassion

‘I am rich; I have acquired wealth and do not need a thing.’ But you do not realize that you are wretched, pitiful, poor, blind and naked.

Revelation 3:17



Ambitions:

2. Foster Compassion

Discuss: how are we doing in the cultivation of compassion and the warmth of our welcome to those who are weak? What more could we do to help with this?



Ambitions:

3. Acknowledge Weakness

Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

1 Corinthians 12:1-10



Ambitions:

3. Acknowledge Weakness

- Dynamics for pastors during their sabbaticals
- Church consultations
- Pastor's retreats?

Discuss: How are we doing in acknowledging weakness?

And where do we go for help?

