

Mind Matters: Nurturing Spiritual Wellness and Mental Health

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February 15, 2026

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Gratitude

**Growth and
Change**

**What part of your life today
reflects growth compared
to one year ago today?**

Happy February!!!!



February



Winter Ice Storm of the Century

BLACK
History
MONTH

Black History Month!!!!



Happy Valentines!!!!



★ FEBRUARY ★

AMERICAN HEART MONTH

American Heart Month!!!!



WORLD

Cancer

February 4- **WORLD CANCER DAY**



**February-
National Cat
Month!!!!**

**Franklin
and Oliver
Turner**



Congratulations and Salutations

**Congratulations to
Robert and
Vanessa
Gardenhire
Upon His
Retirement as
Senior Minister of
the Schrader Lane
Church of Christ**



Retirement
Celebration
*Honoring
Robert L.
Gardenhire*

"CELEBRATING A LEGACY:
LIFTED BY GOD, LED BY LOVE"

SATURDAY | **21** 2026
FEBRUARY

SHERATON MUSIC CITY HOTEL
777 McGavock Pike
Nashville, TN 37214



North Carolina LOST to **University** of **Miami**

Pitt



North Carolina **DOMINATES** University of Pittsburg



Kentucky **BEAT** **Tennessee**



University of Kentucky **LOSES TO** University of Florida



University of Tennessee **BEAT** Mississippi State



LSU

UT BEATS LSU



University of Tennessee Women **BEAT** University of Missouri

ESPN+



TSU Beat Southern Indiana



Morehead St Tennessee St
TSU LOST TO Morehead State

ESPN+



TSU Women LOST to Southern Indiana



Morehead St Tennessee St
TSU Women LOST TO Morehead State



V/S



Vanderbilt Beat **Auburn**



Vanderbilt BEAT Texas A & M



Vanderbilt Women Beat Texas

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

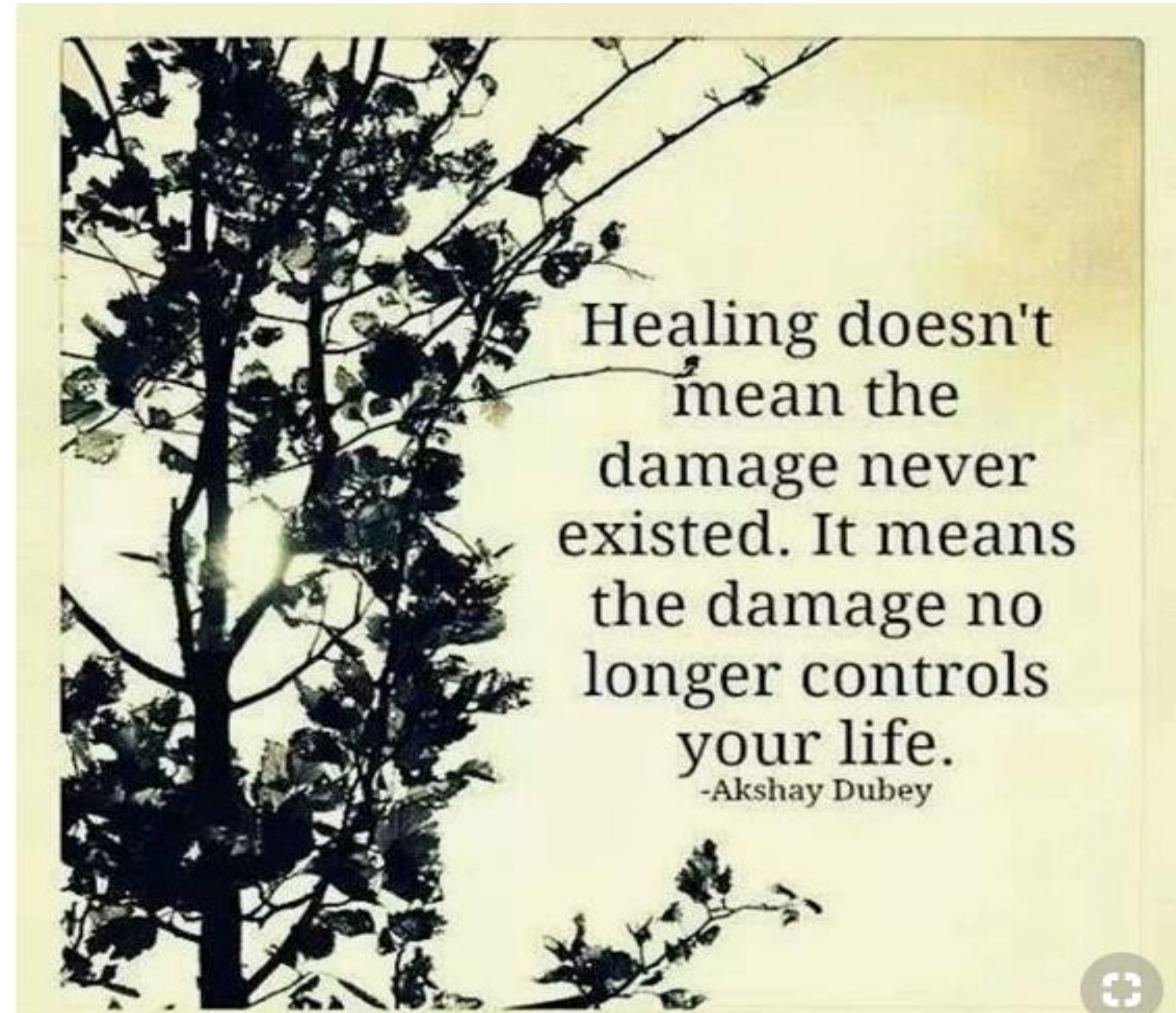


Part 3 Mind Matters B

- **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**



- MAKE IT YOUR SPIRITUAL PRACTICE TO HEAL FROM THE DAMAGES THAT YOU HAVE INCURED DURING YOUR LIFE AND THEN MOVE ON



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 February 15, 2026

Ephesians 2:10

***For we are God's
handiwork, created in
Christ Jesus to do good
works, which God
prepared in advance for
us to do.***



Ephesians 2:10 Reflection

- The capacity to aspire begins not with achievement, but with identity. Paul reminds us that we are already *God's handiwork*—intentionally created, carefully formed, and deeply valued. The word suggests a work of art, implying that our lives carry meaning before we accomplish anything at all.
- When people lose hope—through hardship, disappointment, or trauma—their imagination for the future often narrows.
- This verse gently restores vision by affirming that our lives are not accidental. We are created with purpose, and God has already prepared paths of goodness for us to walk into.





Ephesians 2:10

Reflection

- **Aspiration, then, is not anxious striving to invent a meaningful life; it is trusting that meaning already exists within God's unfolding purposes.**
- **Our task is not to prove our worth, but to live into it.**
- **Because these "good works" are prepared in advance, we move forward with humility and freedom.**
- **We aspire not for status or recognition, but to participate in God's ongoing work of love, healing, and service in the world.**

Ephesians 2:10

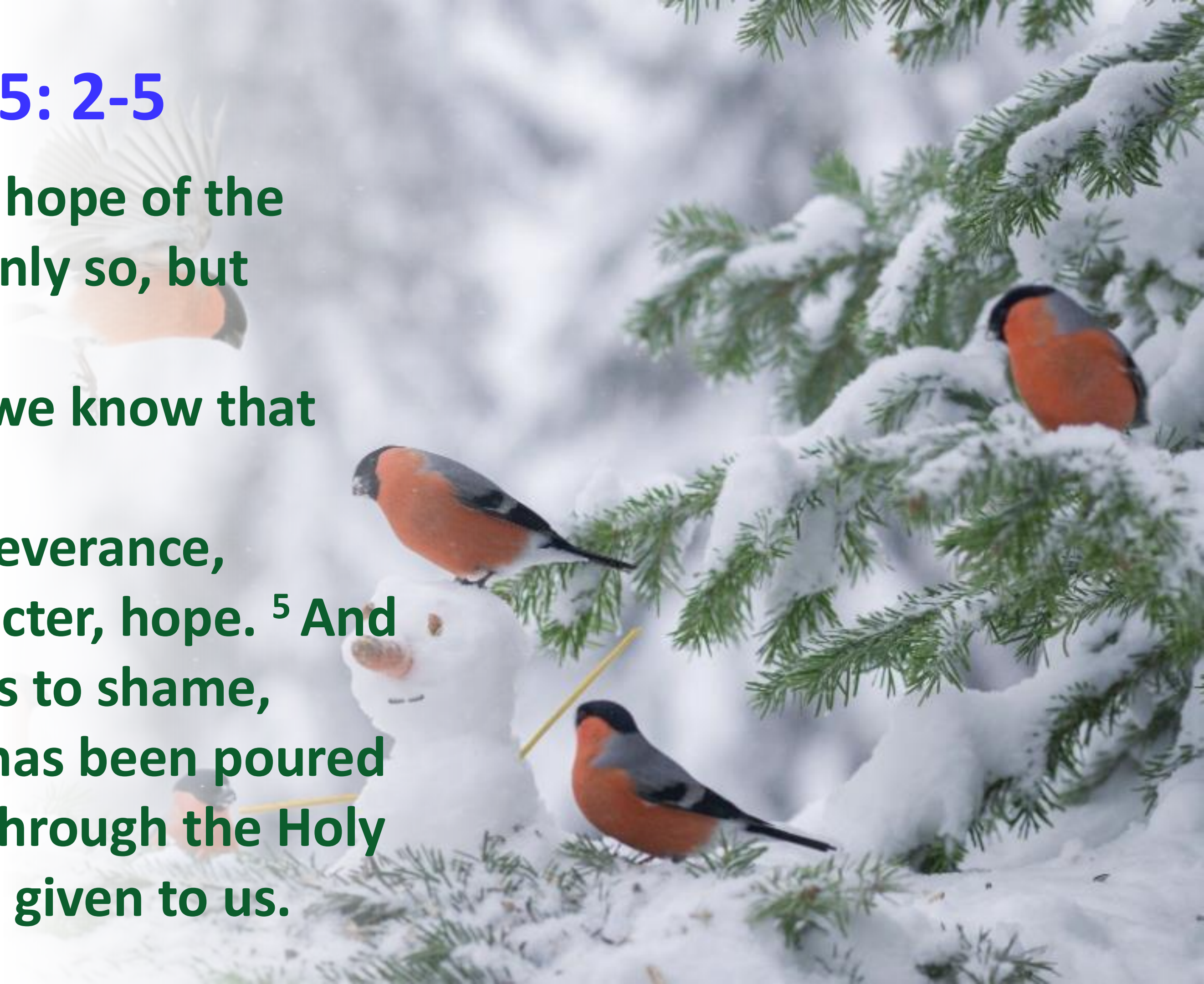
Reflection

- To live this scripture is to believe:
 - my life is intentionally made,
 - my future holds possibility,
 - and God’s grace is still leading me forward.
- The capacity to aspire is, ultimately, an act of faith—the courage to step toward a future God is already preparing.



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.



CLASS WILL NOT MEET ON FEBRUARY 22, 2026



The End