

# Mind Matters: Nurturing Spiritual Wellness and Mental Health

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**# 13**



# Gratitude

**Connection  
and  
Relationship**

**Who is someone whose presence or influence has quietly strengthened my life, and what do I thank God for in them today?**





Happy  
New Year  
2026

Happy New Year-2026!





# Mental Wellness Month

January

**JANUARY IS MENTAL WELLNESS MONTH**



♡♡♡  
OUR DEEPEST  
Sympathy

Family and Friends of James Phillips, Sr.





with deepest  
*sympathy*

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





Congratulations and Salutations





**Vanderbilt Football's Great Season!!!!**





Vandy's #1  
Fan





University of Tennessee Football –Good Season





UT #1  
Fan!!!!





**North Carolina CRUSHES Florida State**





Tragically, **Carolina** is CRUSHED BY **SMU**



# UK Men DEFEATED BY Alabama





# UT Men DEFEATED BY Arkansas







Tennessee Lady Vols BEAT Florida



TSU **BEATS**  
Arkansas  
Little Rock







**Vanderbilt Men BEAT New Haven**





**Vanderbilt Women CRUSHED Arkansas**





Again, Vandy's #1 Fan



# Mind Matters

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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

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<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





 **Scriptural Thought of the Day**



A watercolor-style illustration of two blue jays perched on a snow-covered branch. The bird in the foreground is facing left, showing its blue back with white spots and its long blue tail. The second bird is slightly behind and to the right, facing right with its beak open as if calling. The background is a soft, painterly mix of white, blue, and yellow, suggesting a winter scene with snow and a bright sky.

## **Ephesians 3:20**

**Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.**





## **Ephesians 3:20**

### **Reflection**

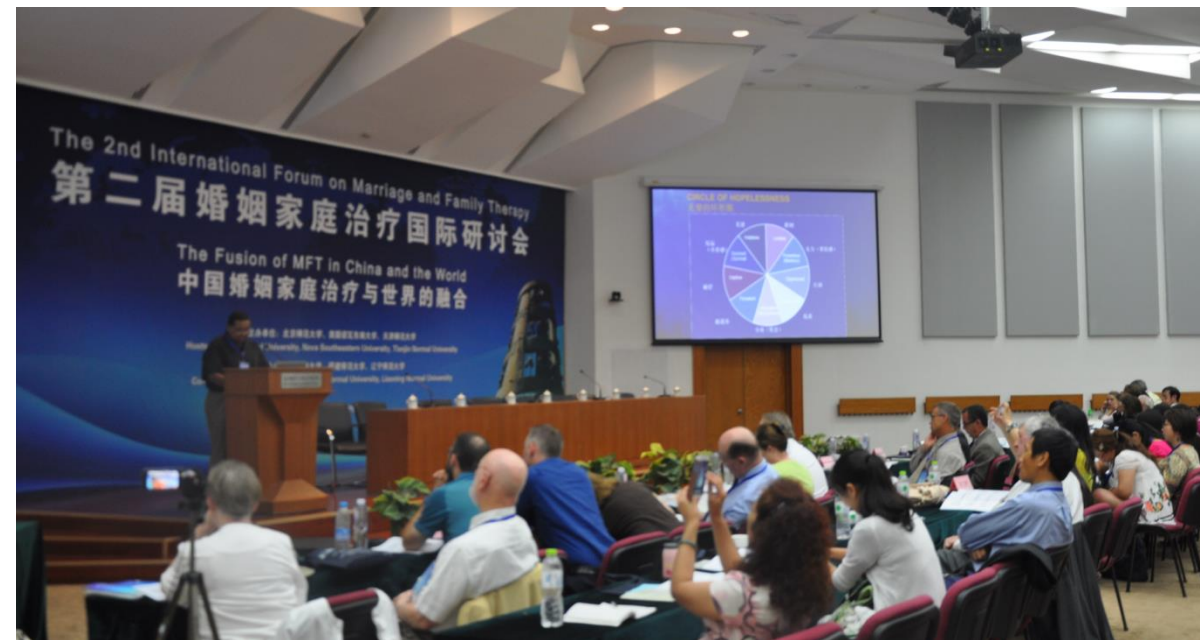
- The capacity to aspire is the God-given ability to imagine a future shaped by hope, purpose, and trust in God's faithfulness.
- Paul reminds us that our aspirations do not rest merely on human possibility but on divine abundance.
- When believers dare to dream, plan, and reach toward what is good and God-honoring, they participate in God's creative work in the world.
- Faith enlarges our imagination, strengthens our courage, and empowers our steps—reminding us that God is already at work beyond what we can see, ask, or even conceive.





**Capacity to Aspire January 4, 2026**





# International Forum on Family Therapy Beijing, China

## William Turner-Capacity to Aspire





# The Capacity to Aspire and Christian Well- Being

- *Today I want to invite us into a reflection that sits right at the heart of faith, mental health, and spiritual well-being.*
- **We're going to talk about something called the capacity to aspire. And that simply means this:**
- *It is our God-given ability to imagine a meaningful future and to believe that moving toward that future matters.*
- *It's the inner ability to say, "Something good is still possible. God is not finished with me yet."*
- **Scripture consistently points us toward this kind of forward-looking faith.**
- *Paul writes, "Forgetting what lies behind and straining toward what is ahead, I press on toward the goal..." (Philippians 3:13–14).*
- *That isn't denial of the past; it's confidence that God continues working beyond it.*
- **He's simply refusing to believe the past is the whole story.**



# 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.





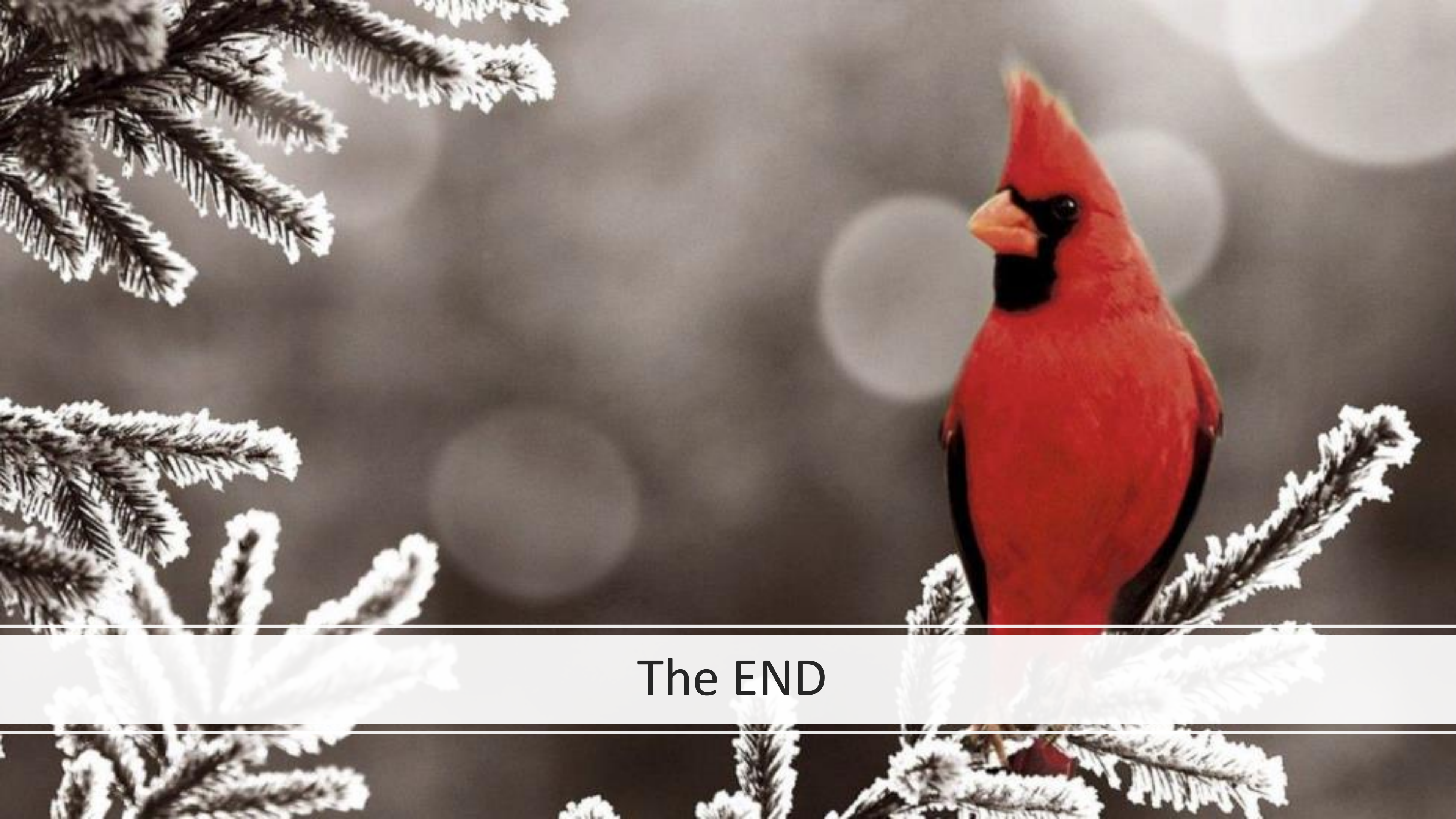
# When the Future Narrows

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- 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.*







The END