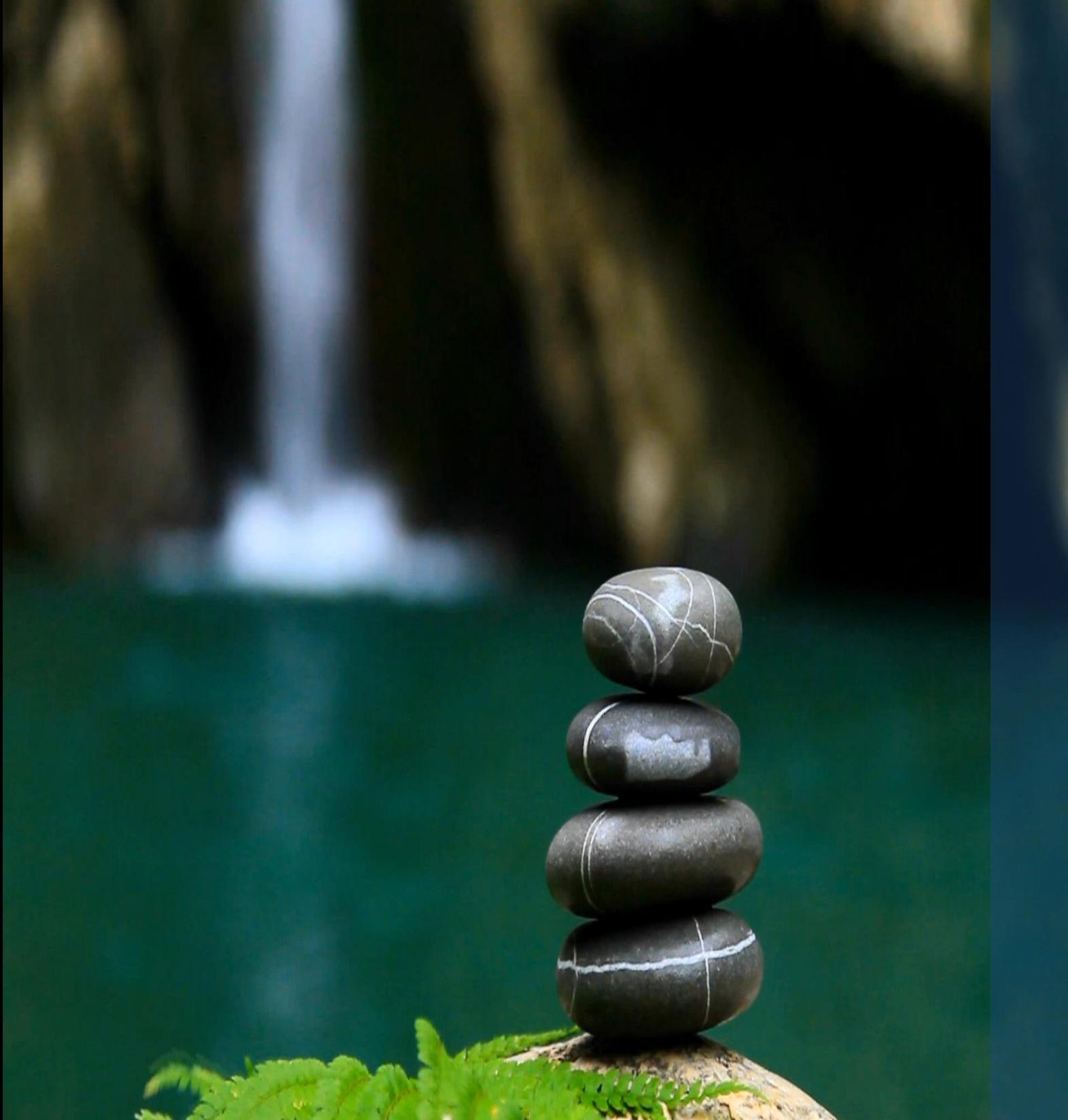




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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October 12, 2025

2



October is Domestic Violence Awareness Month



October is Breast Cancer Awareness Month





Congratulations and Salutations



Welcome to Richard and Ja'mes Price



Tennessee
DEFEATS
Arkansas

Tennessee State Loses to Southeast Missouri State



A photograph of Bill Belichick on the sidelines of a football game. He is wearing a grey zip-up hoodie and dark blue pants, and has a headset on. He is walking towards the left. In the background, there are other people, including a player in a blue jersey with the number 3 and a man in a white polo shirt. The scene is outdoors at night or dusk.

Bill Belichick's UNC tenure has significantly 'tarnished' his legacy

University of North Carolina: What a Mess!!!!



UNC Beats Lipscomb in Men's Soccer



Mind Matters:

**Nurturing
Spiritual Wellness
and Mental
Health**

Course Goals and Objectives

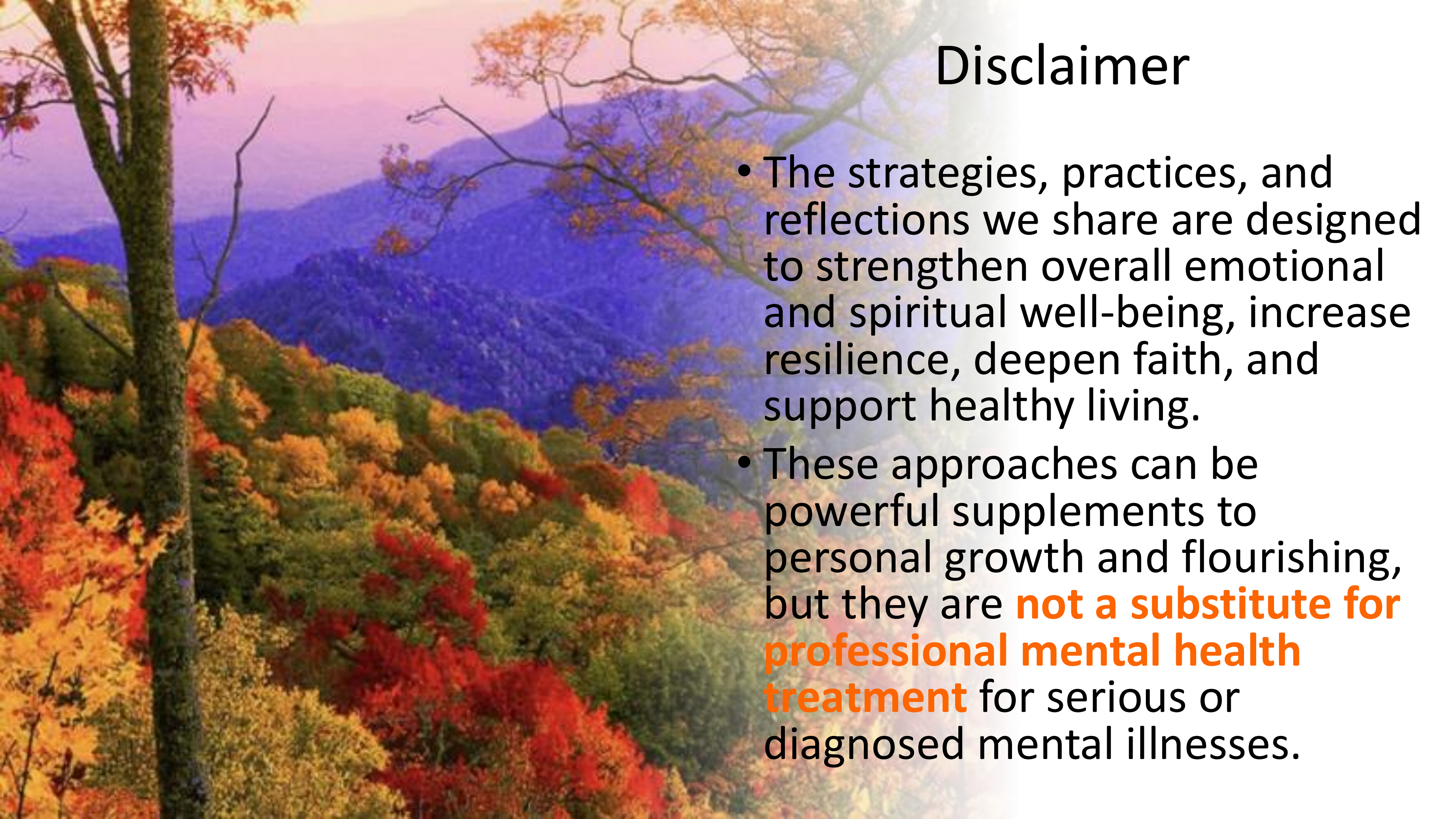
- ✓ To deepen participants' understanding of the relationship between spirituality and mental health.
- ✓ To empower individuals with tools and strategies to enhance their mental and emotional healing and well-being.
- ✓ To provide insight in how to recognize and direct others who may be experiencing 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.



Disclaimer

- As we continue our journey together, I want to offer a brief but important clarification regarding the focus of our class.
- **Mind Matters is centered on promoting mental wellness and mental health—not on diagnosing, curing, or treating mental illness.**





Disclaimer

- The strategies, practices, and reflections we share are designed to strengthen overall emotional and spiritual well-being, increase resilience, deepen faith, and support healthy living.
- These approaches can be powerful supplements to personal growth and flourishing, but they are **not a substitute for professional mental health treatment** for serious or diagnosed mental illnesses.

Disclaimer

If at any time someone is experiencing symptoms of a mental health disorder or crisis, we encourage them to seek qualified professional help in a **professional setting**. Our class can offer spiritual encouragement, community support, and practical tools for wellness, but professional care remains essential for clinical needs.



A scenic view of a lake with vibrant autumn foliage reflected in the water. The trees on the shore are in various shades of orange, yellow, and green, with their reflections clearly visible in the calm water. A small white building is visible in the distance behind the trees.

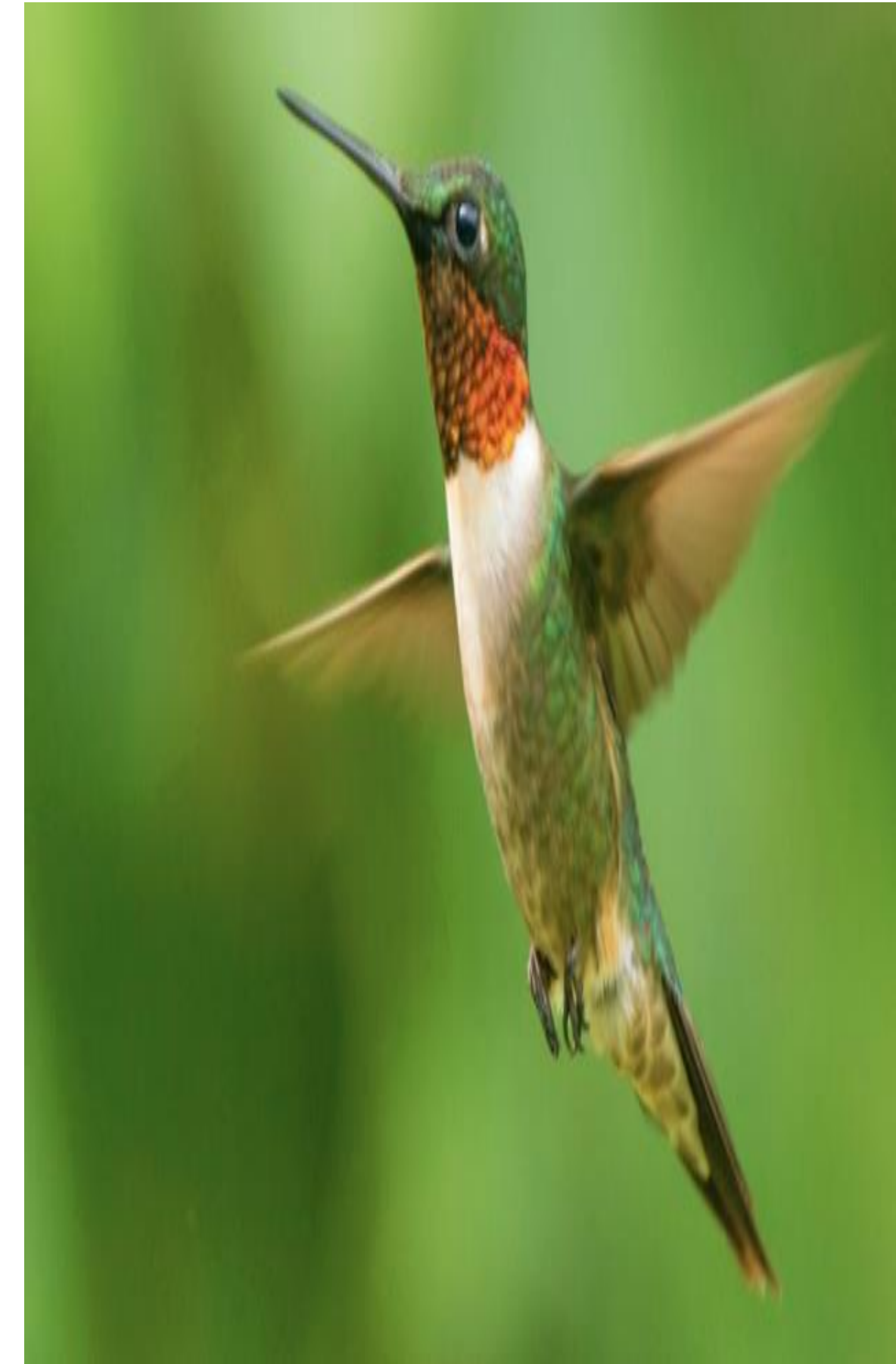
Class on Webpage

<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

- The Brain/Neuroplasticity
- Trauma
 - Stress
 - Abuse
 - Devastation/Tragedy
 - Racism and Racial Trauma
- 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

- 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



How Our Minds Are Impacted By Our Faith and Our Faith Practices



A close-up photograph of a field of crocuses. In the foreground, several purple crocuses are in focus, with one white crocus standing out. The background is filled with more crocuses in various colors, mostly purple and yellow, which are blurred due to a shallow depth of field. The overall scene is bright and colorful, suggesting a spring setting.

Our Minds

The Bible consistently affirms that our minds are not static — they can be *renewed, transformed, reshaped, and set on higher things*. Neuroplasticity gives a scientific description of this capacity, while Scripture gives us the spiritual vision and direction for that renewal.

Neuroplasticity

- The brain has capacity to change and adapt throughout life by forming and reorganizing its neural connections.
- This remarkable ability allows the brain to adjust to new experiences, learn new information, and even recover from injury.
- **CONVERSION!!!!**





The Bible Centers All of Our Understanding



October 12, 2025
Begin Here



Colossians 3:2, 10

Set your minds on things above, not on earthly things... and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Colossians 3:2, 10

Reflection:

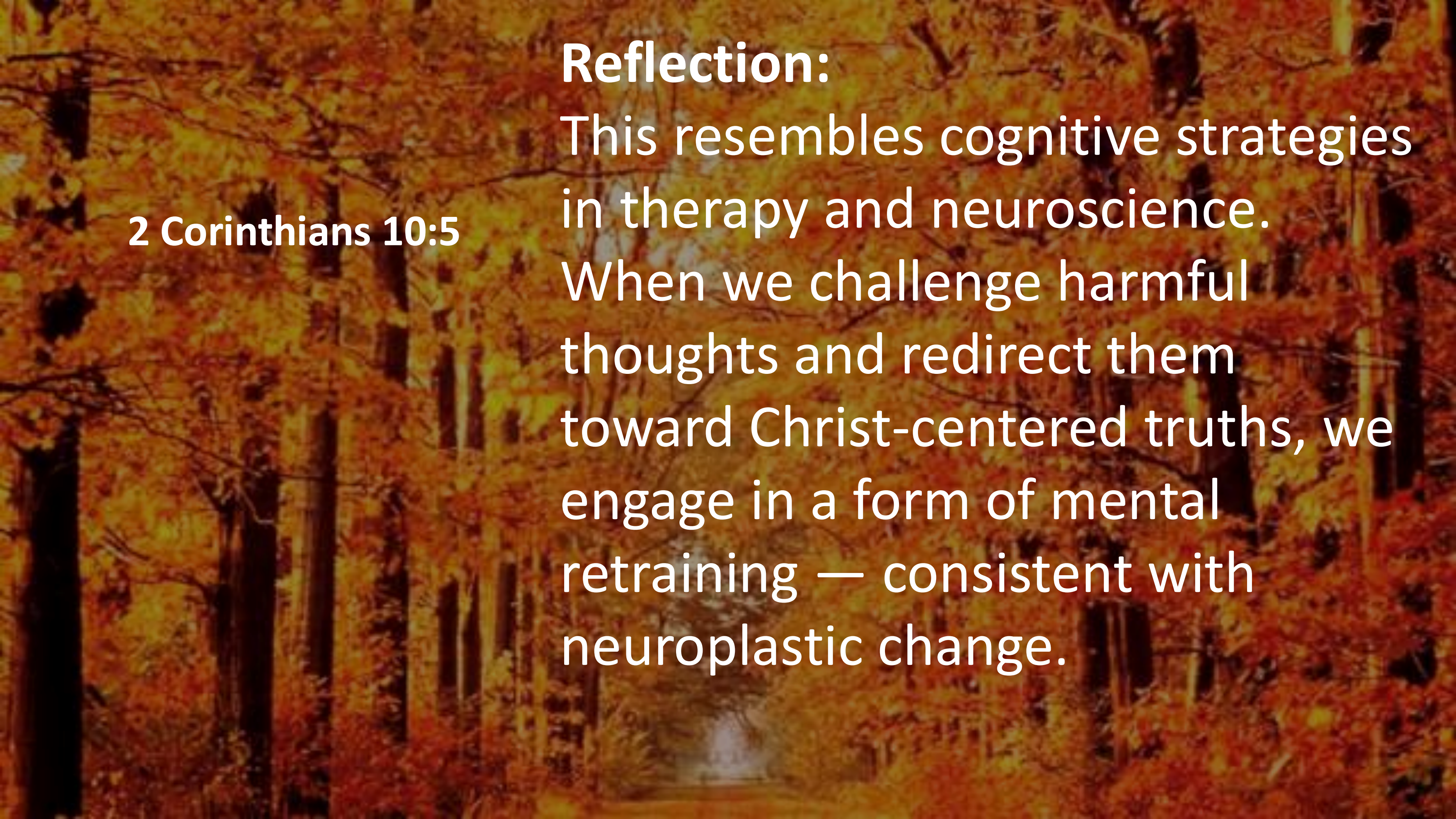
The idea of “setting” the mind suggests deliberate, repeated practice — akin to how repetition strengthens neural circuits. Renewal in knowledge, aligned with God’s image, reflects a spiritual reshaping of thought and identity.



A photograph of a dirt path winding through a forest with trees in full autumn foliage, displaying vibrant orange, yellow, and red leaves. The path leads into the distance, creating a sense of depth. The scene is captured in a slightly soft, artistic style.

2 Corinthians 10:5

*We take
captive every
thought to
make it
obedient to
Christ.*



2 Corinthians 10:5

Reflection:

This resembles cognitive strategies in therapy and neuroscience. When we challenge harmful thoughts and redirect them toward Christ-centered truths, we engage in a form of mental retraining — consistent with neuroplastic change.



Isaiah 43:18–19

*Forget the former things;
do not dwell on the past.
See, I am doing a new
thing! Now it springs up;
do you not perceive it?*

Isaiah 43:18–19

Reflection:

Here God promises the possibility of newness even when life seems locked in the past. Neuroplasticity shows that the brain is capable of leaving behind entrenched pathways; spiritually, God invites us into “new things” that reshape how we perceive and experience the world.





Take Aways

- The Bible consistently affirms that our minds are not static—they are capable of growth, renewal, and transformation through God's power and our intentional focus.
- Scripture describes a process of *ongoing renewal* (Romans 12:2; Ephesians 4:23), where harmful thought patterns can be replaced by life-giving truths. This spiritual reality aligns remarkably with what modern neuroscience describes as **neuroplasticity**—the brain's God-designed capacity to form new pathways and reshape itself throughout life.

Take Aways

- While **neuroplasticity provides the scientific explanation** of how our thoughts and habits can change over time, **Scripture provides the spiritual vision, purpose, and direction** for that renewal.
- Biblical teachings call us to set our minds on things above (Colossians 3:2), to dwell on what is good and true (Philippians 4:8), and to “take every thought captive” (2 Corinthians 10:5). These are more than moral exhortations—they are invitations to participate with God in reshaping our inner life.



Take Aways

- This integration of faith and science offers hope: no matter our past experiences, ingrained habits, or emotional wounds, transformation is possible.
- Through the work of the Holy Spirit, disciplined thought, and supportive practices (such as prayer, meditation on Scripture, therapy, and community), our minds can be renewed and redirected toward flourishing in Christ.

Thought of the Day

“Truth must be tethered to love. Clarity without charity may satisfy the intellect, but it wounds the soul. Conviction that is not clothed in compassion can be perceived as cruelty masquerading as courage. Our task is not only to declare what we believe to be true but also to embody the love of Christ in how we declare it, ensuring that our words bring light rather than darkness.”

--*Orpheus Heyward in the Christian Chronicle, September 19, 2025*





THE END

