

Mind Matters: Nurturing Spiritual Wellness and Mental Health

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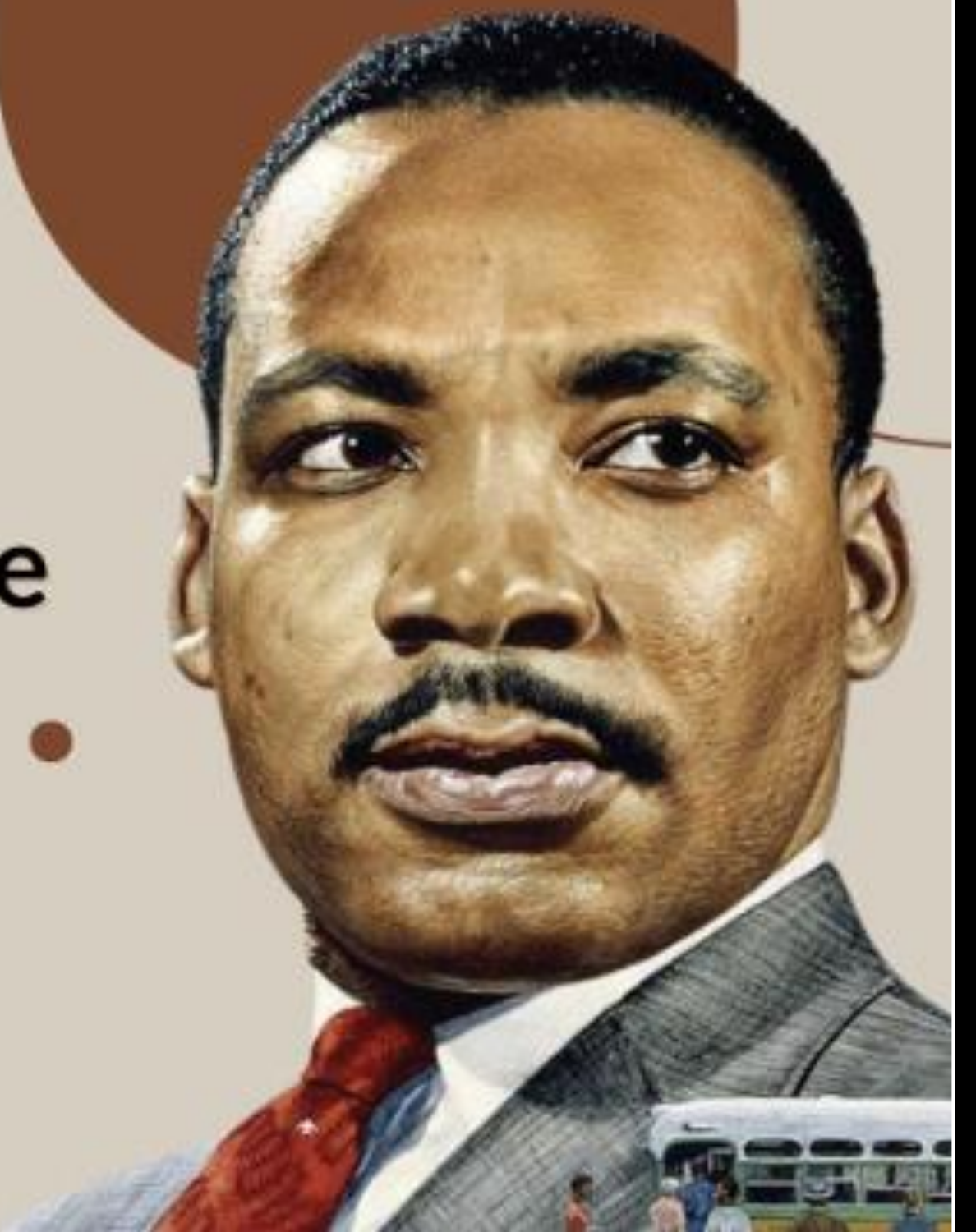
gratitude

**It's Easy to
Forget What
God Has
Already Done**

**What is something about
my life right now that I once
prayed for or deeply hoped
for?**

If you can't fly then run,
if you can't run then walk,
if you can't walk then crawl,
but whatever you do you have
to keep moving forward.

-Dr. Martin Luther, King, Jr.



Remembering Martin Luther King, Jr



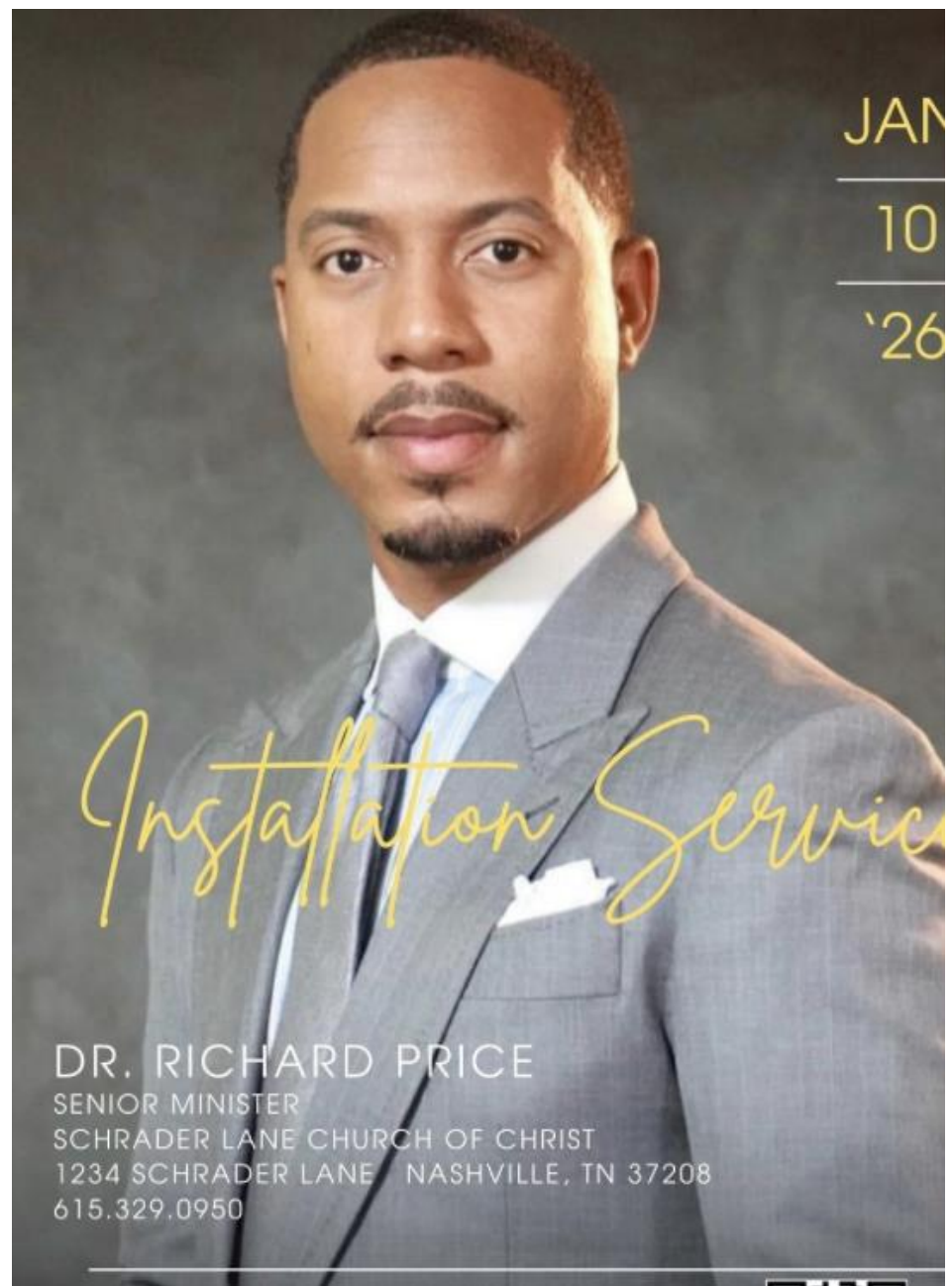
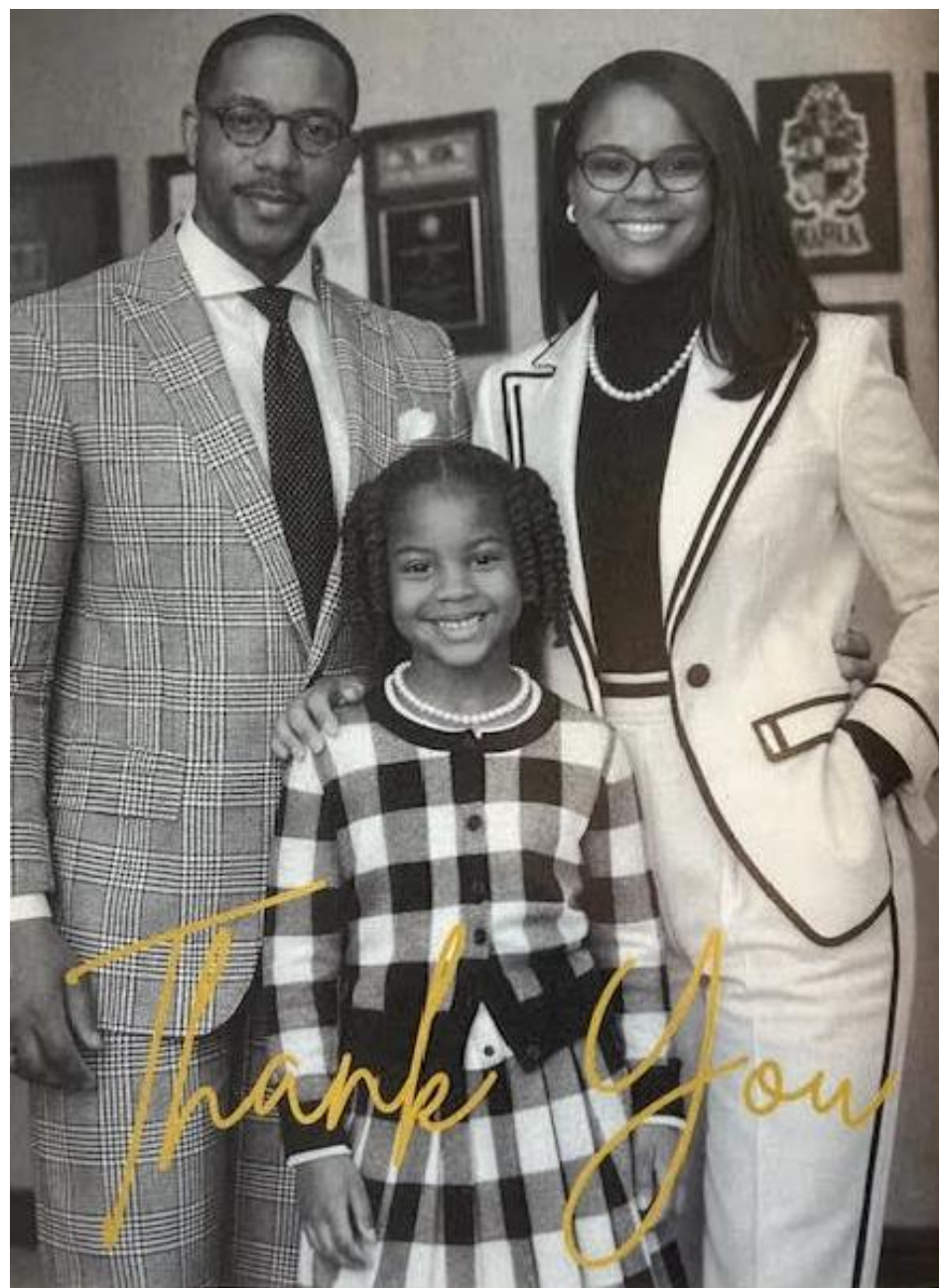
Mental Wellness Month

January

JANUARY IS MENTAL WELLNESS MONTH



Congratulations and Salutations



Congratulations on **Dr. Richard Price's Installation as Senior Minister of the Schrader Lane Church of Christ**



Congratulations to the **University** of **Miami** and the **Atlantic Coast Conference**

Congratulations
to Indiana and
the Big Ten
Conference





Where's The SEC??????



North Carolina **LOSES TO** Stanford

Cal



North Carolina **LOSES** (Again) TO **California**



Tennessee LOSES TO **Kentucky**



Vanderbilt **LOSES TO** **Texas**



Vanderbilt LOSES (AGAIN) TO Florida

Men's
Basketball
TSU **BEAT**
Southern
Indiana





Men's Basketball: **TSU** BEAT **Morehead State**



Lady Vols **BEAT** Belmont



Women's Basketball: **Vanderbilt** BEAT **Mississippi State**



TSU Lady Bells BEAT Morehead State

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
 - CAPACITY TO ASPIRE**
 - 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:
**Capacity
to
Aspire**





The Bible Centers All of Our Understanding

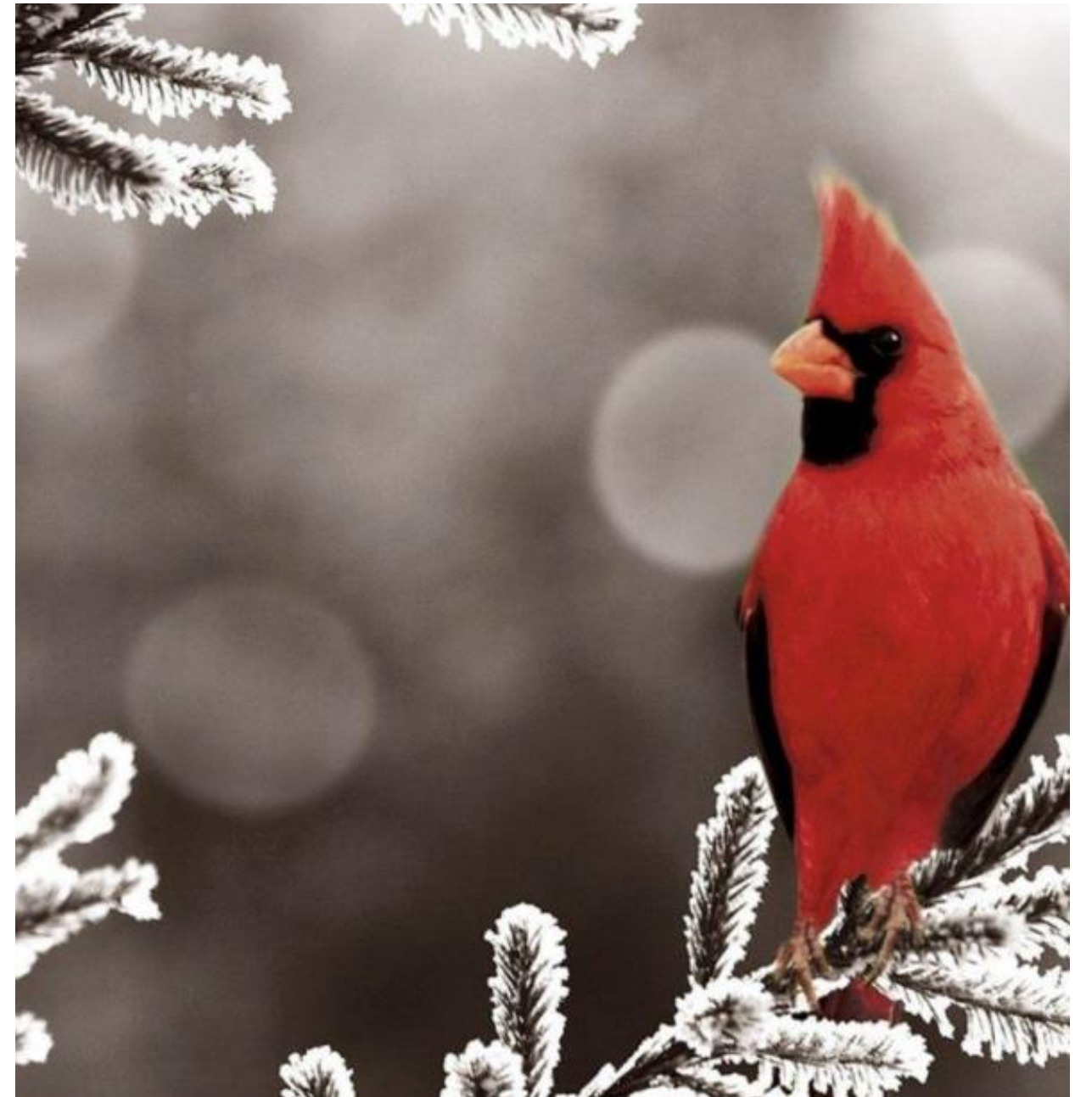
Definition

- The *capacity to aspire*—originally articulated by Arjun Appadurai—refers to the cultural capacity to imagine, desire, plan toward, and move meaningfully into the future.
- It isn't just about personal ambition; it's about hope, agency, meaning-making, and the social and spiritual resources that help people see a future worth living toward.



When the Future Narrows

- Many people struggle not only because of what is happening in their present lives, but because their *future has become too small in their imagination.*
- Loss, illness, disappointment, injustice, weariness, or long seasons of discouragement or difficulty can shrink the horizon of hope.
- People stop planning. They stop imagining. Sometimes they still believe in God—but quietly stop believing that God’s presence makes a difference in their future.
- They quietly stop believing God is doing anything meaningful with *them.*





Begin here on January 17, 2026

Hebrews 1: 1-3

- **11** Now faith is confidence in what we hope for and assurance about what we do not see. ² This is what the ancients were commended for.
- ³ By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.



Reflection

- Hebrews 11:1–3 reminds us that *“faith is the confidence in what we hope for and the assurance about what we do not see.”*
- In many ways, this mirrors the concept of the capacity to aspire—our ability to imagine a better future and to orient our lives toward meaningful possibilities, even when present circumstances are difficult.
- Faith gives emotional and spiritual substance to our hopes. It allows us to hold onto purpose when outcomes are uncertain and resources feel limited.





Reflection

- From a mental and emotional health perspective, this kind of faith nurtures resilience and psychological endurance.
- When we believe that our lives are held within a larger, meaningful story shaped by God, we are less likely to feel trapped by current struggles.
- Faith expands our internal horizon, helping us move from survival toward vision.
- It provides a grounding assurance that what we are working toward—even if unseen—has real worth.

Reflection

- Verse 3 reminds us that God formed the world from what cannot be seen.
- This invites us to trust that new possibilities can emerge from invisible beginnings—small choices, quiet prayers, and unseen growth.
- Emotionally, this fosters hope, patience, and courage.
- We learn that transformation often starts beneath the surface, long before it becomes visible.



Reflection

- In this way, Hebrews 11 teaches that faith does more than comfort us—it strengthens our capacity to aspire.
- It empowers us to dream, to persist, and to believe that our lives can reflect God's purposes.
- Such faith supports emotional well-being by anchoring us in hope, reminding us that our future is not limited by our present, and that God is already at work in ways we cannot yet see.

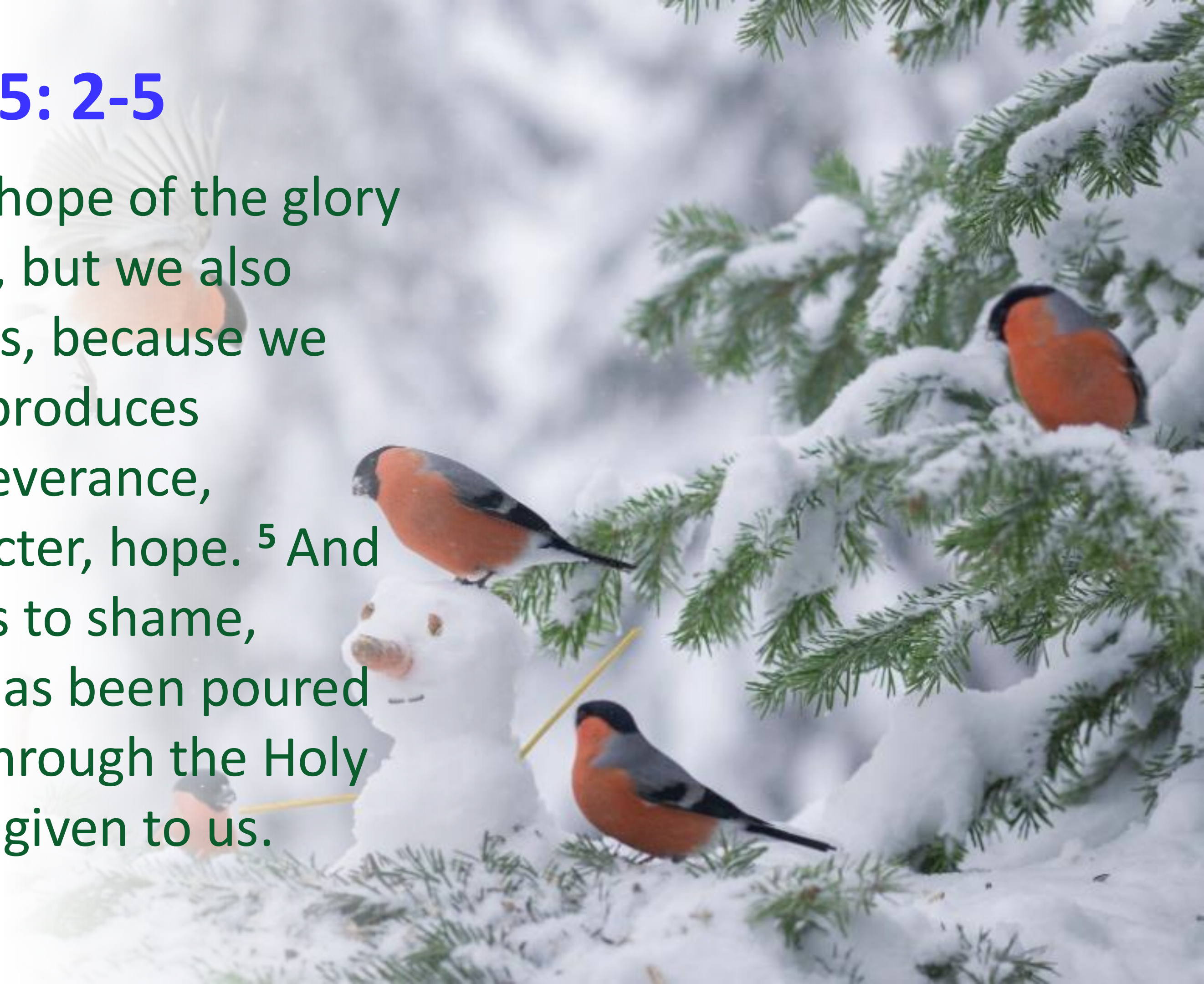
Christian Faith is Inherently Aspirational

- Christian faith is deeply future-oriented.
- It is rooted in the conviction that God is not only sovereign over what has been, but active in what is becoming.
- **God is still at work.**
- Scripture constantly invites believers to live toward something.
- **Hebrews 11:1 says: “Faith is the assurance of things hoped for, the conviction of things not seen.”**
- Hebrews reminds us that faith itself is *“the assurance of things hoped for, the conviction of things not seen.”* (Hebrews 11:1).
- Hope is not shallow positivity. It is confidence in God’s character and God’s ongoing work.



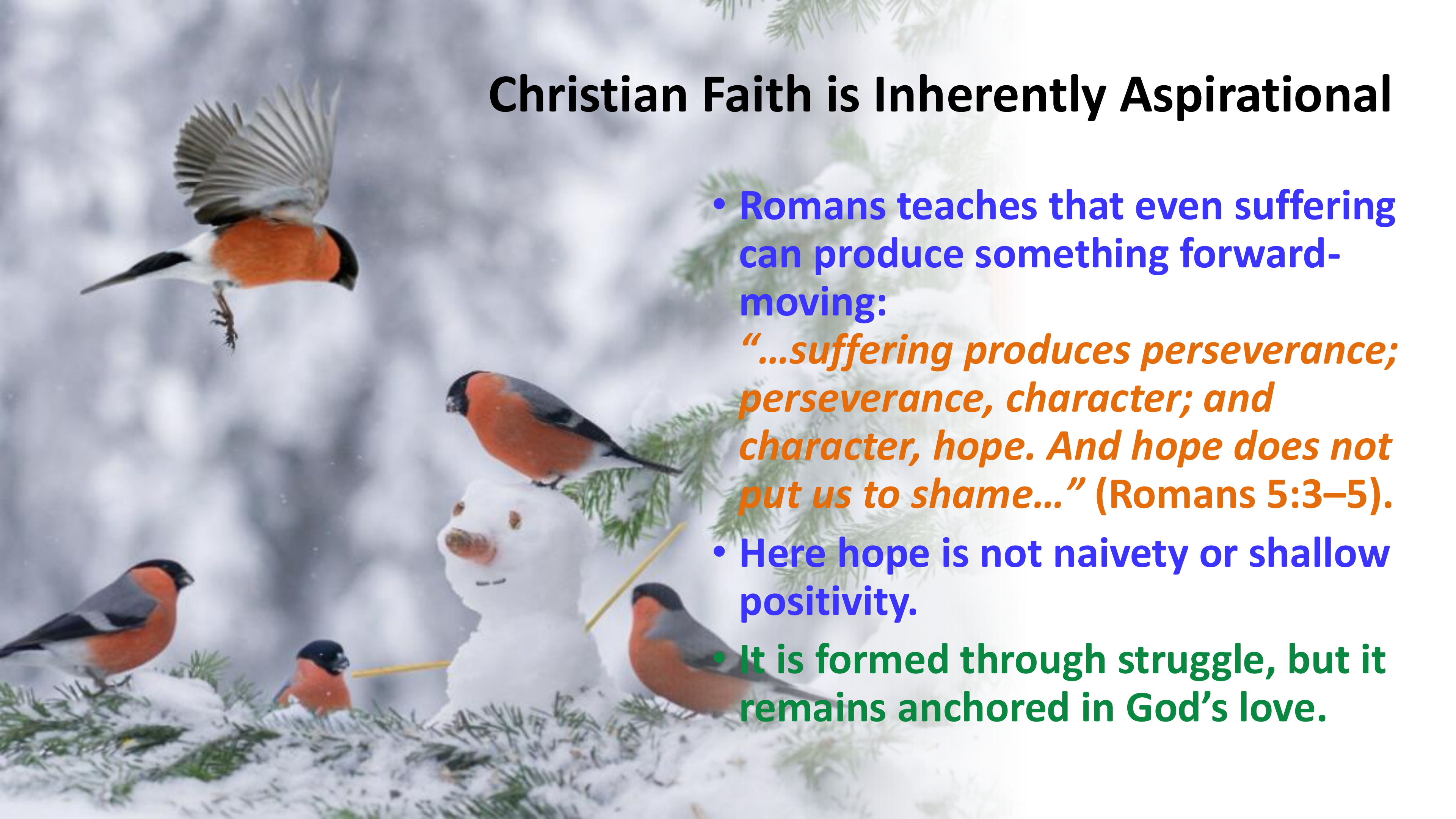
Romans 5: 2-5

And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.



Christian Faith is Inherently Aspirational

- Romans teaches that even suffering can produce something forward-moving:
“...suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame...” (Romans 5:3–5).
- Here hope is not naivety or shallow positivity.
- It is formed through struggle, but it remains anchored in God’s love.



Christian Faith is Inherently Aspirational

- Psychologically, when people have a strong capacity to aspire, we often see greater resilience, steadier emotions, deeper purpose, and a sense of motivation.
- Spiritually, they are more likely to pray expectantly, serve meaningfully, and stay connected to community. When our capacity to aspire is healthy, people tend to:
 - endure better
 - feel steadier
 - remain engaged with faith
 - stay connected to others
 - pray more expectantly
- When aspiration weakens, all of that becomes harder.
 - Anxiety increases.
 - Purpose becomes blurry.
 - Faith may remain doctrinally intact, but emotionally exhausted.



The End

