



Mind Matters: Nurturing Spiritual Wellness and Mental Health

William Lofton Turner, Ph.D. , MMFT

- Distinguished Professor of Psychology and Family Therapy
- Special Counsel to the President and Provost
- Lipscomb University

James Phillips, Jr., M.Ed.

- 6th Grade Educator
- Metro-Nashville Public Schools

December 14, 2025

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A Handful of Gratitude

Each of you look at your hand. For each finger, silently name one thing you are grateful for. Five blessings



 **An
Opening
Blessing for
Gratitude**

*Lord, open our eyes today to see Your gifts —
the large and the small,
the expected and the surprising,
the simple blessings that hold our days together.
Teach us to notice, to remember, and to give thanks.
Amen.*

A festive banner for the month of December. The word "DECEMBER" is written in large, white, 3D-style letters. The letters are partially obscured by a dense wreath of green pine branches. Tucked among the branches are various Christmas decorations, including colorful ribbon bows in shades of purple, blue, and gold, and small red and gold ornaments. A large, multi-colored confetti explosion is positioned behind the wreath, with confetti falling downwards. The overall theme is a joyful, holiday-oriented celebration of the month.

DECEMBER

Happy December!

December is Universal Human Rights Month



DECEMBER IS
U N I V E R S A L
HUMAN RIGHTS
M O N T H



with deepest
sympathy

**Mrs. Katherine Watkins-Green
Kanetha Callahan's Grandmother**



Congratulations and Salutations



Men's Basketball
University of North Carolina **MAULS** Georgetown University



Men's Basketball
University of North Carolina DEFEATS University of South Carolina Upstate



Illinois

Men's Hoops
Tennessee LOSES TO Illinois



Tennessee



KENTUCKY



Men's Basketball
Kentucky CRUSHED NC Central



Vanderbilt

Congrats to Vandy on its first ever 10-win season and Diego Pavia- Heisman Trophy Finalist



Women's Basketball

TSU LOST TO UT Chattanooga



Women's Basketball

TSU LOST TO Lipscomb



Mind Matters

Nurturing Spiritual
Wellness and
Mental Health



Course Goals and Objectives

- ✓ To deepen participants' understanding of the relationship between spirituality and mental health.
- ✓ **To empower individuals with tools and strategies to enhance their mental and emotional healing and well-being.**
- ✓ To provide insight in how to recognize and direct others who may be experiencing mental health problems to the help they need.
- ✓ **To explore the historical, cultural, and social factors impacting mental health in the African American community.**
- ✓ To foster a sense of community and support among participants.



Class on Webpage

<https://www.schraderlane.org>

Scroll Down to Sunday New Adult Class



Previously Covered Spiritual Practices

- Prayer
 - Neuroscience of Prayer
- Meditation
- Journaling
- Mindfulness
- Mindful Reading
- Bibliotherapy
- Affirmations
- Flourishing
 - Positive Emotions
 - Savoring
 - Broaden and Build
 - Engagement
 - Relationships
 - Meaning
 - Achievement
- Church Hurt



Part 3 Mind Matters A

- The Brain/Neuroplasticity
- Trauma
 - Stress
 - Abuse
 - Devastation/Tragedy
 - Racism and Racial Trauma
 - Ambiguous Loss
- Human Dignity
- Positive Psychology
- Emotional Intelligence
- Personality Types
- ACES –Adverse Childhood Experiences
- Serious Diagnoses
 - Depression
 - Anxiety
 - Schizophrenia
 - Bi-Polar Disorder
- Grief
- Addictions
 - Drugs & Alcohol
 - Gambling
 - Pornography
 - Sex
 - Food

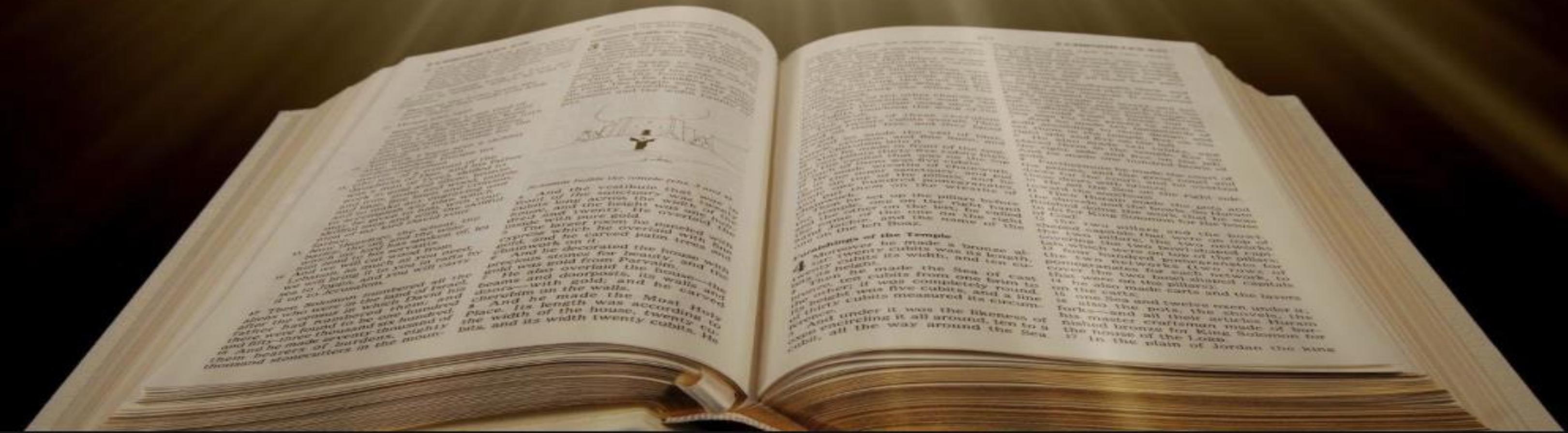


Part 3 Mind Matters B

- Personal Responsibility
- Imposter Syndrome
- Relationship Concerns
- Caregiver Burden
- Mental Illness/ Treatment
- Types of Therapy Providers
 - Family Therapy –Ph.D., M.A., MMFT
 - Clinical Mental Health Counseling-- MA
 - Clinical Psychology –Ph.D., Psy.D.
 - Counseling Psychology, Ph.D., PsyD.
 - Licensed Clinical Social Worker –LCSW
 - Psychiatric Nurse Practitioner
 - Psychiatry

TRAUMA: Understanding and Healing





The Bible Centers All of Our Understanding



Scriptural Thought of the Day

Begin
Review
Here
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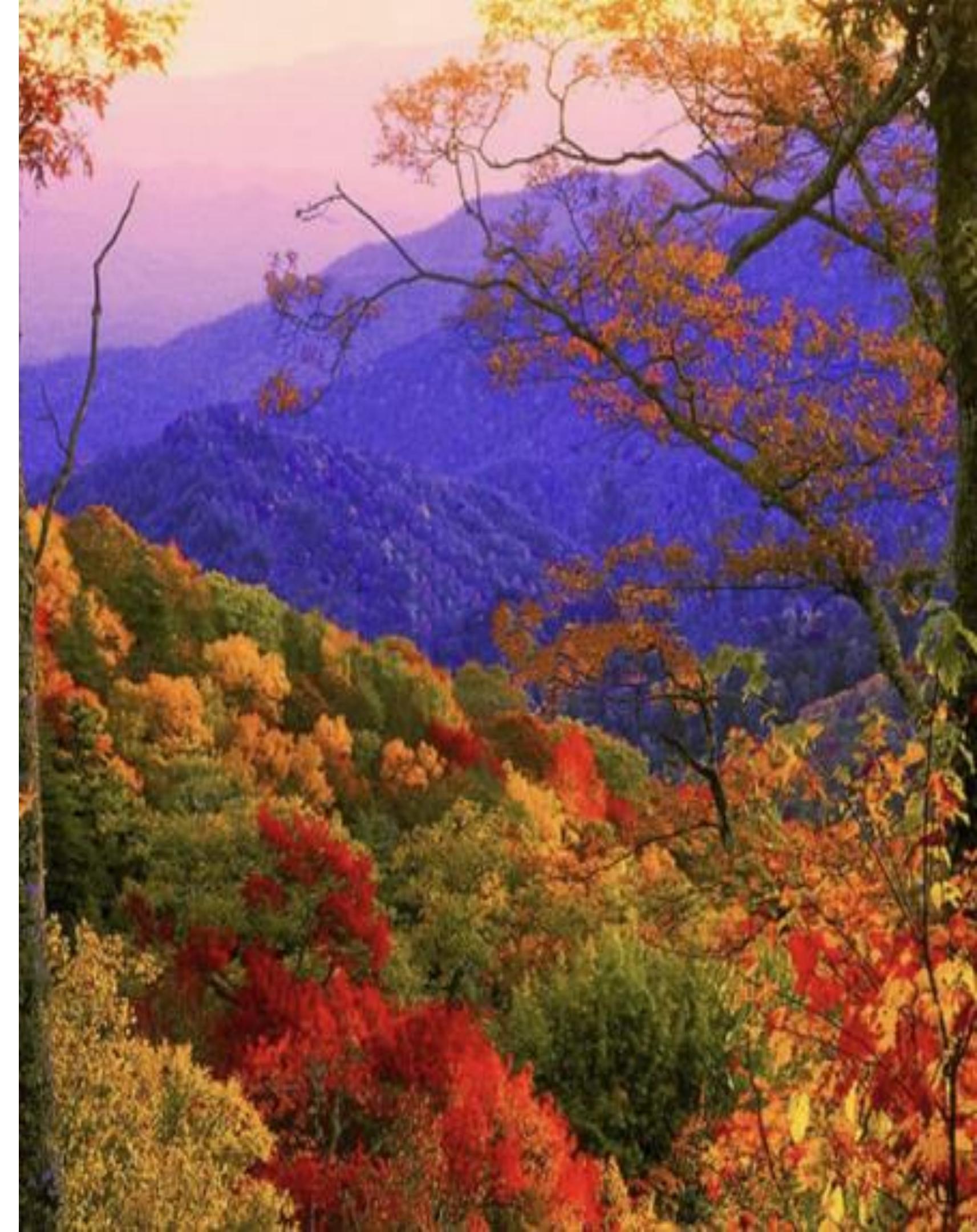


Psalm 42:5

**Why, my soul, are you
downcast? Why so
disturbed within me?
Put your hope in God,
for I will yet praise Him,
my Savior and my God.**

Psalm 42:5

- I. The Cry of the Inner Self
- The psalmist gives voice to something universal — the inner dialogue between despair and faith. He does not suppress the question; he *names* it.
- “Why, my soul, are you downcast?”



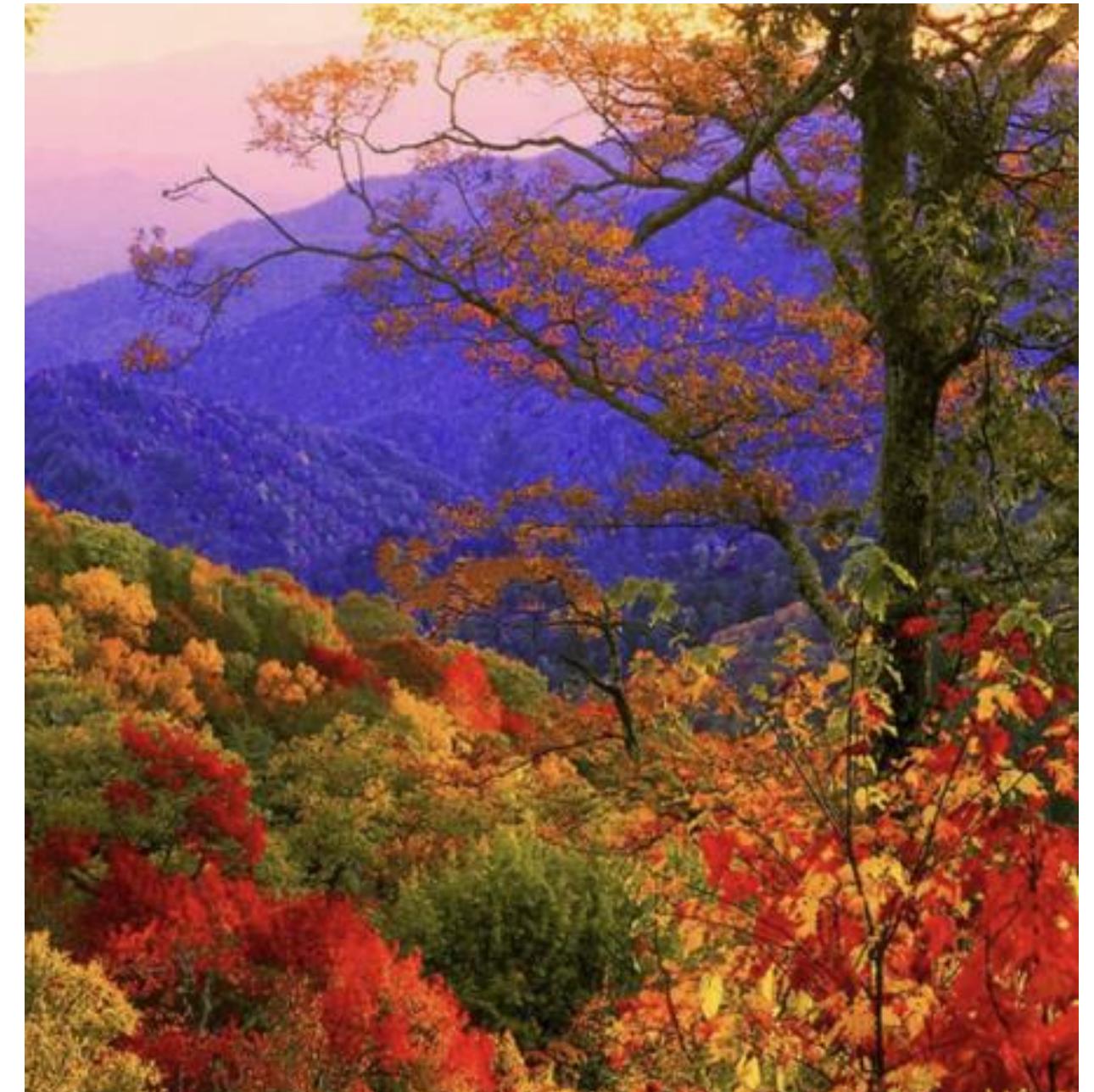
A scenic view of a forest in autumn. The foreground is filled with trees showing vibrant red, orange, and yellow leaves. The background features rolling hills and mountains, with the colors of the foliage transitioning into a soft, hazy blue and purple in the distance. The overall atmosphere is peaceful and contemplative.

Psalm 42:5

In modern psychological terms,
this is mindful
detachment or self-
reflective function —
the awareness that “*I
am not my emotions; I
am the one
experiencing them.*”

II. The Theology of Honest Lament

- This verse sits at the crossroads of lament and faith.
- The psalmist does not hide his distress; he sanctifies it by bringing it before God.
- “Put your hope in God, for I will yet praise Him.”



II. The Theology of Honest Lament

- Hope is not the denial of sadness; it is the refusal to let sadness have the final word.
- Faith here is not an instant cure, but a courageous act of remembering who God is even when feelings fade.
- In this verse, the psalmist models what trauma survivors must often relearn: that it is possible to feel grief and still reach toward trust — to stand inside the tension between despair and faith without collapsing into either.





III. Psychological Insight: Integration of Emotion and Cognition

- **Trauma fragments** — it splits the mind from the body, emotion from reason, the present from the past.
In this verse, we see a glimpse of integration — the coming back together of the divided self.
- The emotional brain says, “*I am downcast.*”
- The cognitive self responds, “*Put your hope in God.*”

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III. Psychological Insight: Integration of Emotion and Cognition

- This dialogue mirrors the process of trauma recovery, where individuals learn to name their feelings (emotion regulation) while anchoring themselves in safety and meaning (cognitive reframing).
- The psalmist does not deny his pain — he dialogues with it, holding compassion for himself while gently redirecting toward hope.
- He teaches us that faith can coexist with emotional realism.



IV. “Put Your Hope in God”: The Reorientation of the Soul

- The phrase *“Put your hope in God”* signals a deliberate reorientation. **Hope here is not optimism or wishful thinking — it is anchored expectation in the steadfastness of God’s character.**
- **For those carrying trauma, hope can feel fragile. But it functions like a lifeline — reconnecting the wounded heart to the possibility of renewal.**

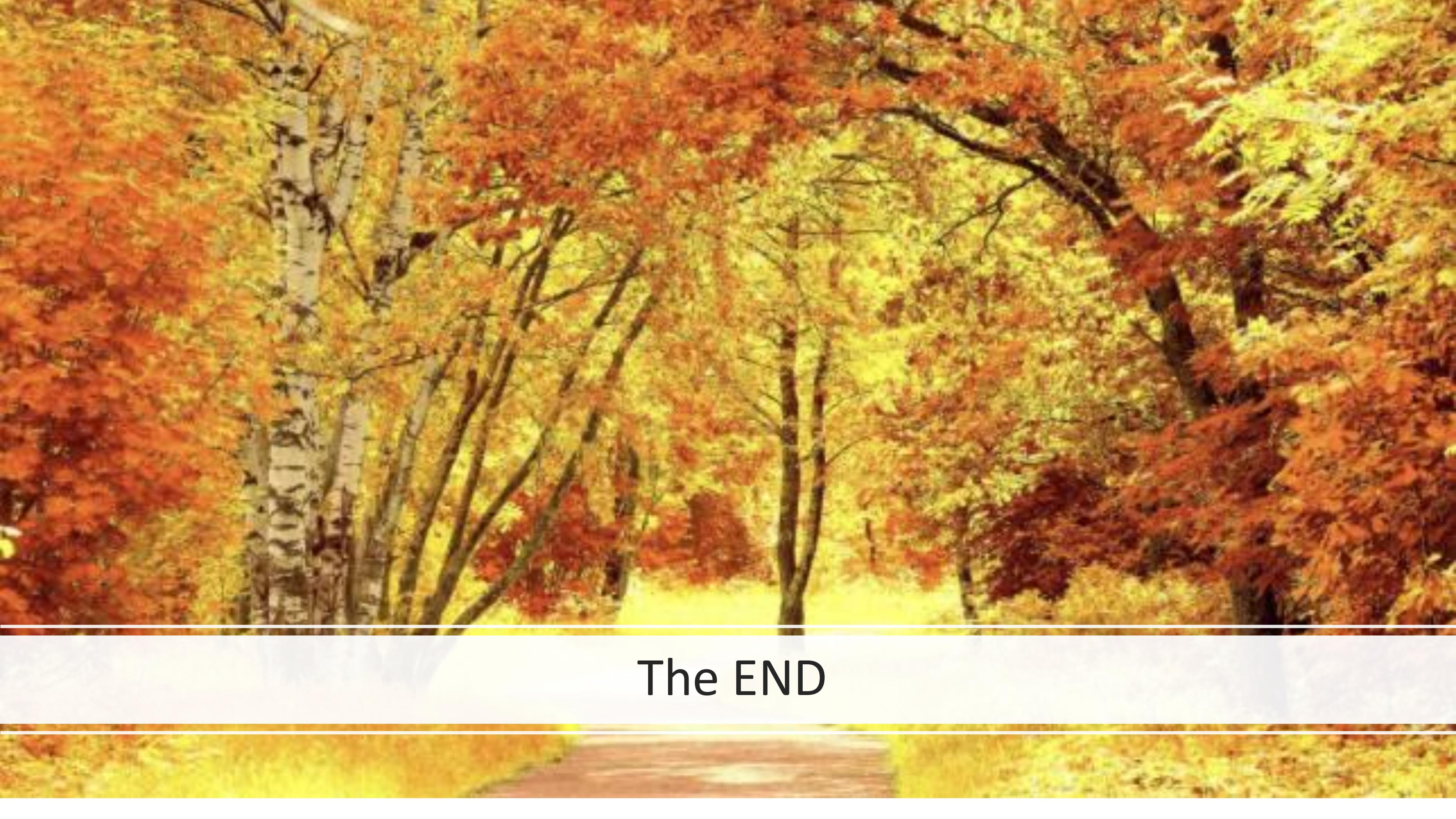


IV. “Put Your Hope in God”: The Reorientation of the Soul

- In trauma-informed care, we might call this *re-establishing meaning and purpose* — the shift from helplessness to agency, from survival to trust.
- **Spiritually, this is what happens when the soul remembers: “God has not changed, even though my circumstances have.”**

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The END