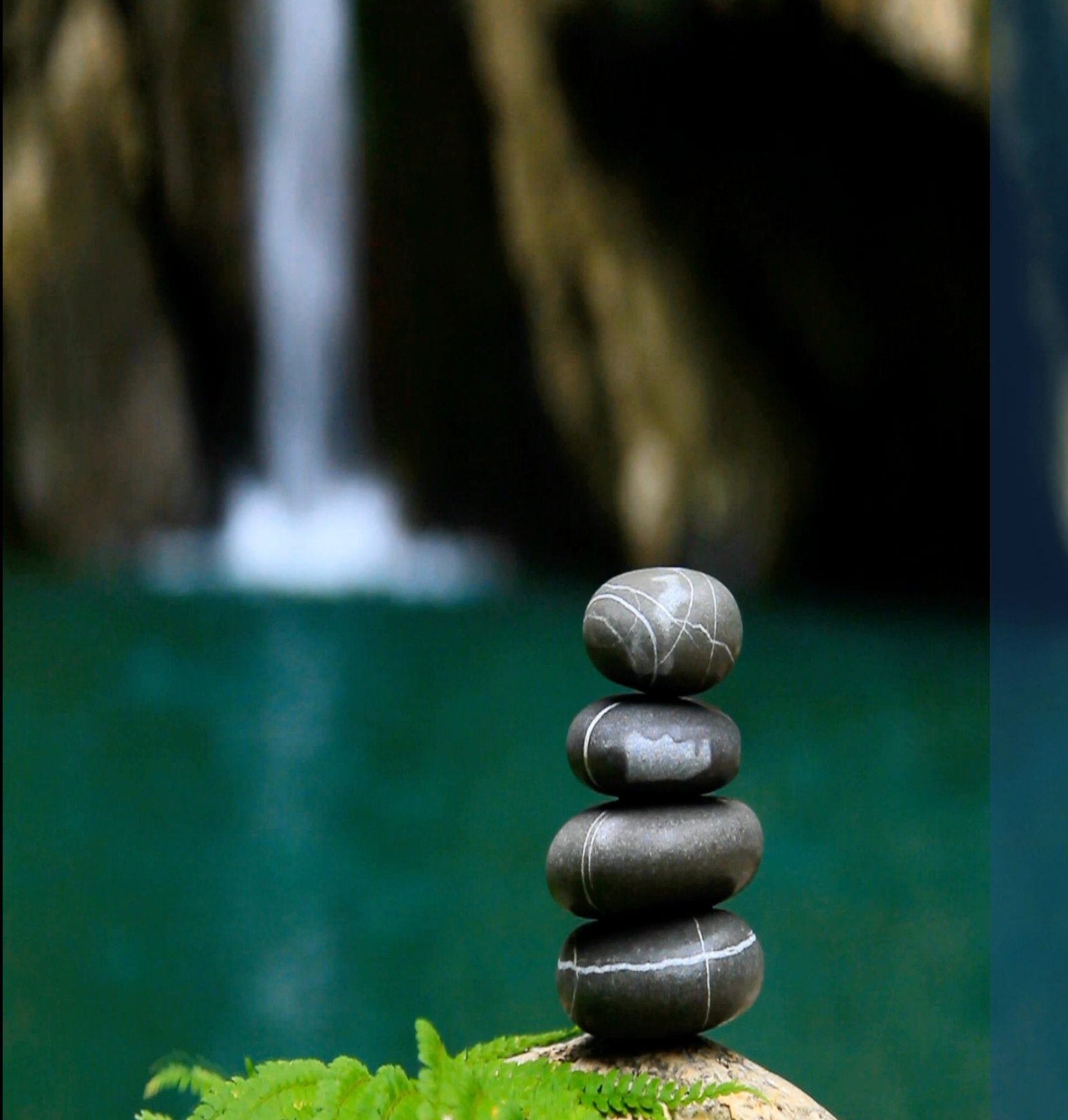




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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October 19, 2025

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Gratitude

**What Are You
Grateful for This
Morning?**

- Take the next 30 seconds and think to yourself at least three things that you are thankful for this morning, at least three ways that you know God has blessed you. Silently, just between you and Him, say thank you.



Welcome to Friends and Family Day!!!!



The
McClain
Family

A photograph of a dirt path winding through a forest. The trees are covered in vibrant autumn foliage, with shades of yellow, orange, and red. The path is covered in fallen leaves. The text is overlaid on a white banner at the bottom of the image.

October is Breast Cancer Awareness Month:
Today We Wear Pink As A Sign Of Support



Congratulations and Salutations



TSU Homecoming
Founded 1912



ALABAMA

A

vs

T

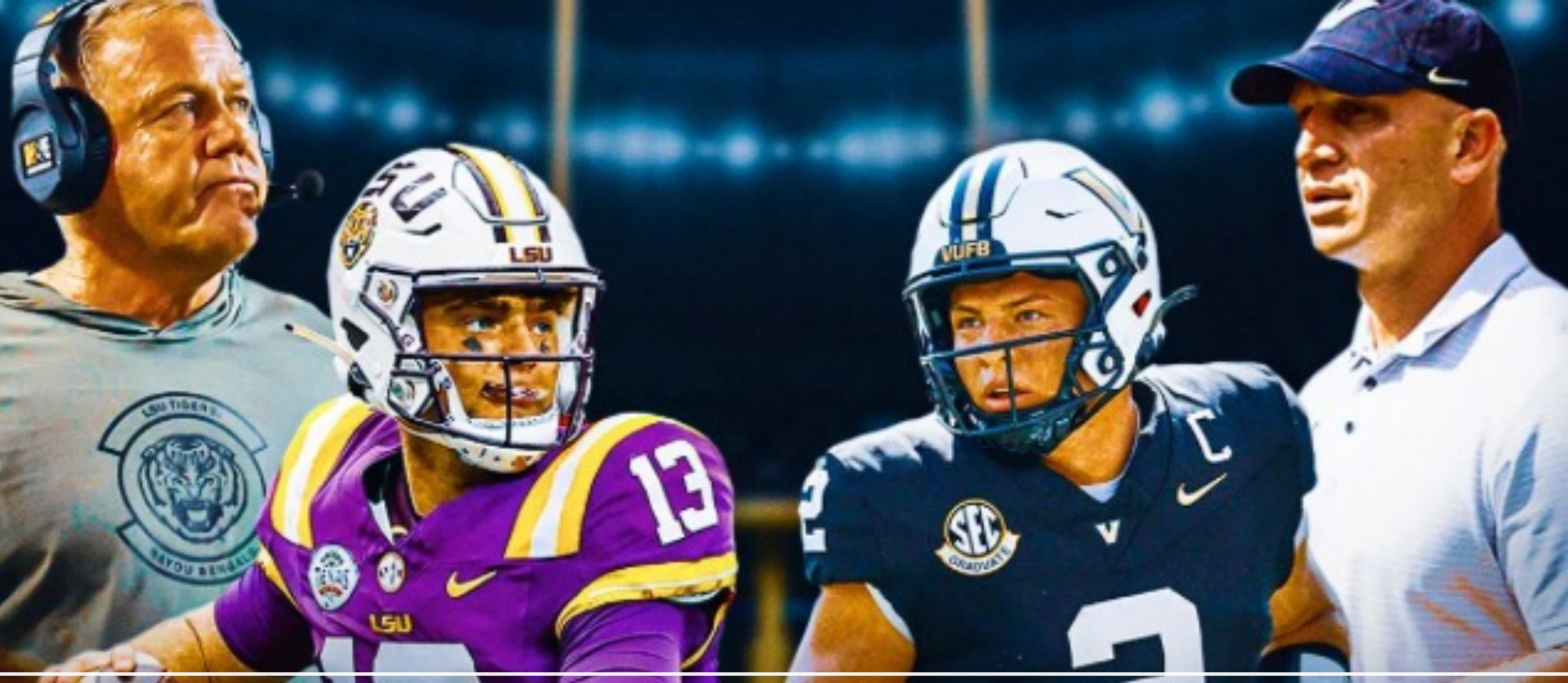
TENNESSEE

Tennessee vs Alabama

??????



Tennessee State DEFEATS Howard!!!!!!!!!!



Vanderbilt Crushes **LSU**!!!!!!

Cal



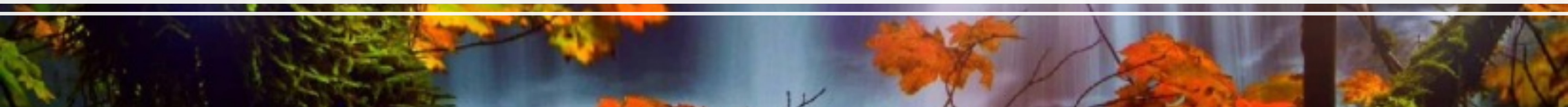
North Carolina Tar Heels **LOSES** to the **California Golden Bears**



scoreboard



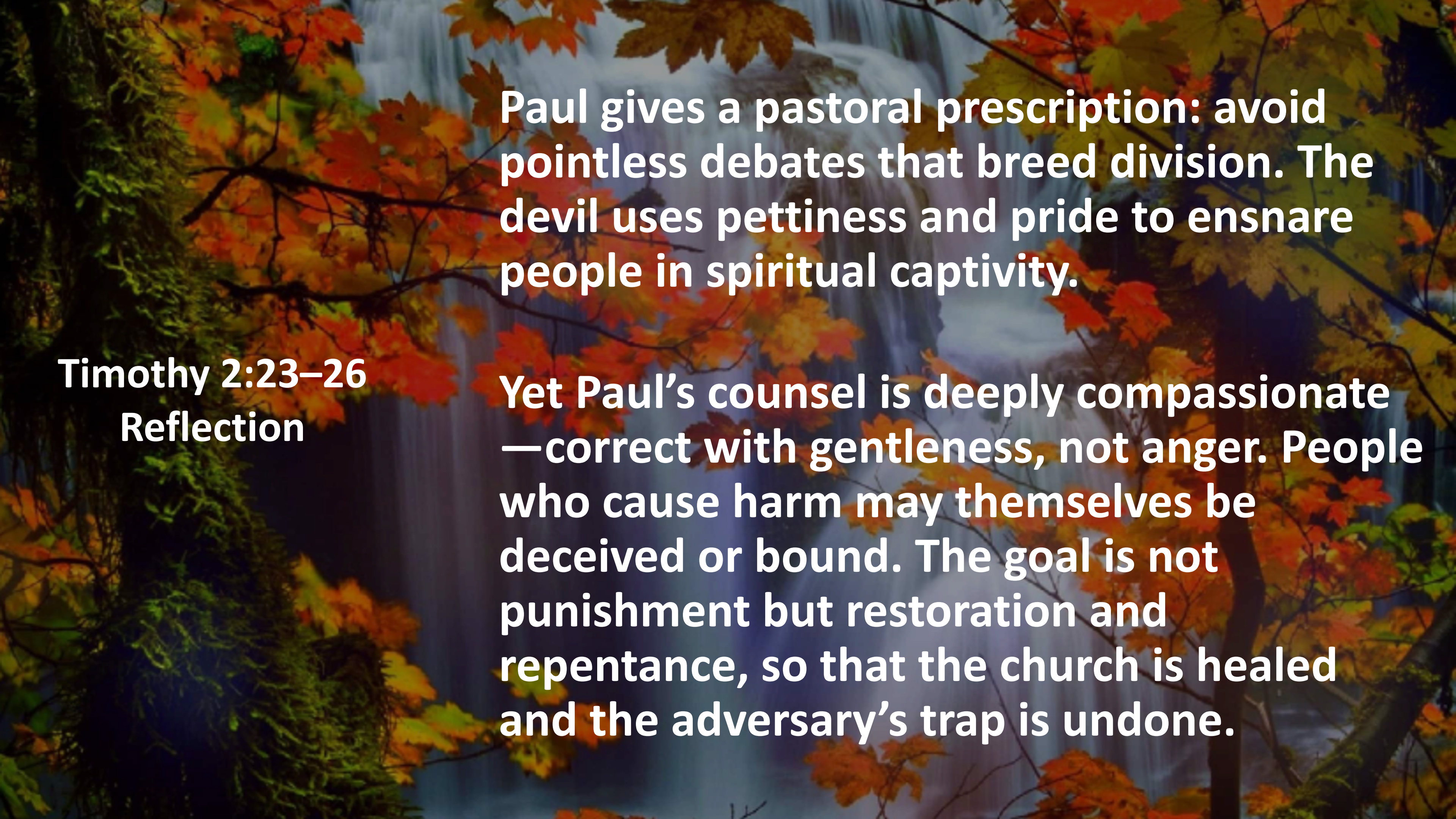
Thought for the Day



Timothy 2:23–26

Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful. Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.





Paul gives a pastoral prescription: avoid pointless debates that breed division. The devil uses pettiness and pride to ensnare people in spiritual captivity.

Timothy 2:23–26
Reflection

Yet Paul's counsel is deeply compassionate—correct with gentleness, not anger. People who cause harm may themselves be deceived or bound. The goal is not punishment but restoration and repentance, so that the church is healed and the adversary's trap is undone.

A Venn diagram with three overlapping circles. The top-left circle is purple and labeled 'body'. The top-right circle is blue and labeled 'mind'. The bottom circle is purple and labeled 'spirit'. The background is a light purple with a faint geometric pattern of overlapping circles.

body

mind

Mind Matters

Nurturing Spiritual Wellness and

Mental Health

spirit

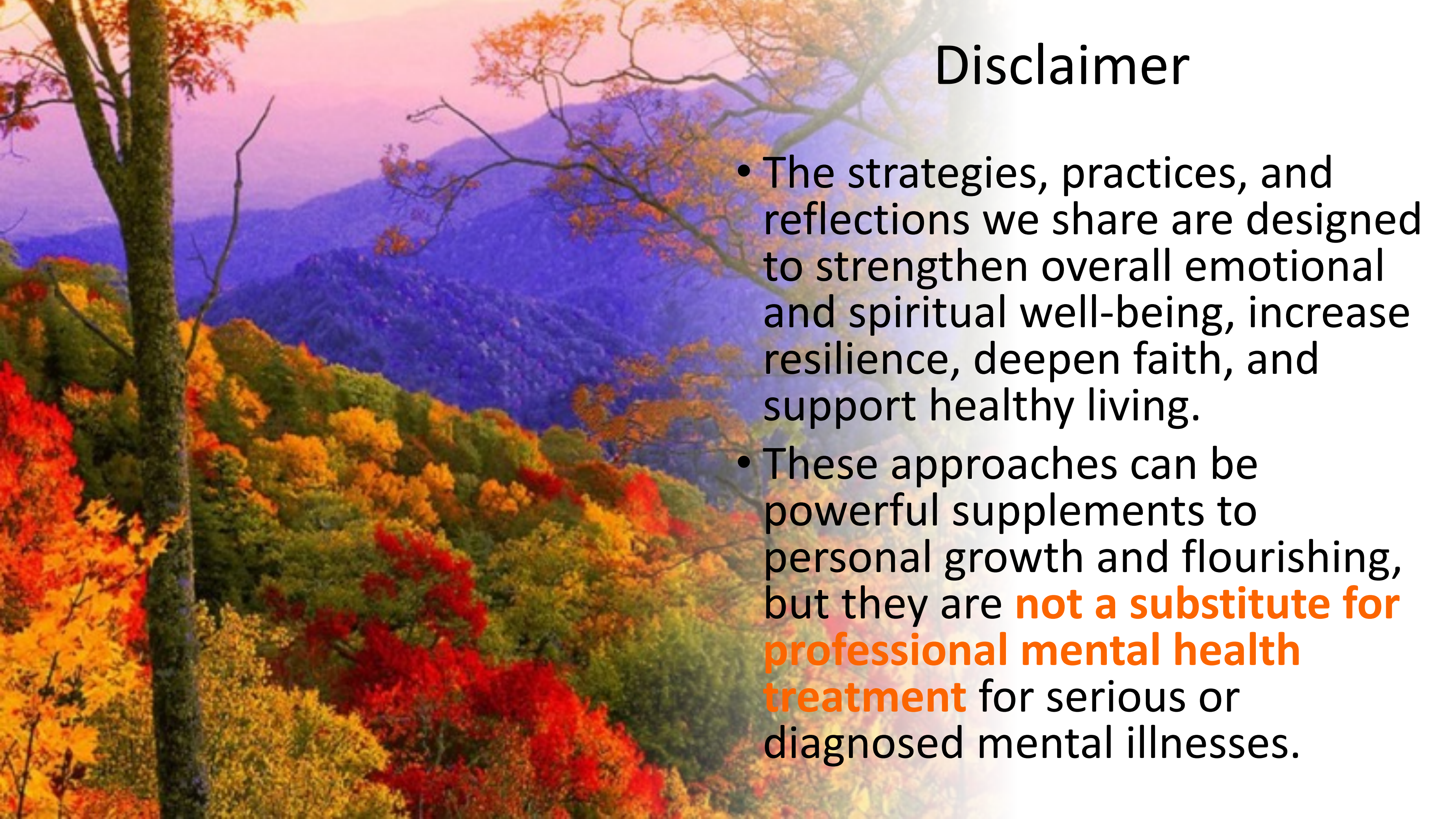
Course Goals and Objectives

- ✓ 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

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.





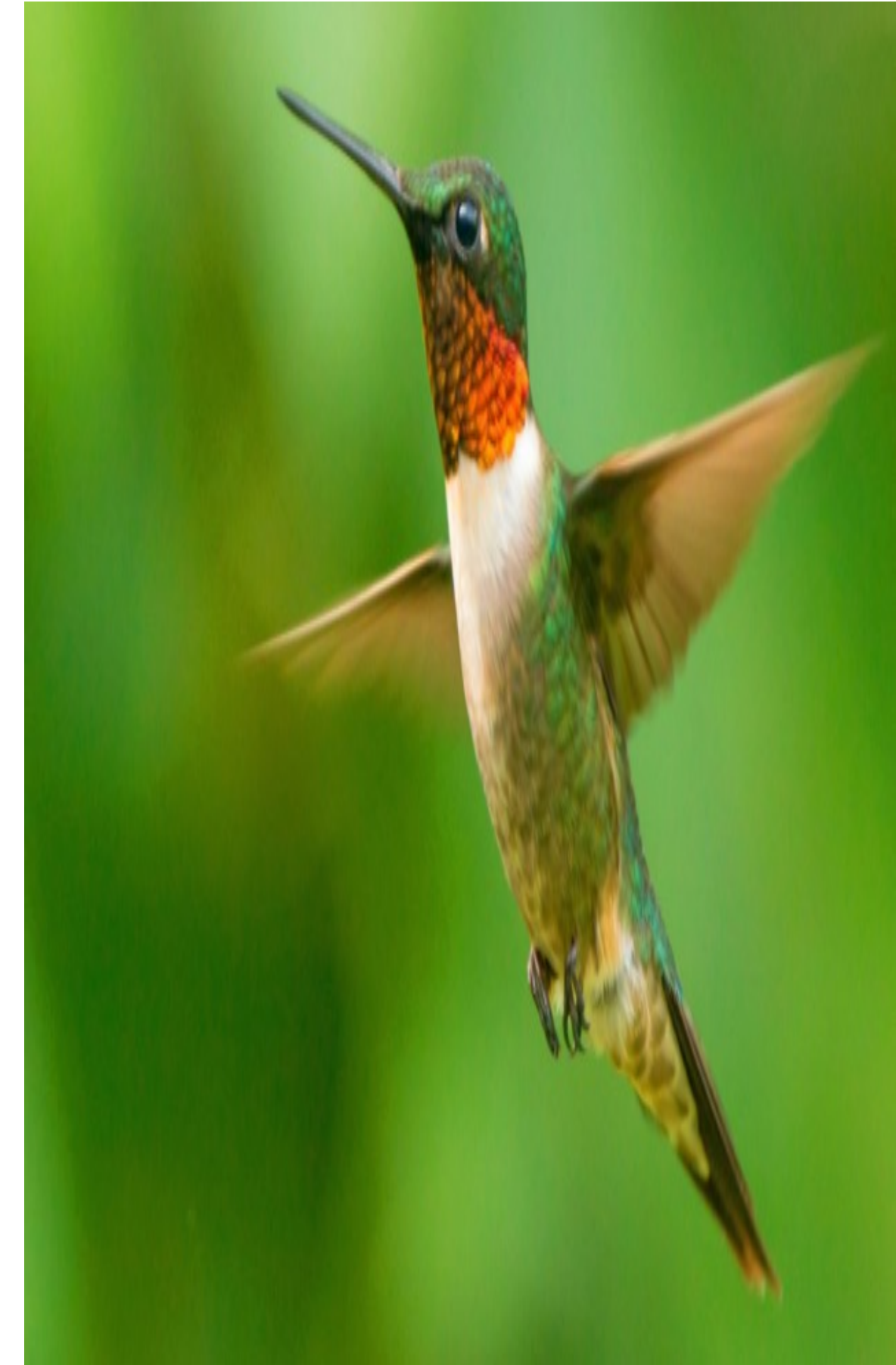
Class on Webpage

<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



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. 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!!!!**
- **CHANGE!!!!!!!!**



The Bible Centers All of Our Understanding



Begin Here October 19, 2025



- **Scripture treats the mind as a living, formable part of our spiritual lives.**
- **Mental health and spiritual formation are intertwined: God renews the mind through His Spirit, while we participate through practices of prayer, focus, study, trust, and discernment.**
- **Over time, this partnership cultivates resilience, peace, and clarity of heart and thought.**

Psalm 139:23–24

Search me, God,
and know my heart;
test me and know
my anxious
thoughts. See if
there is any
offensive way in me,
and lead me in the
way everlasting.



Psalm 139:23–24

- **Reflection:**
This psalm models deep emotional honesty before God. The psalmist invites divine examination of anxious thoughts and misaligned ways, recognizing that spiritual growth involves self-awareness and openness to transformation.
- This is a biblical example of spiritual introspection that parallels therapeutic self-reflection—but with God as the compassionate examiner, not a harsh critic. It's a powerful text for discussing vulnerability, confession, and growth.





Matthew 11:28–29

**Come to me, all
you who are weary
and burdened, and
I will give you rest.
Take my yoke upon
you and learn from
me, for I am gentle
and humble in
heart, and you will
find rest for your
souls.**

Matthew 11:28–29 Reflection

This passage is profoundly relevant to mental and emotional health. Jesus doesn't merely offer abstract spiritual truths—He offers *Himself* as a place of rest. The Greek word for “rest” carries a sense of **deep refreshment**, like the relief a laborer feels at the end of a long day.

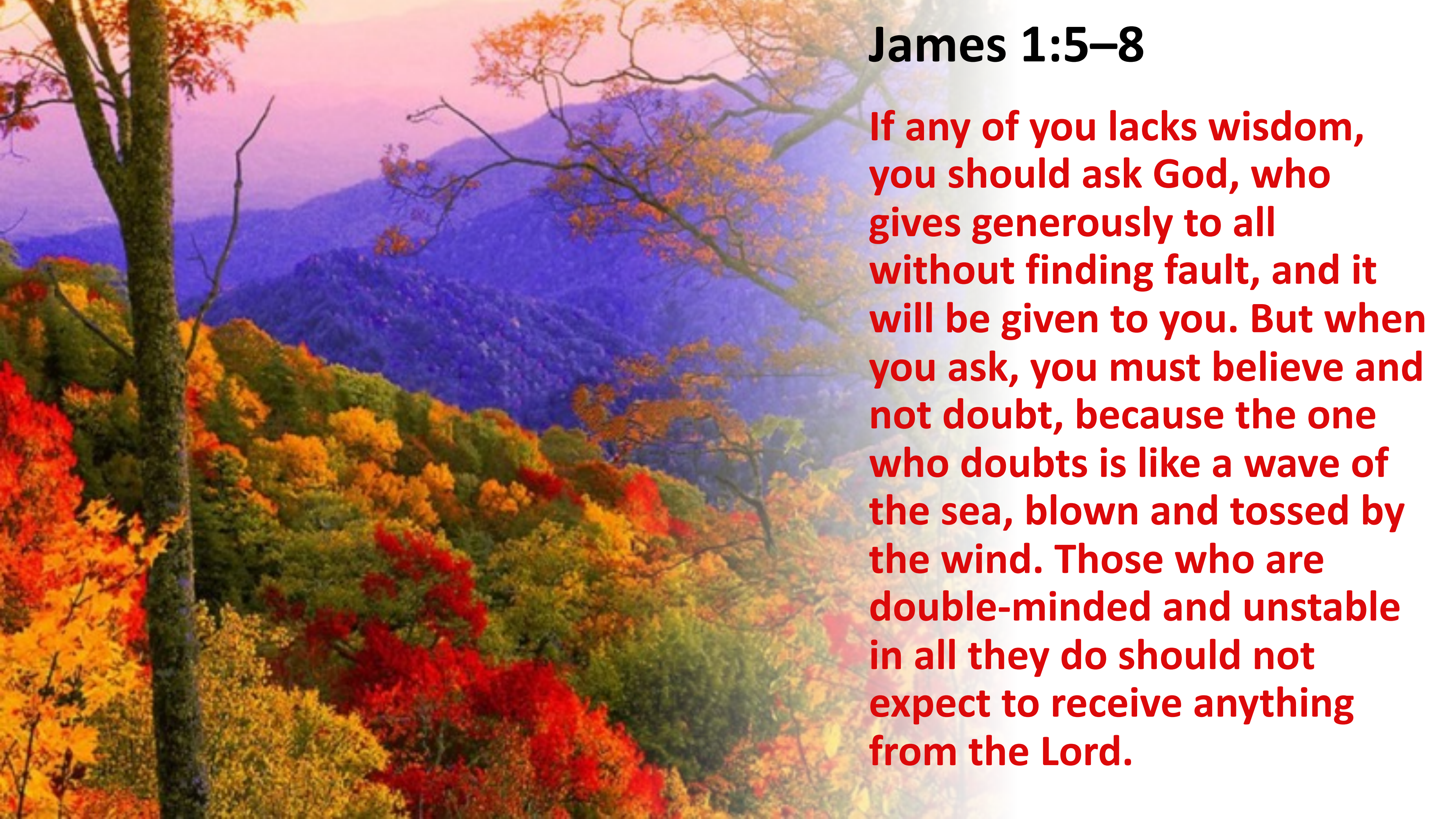
Psychological dimension: This is a **relational invitation**, not a self-help command. Many forms of psychological distress—especially anxiety, exhaustion, and burnout—are intensified by self-reliance and over-responsibility. Jesus invites us to release burdens and **co-regulate** with Him, much like a secure attachment relationship provides emotional safety.



Matthew 11:28–29 Reflection

Spiritual dimension: His “yoke” is not an additional burden but a shared load—He walks alongside us. This stands in contrast to perfectionism or spiritual striving that exhausts the mind and soul. His gentleness is therapeutic: no harshness, no shame, just presence.

Practice: This text can ground practices of contemplative prayer or breath prayers (e.g., “Come to Me... and I will give you rest”) to quiet mental noise and restore inner equilibrium.



James 1:5–8

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. Those who are double-minded and unstable in all they do should not expect to receive anything from the Lord.

James 1:5–8 Reflection



James contrasts **single-minded faith** with **double-minded instability**. The term “double-minded” (*dipsychos*) literally means “two-souled” or “divided in inner life.” It conveys a kind of mental and spiritual fragmentation that can lead to emotional turbulence.

Mental health connection: Double-mindedness can resemble cognitive dissonance or divided attentional focus, where competing internal narratives cause instability. In contrast, **trusting, focused faith functions as an anchor**, helping the mind weather uncertainty and anxiety.



James 1:5–8 Reflection

Spiritual focus: James emphasizes that wisdom is available generously, but we must approach God with **undivided trust**. This is not harsh judgment; it's an invitation to wholeheartedness.

Practice: This text pairs well with practices that cultivate **inner congruence**—e.g., journaling to identify conflicting thoughts, praying for wisdom with sincerity, or anchoring oneself in a simple, steady spiritual rhythm.

Take Aways

- Scripture doesn't separate mental life from spiritual life—it integrates them.
 - Through trust, focus, reflection, and the gentle presence of Christ, our minds can be renewed, our burdens lifted, and our inner lives reshaped for flourishing in God's image.
-
- Scripture treats the mind as a place of spiritual formation and renewal.
 - Through trust in God, intentional focus on what is true and good, honest self-examination, and resting in Christ's presence, our inner lives can be transformed.
 - Mental and spiritual health are deeply connected: as God renews the mind, we participate through practices that bring clarity, peace, and resilience.

Quote of the Week

A close-up photograph of a field of crocuses. In the foreground, a white crocus with a yellow center is in sharp focus. Behind it, several purple crocuses are also in focus. The background is filled with more crocuses in various colors (purple, yellow, white) that are softly blurred, creating a sense of depth. The overall scene is bright and colorful, with green grass visible at the bottom.

“Mental health and spiritual life are not separate journeys—they are parallel paths that meet in the heart. When the mind finds peace in God, the soul begins to heal.”

----William Lofton Turner, October 2025



Mind Matters





MIND MATTERS

Understanding Mental
Health and Well-Being



MENTAL HEALTH

Mental health encompasses an individual's cognitive, emotional, and behavioral functioning, as well as their ability to adapt to environmental demands and maintain fulfilling interpersonal relationships

KEY ELEMENTS

- Emotional regulation
- Psychological resilience
- Social interaction
- Cognitive function
- Spiritual Connection

Begin Here October 26, 2025

THE COMPONENTS OF MENTAL WELL-BEING



EMOTIONAL

Ability to process feelings like joy, sadness, anger, and fear.

Healthy coping strategies, not suppression.



PSYCHOLOGICAL

Having a balanced self-image, sound judgment, and clear thinking.

A sense of purpose and control.



SOCIAL

Meaningful connections and support systems.

Healthy communication and boundaries.



SPIRITUAL

A sense of meaning, purpose, or belief, in something greater than oneself.

MENTAL HEALTH VS. MENTAL ILLNESS

MENTAL HEALTH

- Everyone has it; like physical health, it needs care and attention.
- A continuum—can range from thriving to struggling; flourishing to languishing.

MENTAL ILLNESS

- Diagnosable conditions that affect mood, behavior, and thinking (e.g., anxiety, depression, schizophrenia).
- Can be mild or severe and require support and treatment.





COMMON MYTHS & MISCONCEPTIONS



Mental illness is a sign of weakness.



It's a health issue, like diabetes or asthma.



Talking about mental health makes things worse.



Talking openly can reduce shame and encourage healing.



Only adults struggle with mental health.



Children and teens also face mental health challenges.

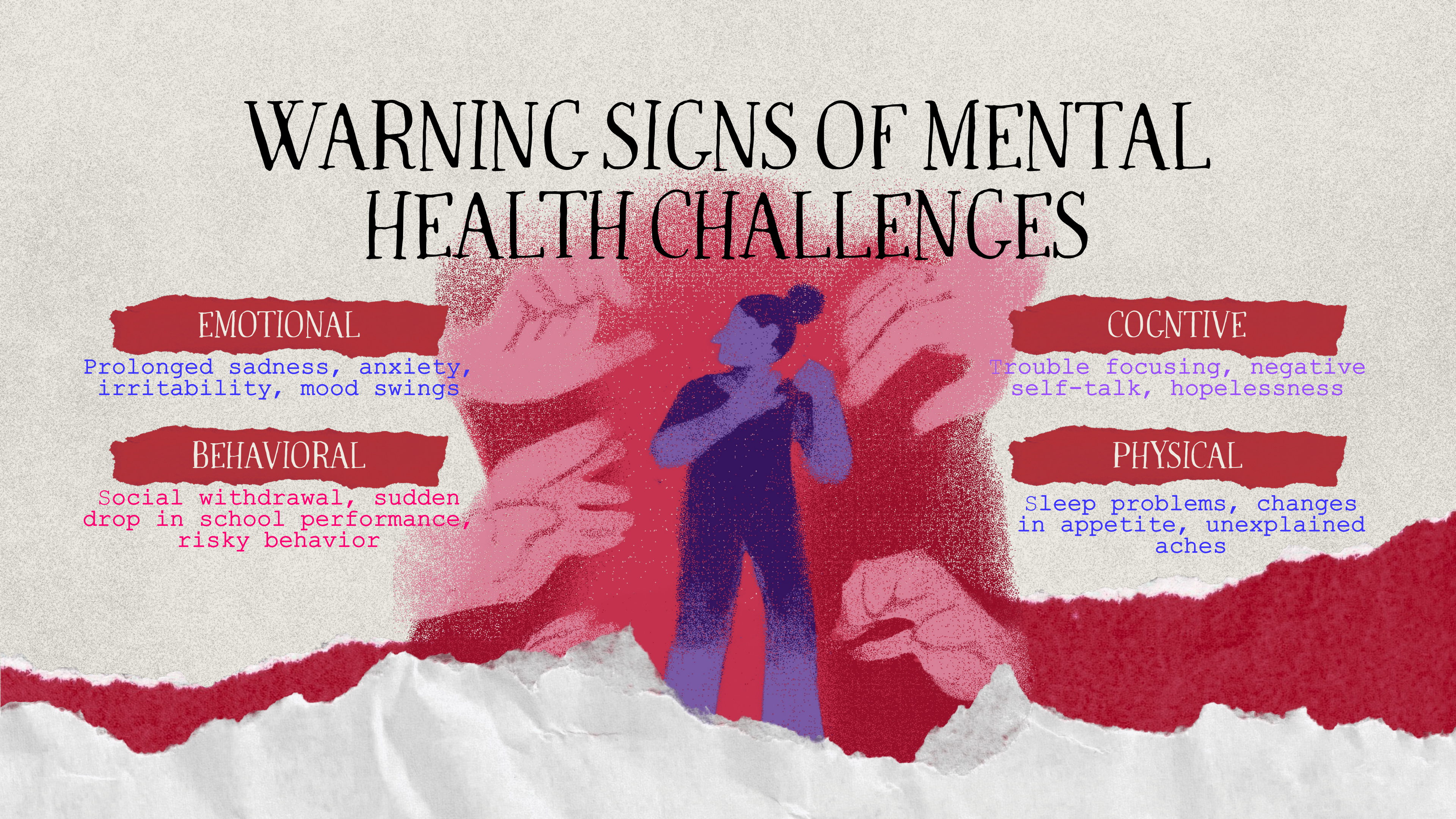


People with mental health conditions can't recover.



With proper support, therapy, and self-care, many individuals manage their conditions and live fulfilling, productive lives.

WARNING SIGNS OF MENTAL HEALTH CHALLENGES



EMOTIONAL

Prolonged sadness, anxiety,
irritability, mood swings

COGNITIVE

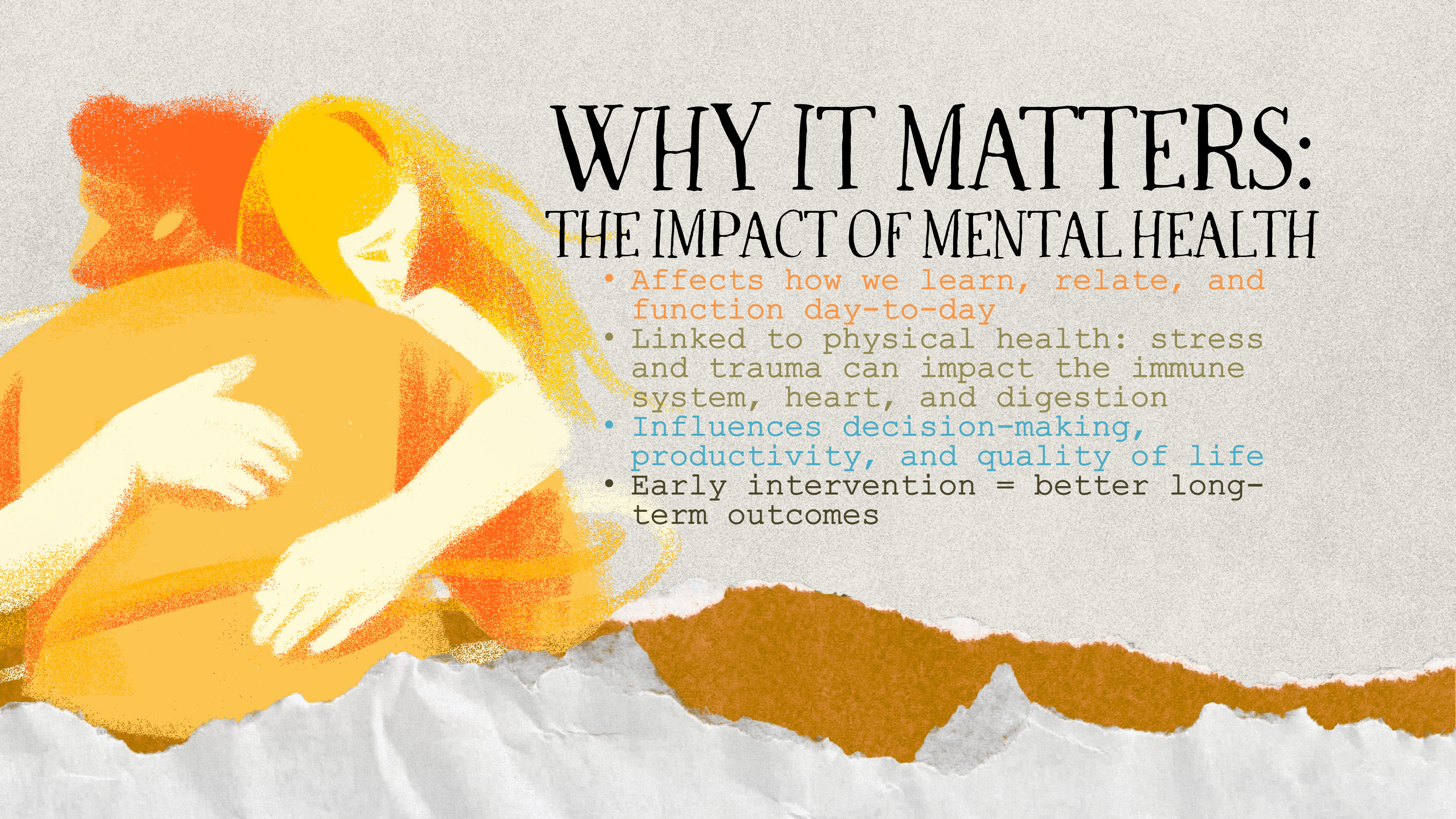
Trouble focusing, negative
self-talk, hopelessness

BEHAVIORAL

Social withdrawal, sudden
drop in school performance,
risky behavior

PHYSICAL

Sleep problems, changes
in appetite, unexplained
aches



WHY IT MATTERS: THE IMPACT OF MENTAL HEALTH

- Affects how we learn, relate, and function day-to-day
- Linked to physical health: stress and trauma can impact the immune system, heart, and digestion
- Influences decision-making, productivity, and quality of life
- Early intervention = better long-term outcomes

WHAT AFFECTS MENTAL HEALTH?

BIOLOGICAL

Genetics, brain chemistry,
chronic illness

PSYCHOSOCIAL

Bullying, academic
pressure, loss/grief

ENVIRONMENTAL

Unsafe communities, trauma,
discrimination

LIFESTYLE

Lack of sleep, poor
nutrition, excessive social
media, substance use



Benefits of Religion



COMMUNITY

- Initiates social connections with other members
- Creates a sense of belonging to a group
- Offers trustworthy and safe social engagement



RITUAL

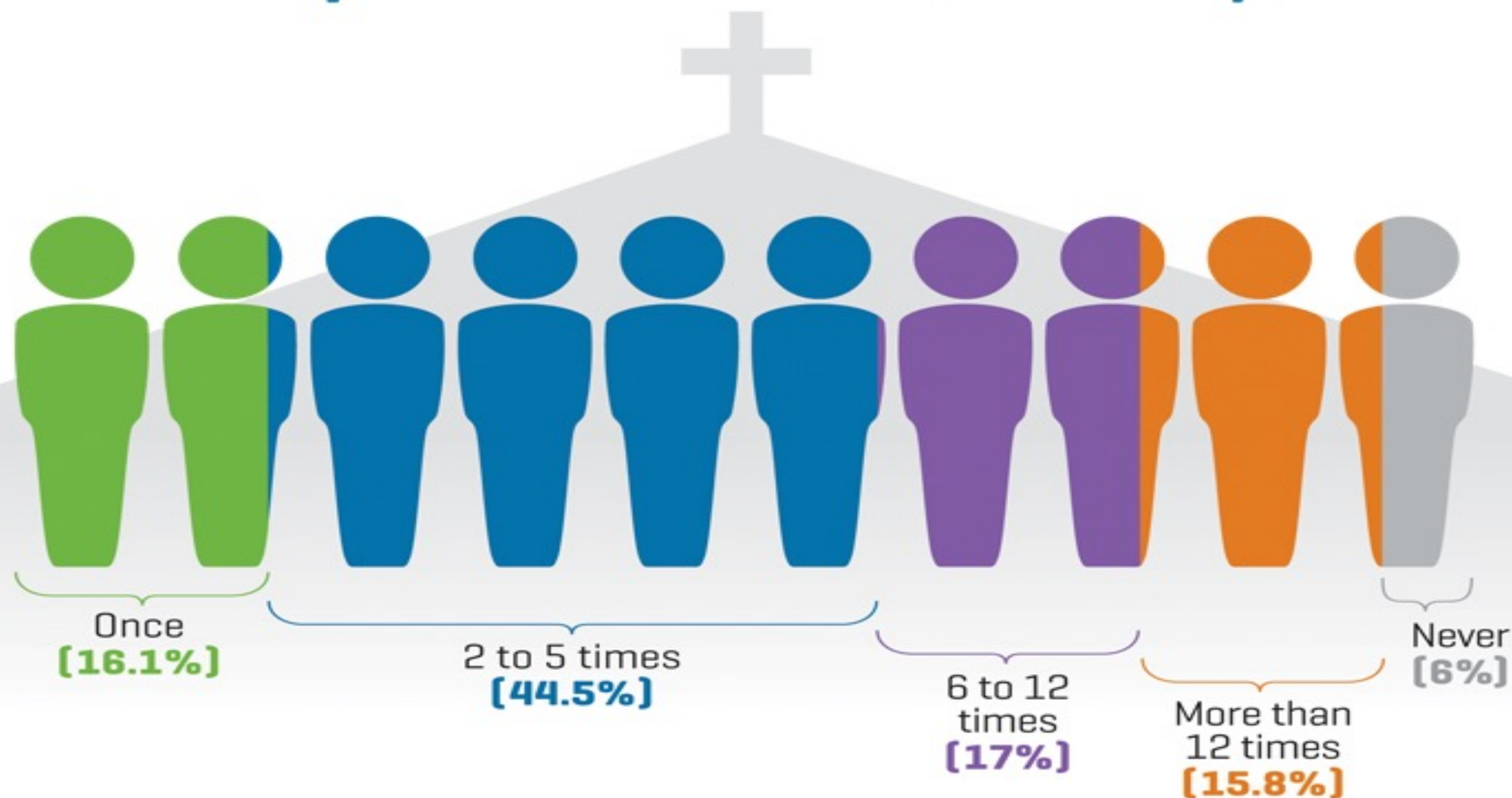
- Helps people to cope with difficult life situations (i.e. a ceremony for the loss of a loved one)
- Allows for time to rest as well as holidays and other special times of the year



TEACHINGS

- Provides guidelines to live by (i.e. the importance of doing the right thing)
- Teaches compassion, forgiveness, and gratitude
- Identifies life lessons, even from challenging situations

How often are church leaders approached for help with mental illness each year?



FAITH and MENTAL HEALTH:

a light at the end of the tunnel?



HOW TO PROTECT AND IMPROVE MENTAL WELL-BEING



SELF-CARE STRATEGIES

- Prioritize sleep (7-9 hours for teens)
- Engage in physical activity
- Mindfulness or journaling
- Eat nutritious meals



HEALTHY RELATIONS

- Open up to Friends and family
- Avoid toxic influences
- Respect boundaries



MENTAL EXERCISES

- Challenge negative thinking
- Practice gratitude
- Set realistic goals



ENDING THE STIGMA

WHY STIGMA HURTS

- Discourages people from getting help
- Creates shame and silence

WHAT CAN WE DO?

- Use respectful, person-first language ("a person with depression" not "a depressed person")
- Normalize seeking therapy or help
- Support friends instead of judging them
- Educate others



“Be kind, for everyone you meet is
fighting a battle you cannot see.”



THE END

