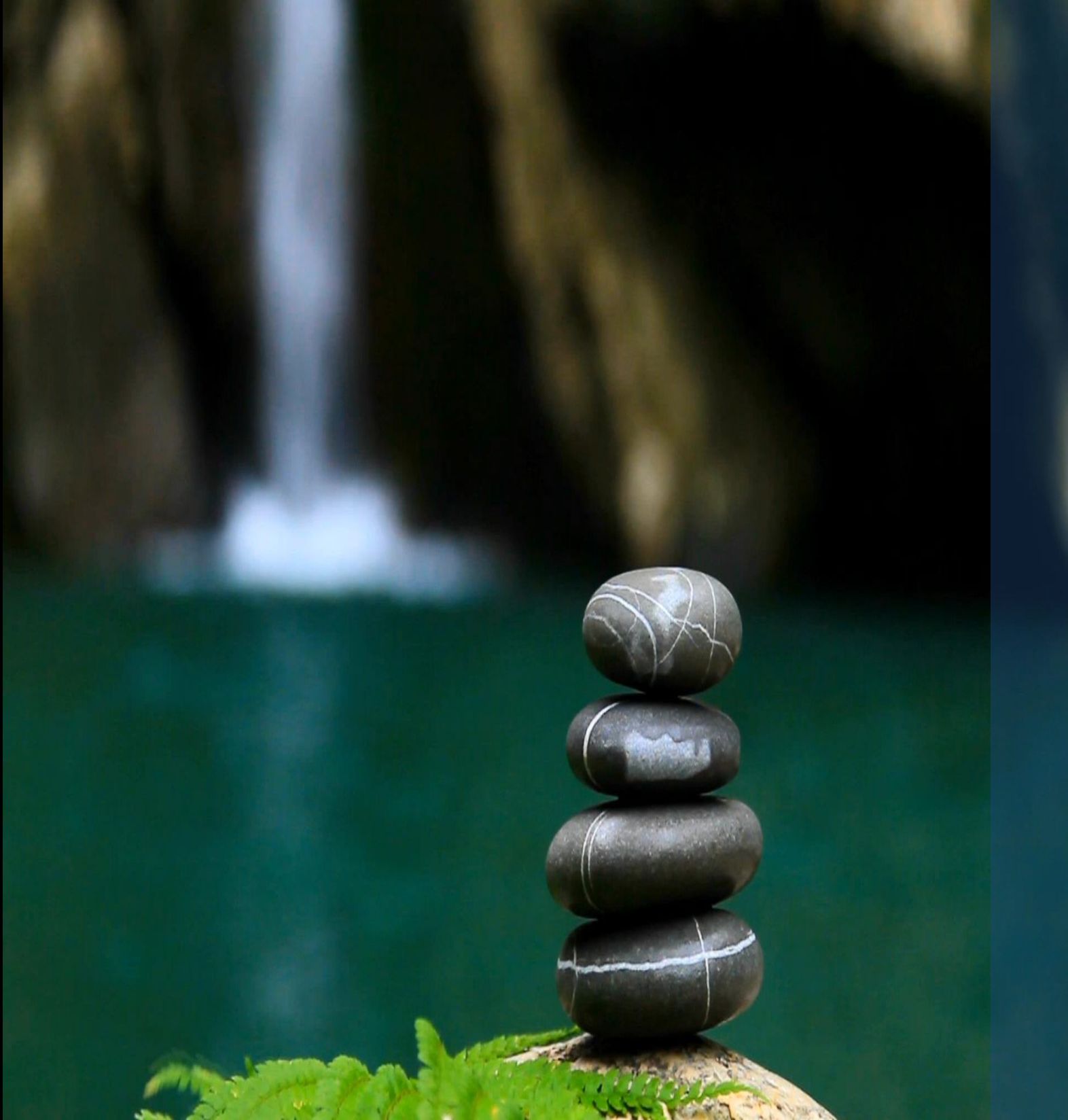




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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4



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 Casual Sunday!!!!



with deepest
Sympathy

Sister Valerie
and
the McClain Family

Brother
Wesley
Rouse
and
Family

With
Deepest
Sympathy





October is Breast Cancer Awareness Month





Congratulations and Salutations



Congrats to **Vanderbilt** for Hosting ESPN College Game Day





Tennessee vs Kentucky
??????????



Tennessee State Loses to Western Illinois by 1



Vanderbilt Is VICTORIOUS OVER Missouri!!!!!!!!!!



North Carolina Tar Heels LOSES TO **Virginia** **Cavaliers** by 1



Thought for the Day



2 Corinthians 11:13–15

- For such people are false apostles, deceitful workers, masquerading as apostles of Christ. And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants also masquerade as servants of righteousness.



2 Corinthians
11:13-15

Reflection

- Paul warns that not all who *appear* righteous are guided by the Spirit of God.
- Evil often presents itself in the disguise of good intentions or spiritual language.
- In the context of the church, this means that Satan's most subtle attacks come not from obvious enemies, but from deception within—from those whose motives are self-serving, manipulative, or divisive.

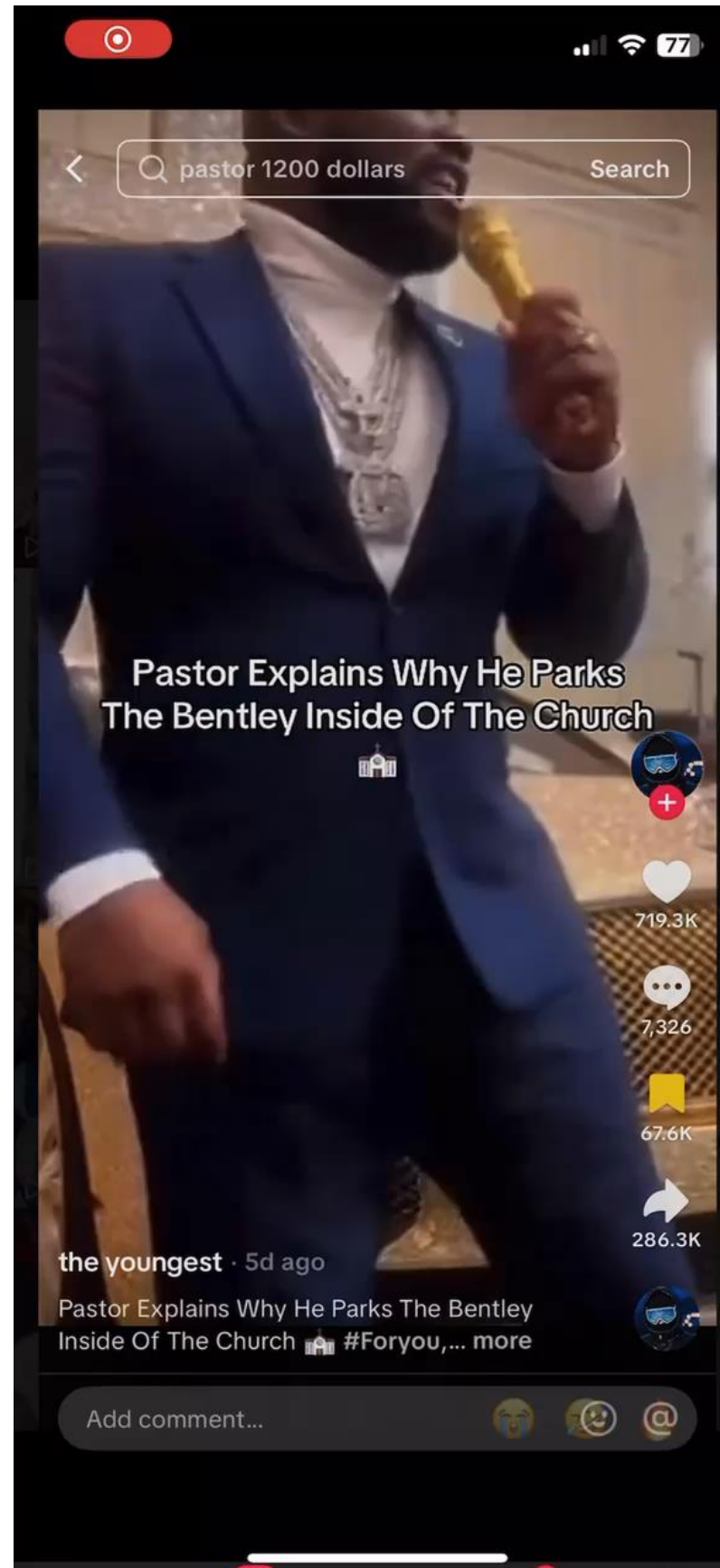


2 Corinthians 11:13-15

Reflection

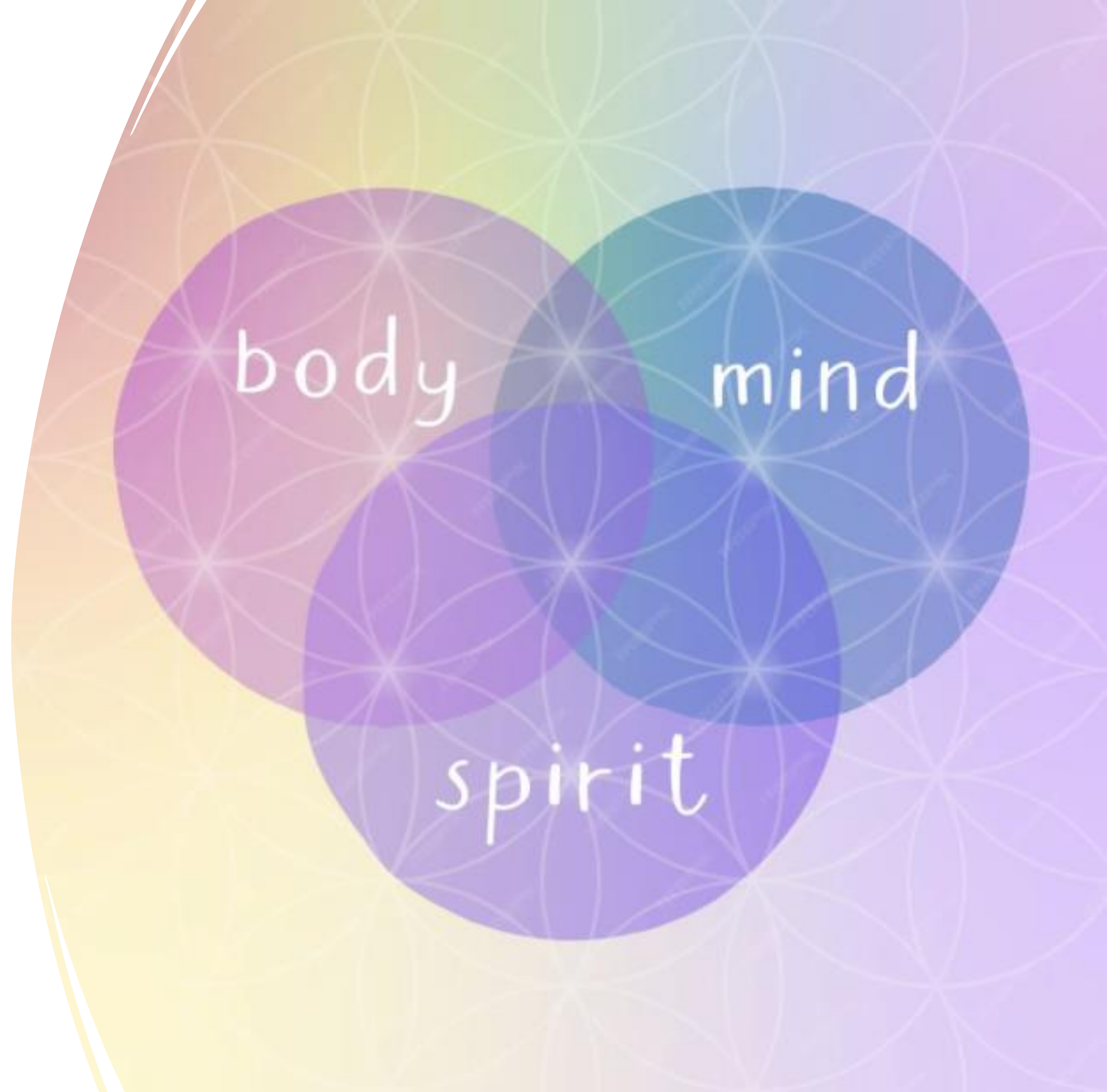
- The response is not suspicion, but discernment—to measure fruit rather than words (Matthew 7:16).
- Spiritual maturity requires developing the ability to distinguish between what is *holy* and what merely *appears holy*.

Prime Example



Mind Matters

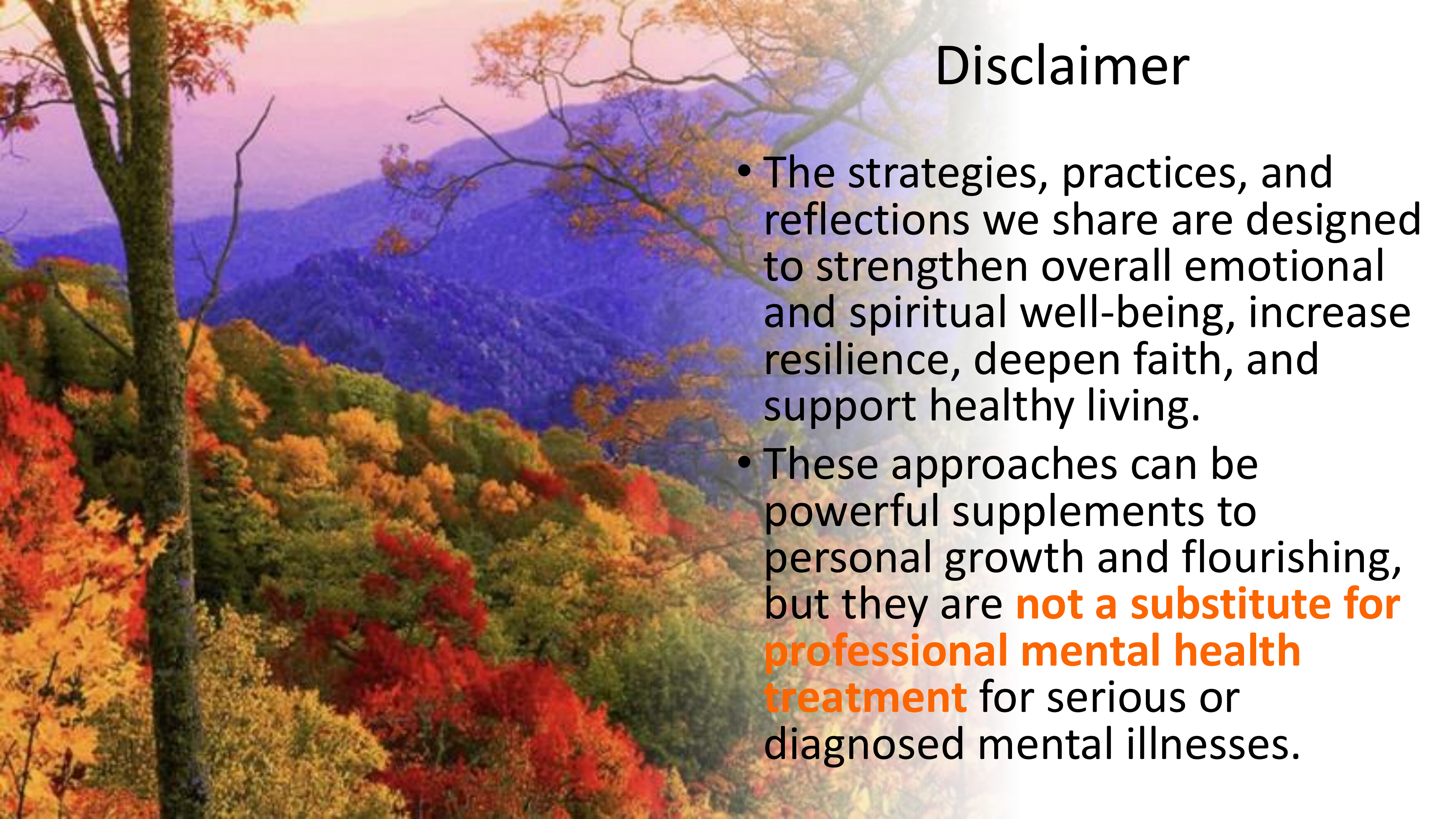
Nurturing Spiritual
Wellness and
Mental Health



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.



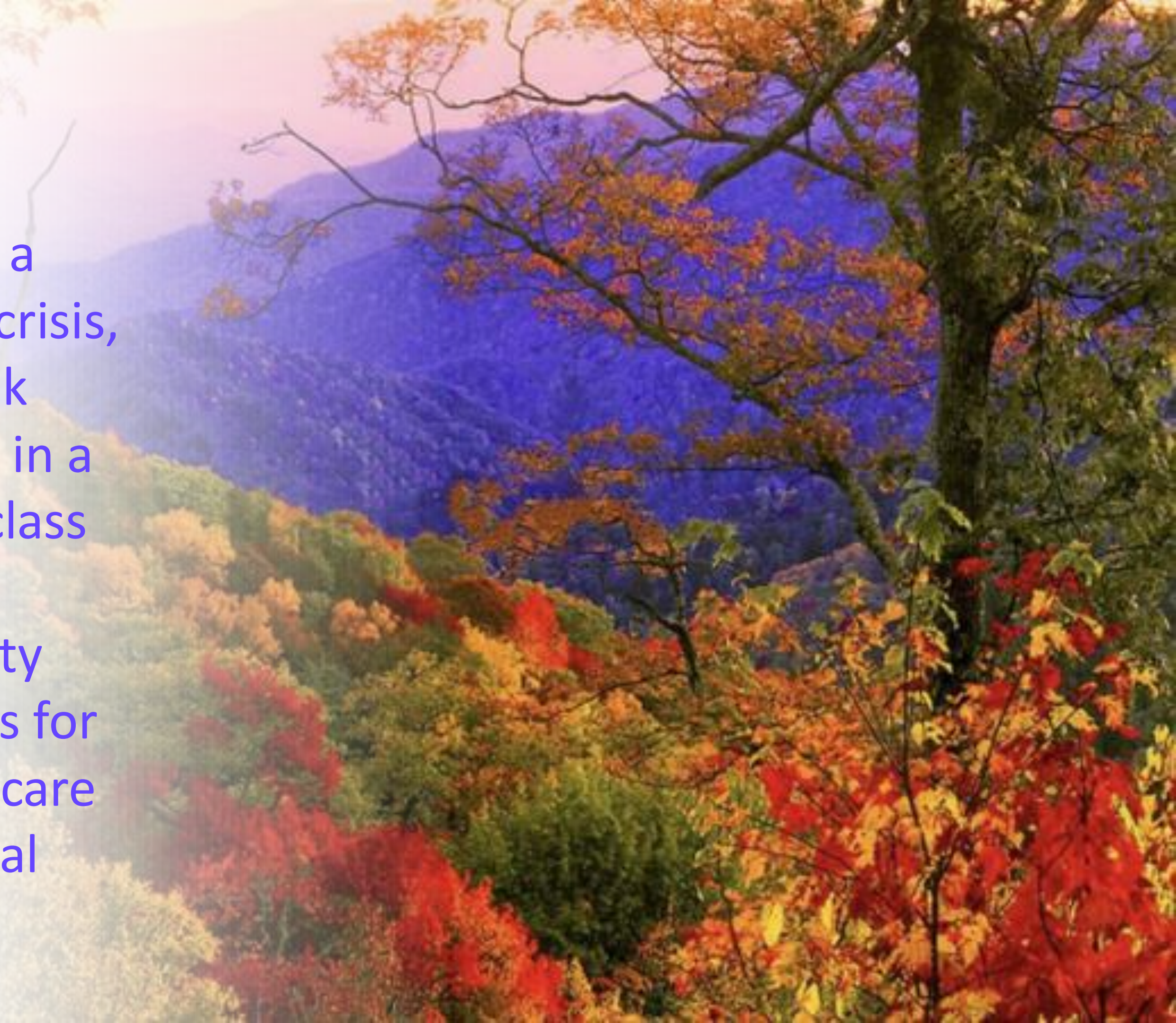


Disclaimer

- 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.





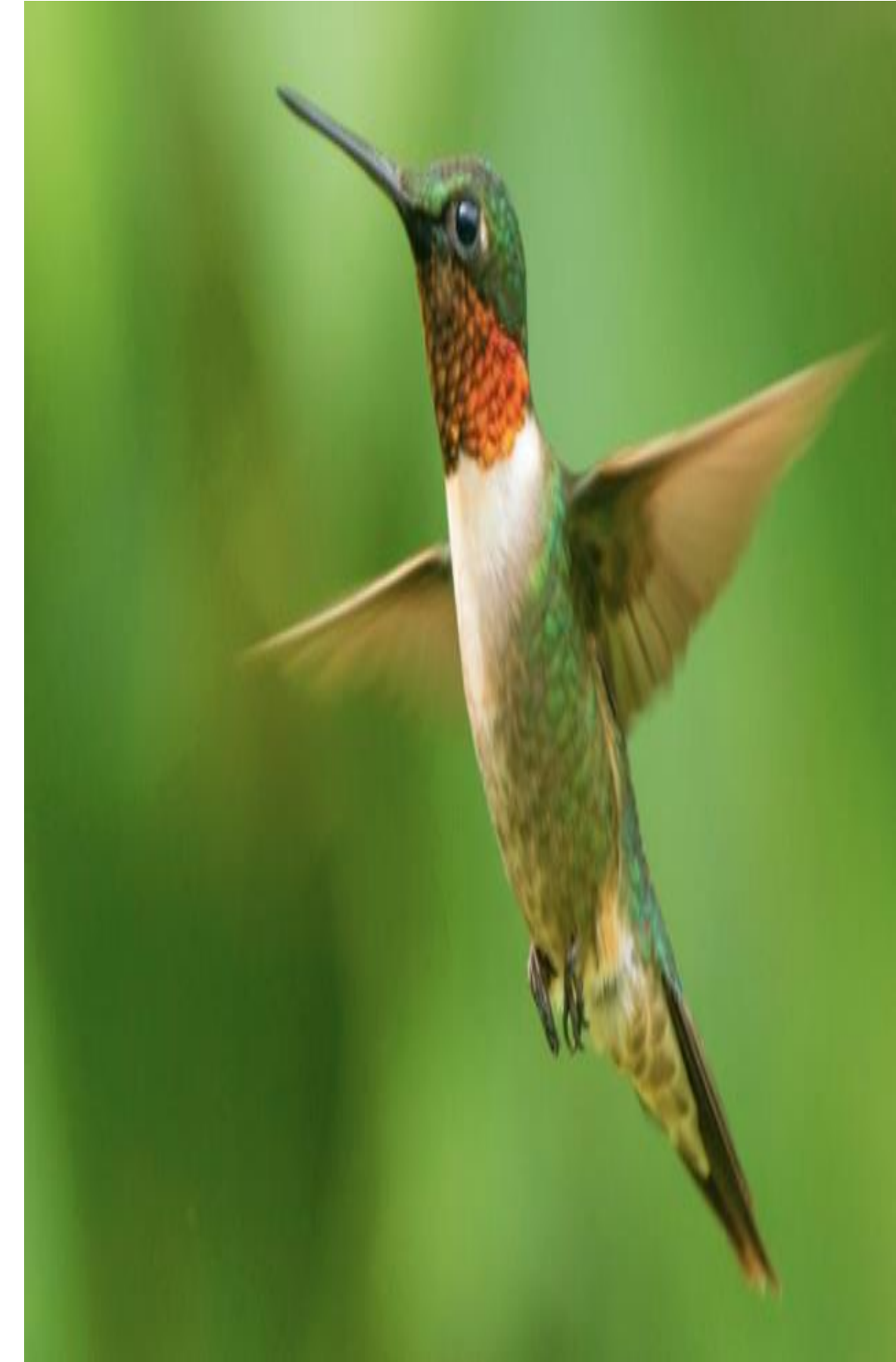
Class on Webpage

<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



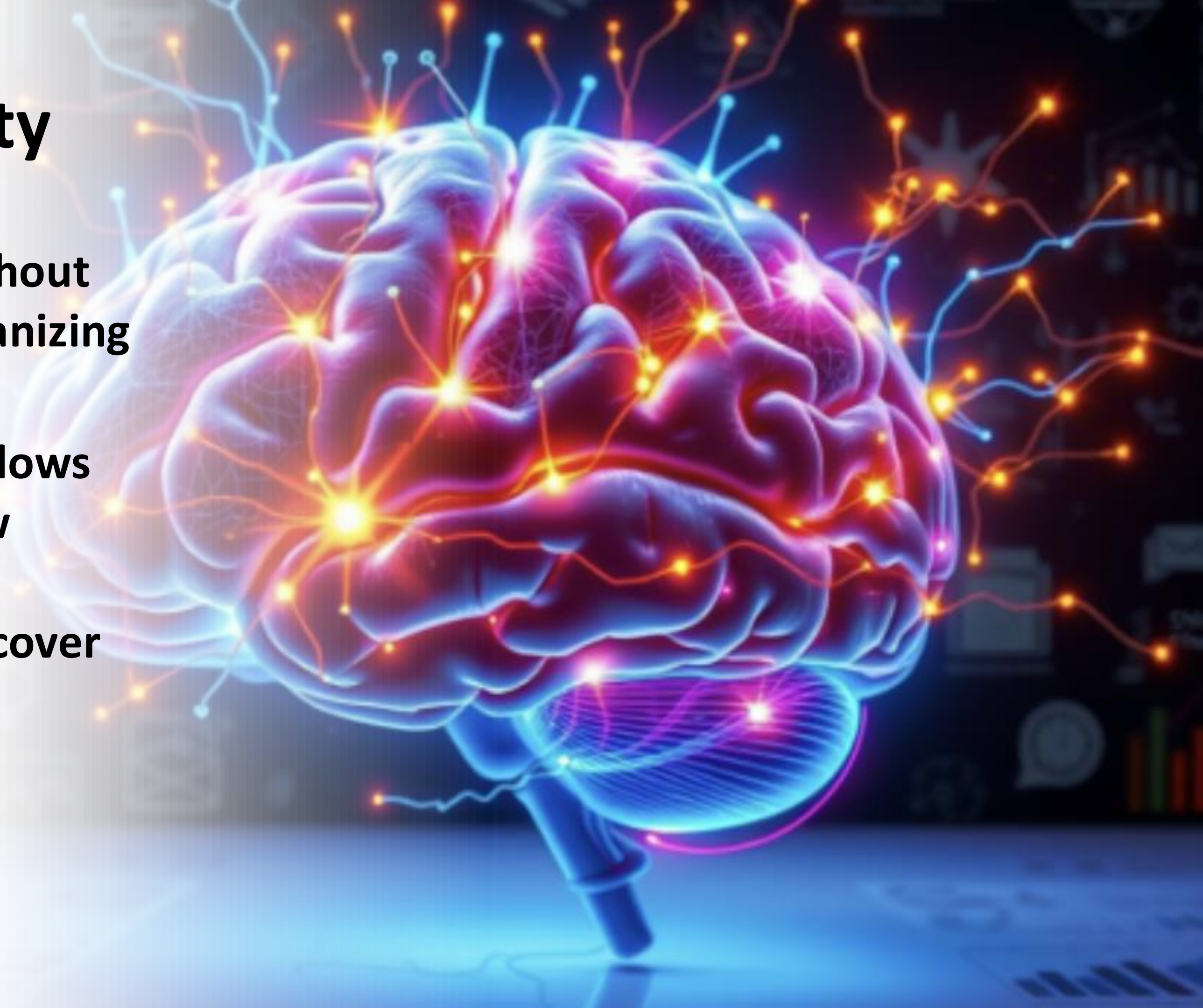
Our Minds

The Bible continually reminds us that the mind is not fixed or unchangeable—it can be renewed, transformed, and lifted toward higher things. While neuroplasticity offers the scientific explanation for this capacity to change, Scripture provides the spiritual vision, purpose, and direction for that renewal.



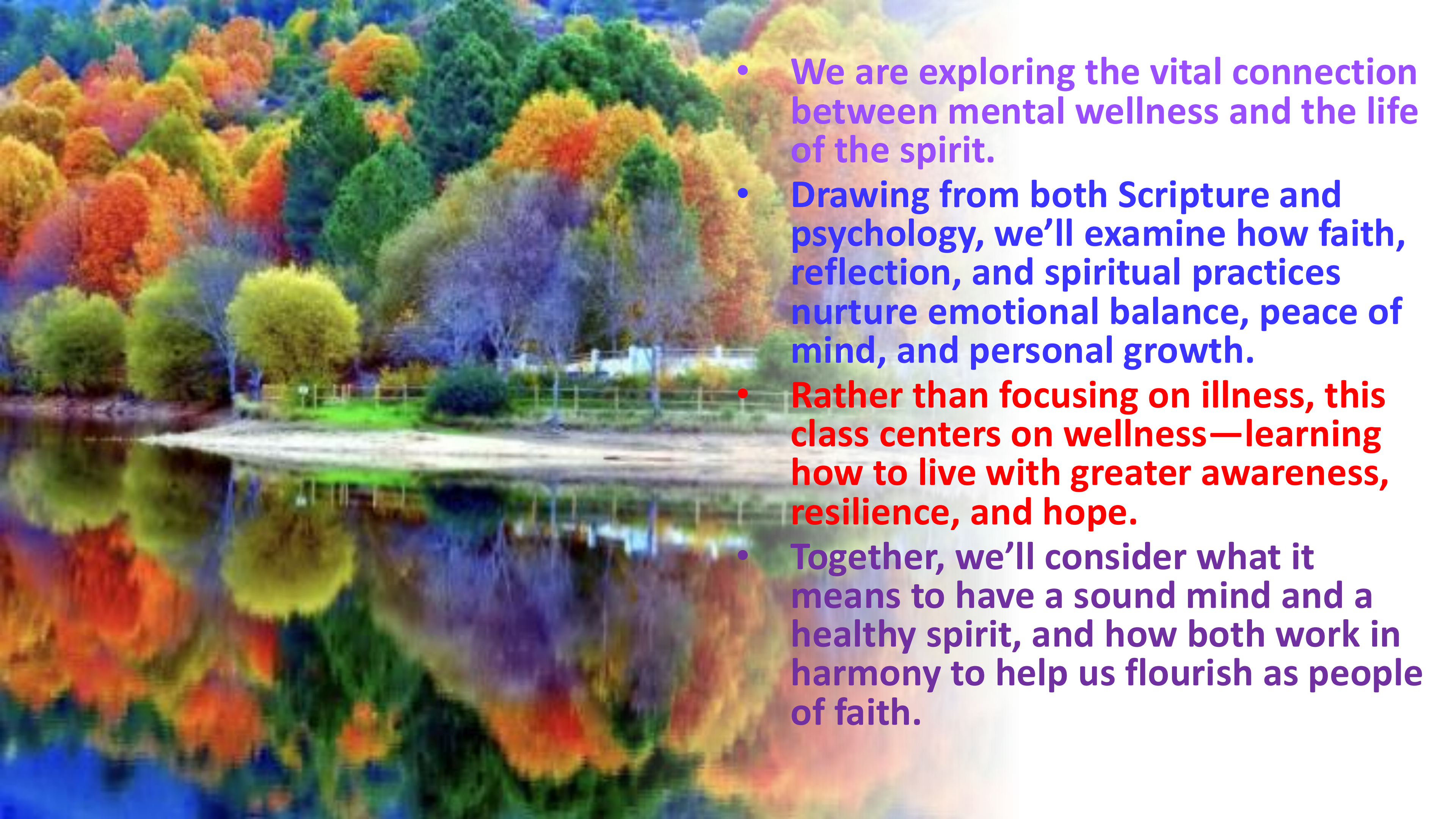
Neuroplasticity

- 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



- We are exploring the vital connection between mental wellness and the life of the spirit.
- Drawing from both Scripture and psychology, we'll examine how faith, reflection, and spiritual practices nurture emotional balance, peace of mind, and personal growth.
- **Rather than focusing on illness, this class centers on wellness—learning how to live with greater awareness, resilience, and hope.**
- Together, we'll consider what it means to have a sound mind and a healthy spirit, and how both work in harmony to help us flourish as people of faith.

Hebrews 4:12–13

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.



Hebrews 4:12–13

Reflection:

God's Word functions like a diagnostic tool, revealing our inner life with precision. This verse frames Scripture itself as a means of spiritual self-awareness—an early form of reflective practice guided by divine wisdom.





2 Corinthians 13:5

Examine
yourselves to
see whether
you are in
the faith;
test
yourselves.

2 Corinthians 13:5

Reflection

Paul's exhortation is not meant to provoke anxiety but to foster *spiritual self-honesty*. Healthy mental and spiritual life involves periodic examination of motives, beliefs, and behaviors.





Begin Here October 26, 2025



Summary for “Mind Matters”

- These passages together show that Scripture:
- **Acknowledges emotional weariness and mental burden** (Matthew 11)
- **Calls for intentional mental focus and identity renewal** (Colossians 3)
- **Warns against inner fragmentation and invites wholeheartedness** (James 1)
- **Encourages ongoing self-examination before God’s loving gaze** (Psalms, Lamentations, Hebrews).
- They provide a **Biblical framework for mindfulness, introspection, and mental resilience** that complements psychological insights.
- These texts can be powerful anchors for class discussions on how faith and mental health intersect.

Takeaways: Mind, Scripture, and Spiritual Wellness

- **The Bible affirms the formative power of the mind.**

Scripture consistently presents the mind as a place of transformation, not stagnation. Passages like Romans 12:2 and Colossians 3:2–10 remind us that our mental focus, patterns of thought, and spiritual identity can be reshaped over time through God's renewing work.



Takeaways: Mind, Scripture, and Spiritual Wellness

- **Mental and spiritual health are deeply intertwined.**
- Verses such as Philippians 4:6–8 and Isaiah 26:3 show that peace of mind grows as trust in God deepens and as we intentionally focus on what is true, good, and life-giving. Spiritual practices like prayer, gratitude, and Scripture meditation have real psychological benefits—grounding, calming, and reorienting our inner life.



Takeaways: Mind, Scripture, and Spiritual Wellness

- Jesus invites us to bring our mental and emotional burdens to Him.

Matthew 11:28–29 portrays Christ not as a distant teacher but as a gentle, restorative presence who offers rest for the soul. Spiritual rest is a vital part of mental wellness.





The END

