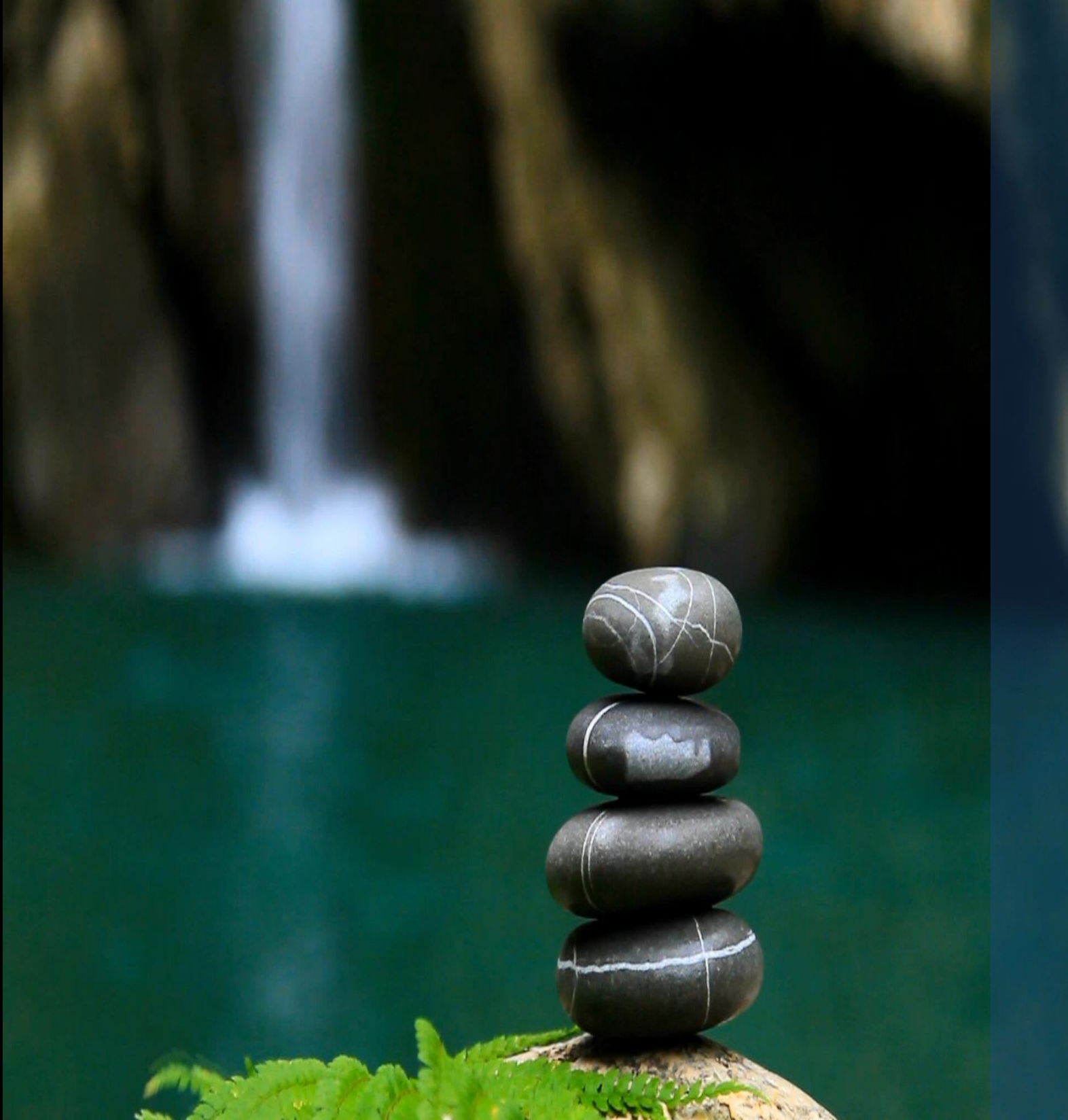




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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November 9, 2025

6

Gratitude

- If someone took a snapshot of a moment in your life this week that captured God's goodness, what would be in the picture?

Gratitude
Snapshot





Welcome to November!!!!



November Is Epilepsy Awareness Month



November is Diabetes Awareness Month





Congratulations and Salutations

We Honor Our Veterans



VETERANS DAY

— Honoring All Who Served —



**The Schrader Lane Youth Task Force Committee
invites ALL Veterans and their immediate family to its
3rd Annual Veterans Day Celebration**

Saturday, November 11, 2023

1234 Schrader Lane, Nashville, TN 37208

(Ernest Davis Fellowship Hall)

RSVP at the Information Desk.





Vanderbilt Beats Auburn

ESPN+



Tennessee State Falls To Tennessee Martin



VS



North Carolina **WINS OVER** Stanford



NORTH CAROLINA TAR HEELS

KANSAS JAYHAWKS

SN



North Carolina Demolishes Kansas



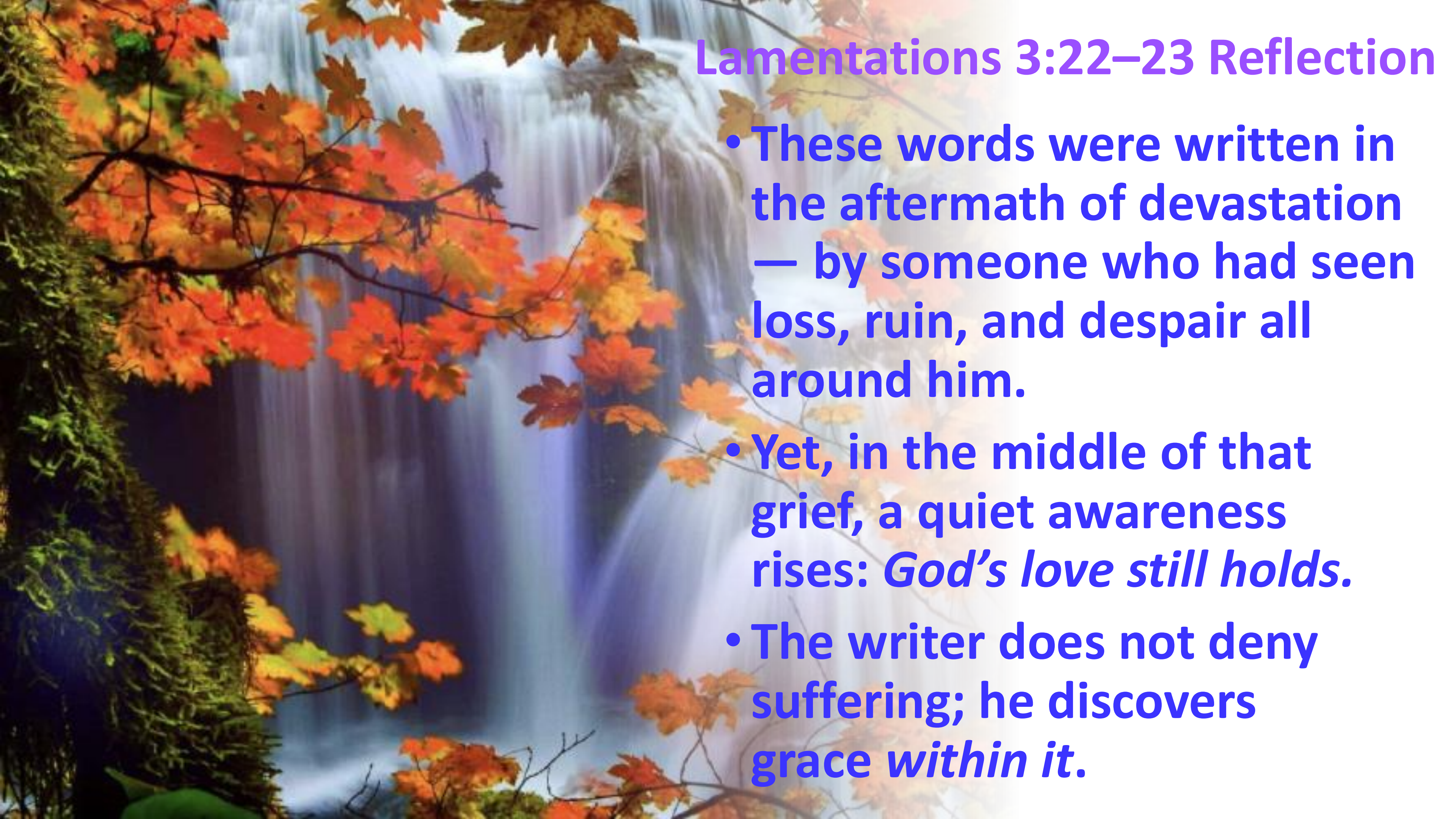
Thought for the Day





Lamentations 3:22–23

Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.



Lamentations 3:22–23 Reflection

- These words were written in the aftermath of devastation — by someone who had seen loss, ruin, and despair all around him.
- Yet, in the middle of that grief, a quiet awareness rises: *God's love still holds.*
- The writer does not deny suffering; he discovers *grace within it.*

Lamentations 3:22–23 Reflection

- “Because of the Lord’s great love we are not consumed.”
- Trauma, hardship, and disappointment can feel consuming, as though they threaten to erase who we are.
- But the mercy of God preserves the soul’s core.
- His compassion is not rationed; it renews itself with every sunrise.
- Each morning becomes evidence that life continues and that restoration is still possible.



Lamentations 3:22–23 Reflection

- The beauty of this passage is its rhythm: grief and gratitude coexist.
- It reminds us that even when we are weary or uncertain, new mercies are already on their way.
- Healing and hope are not one-time events but daily gifts — subtle, sustaining, and sufficient for the moment.
- When we awaken to this truth, gratitude becomes less about what has gone right and more about who remains faithful.
- We begin to see that survival itself is grace — and that in God's hands, even the ashes of yesterday can nourish tomorrow's renewal.





Prayer Thought

- Gracious and Loving God,
You who see every wound and remember every
tear,
draw near to those who carry invisible pain.
Heal what has been broken,
restore what has been lost,
and renew what trauma has worn thin.
- Teach us to rest in Your gentleness,
to trust Your timing,
and to discover peace that surpasses
understanding.
- May our scars become testimonies,
and may our healing bring light to others who
walk this road.
- Amen.

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.

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.

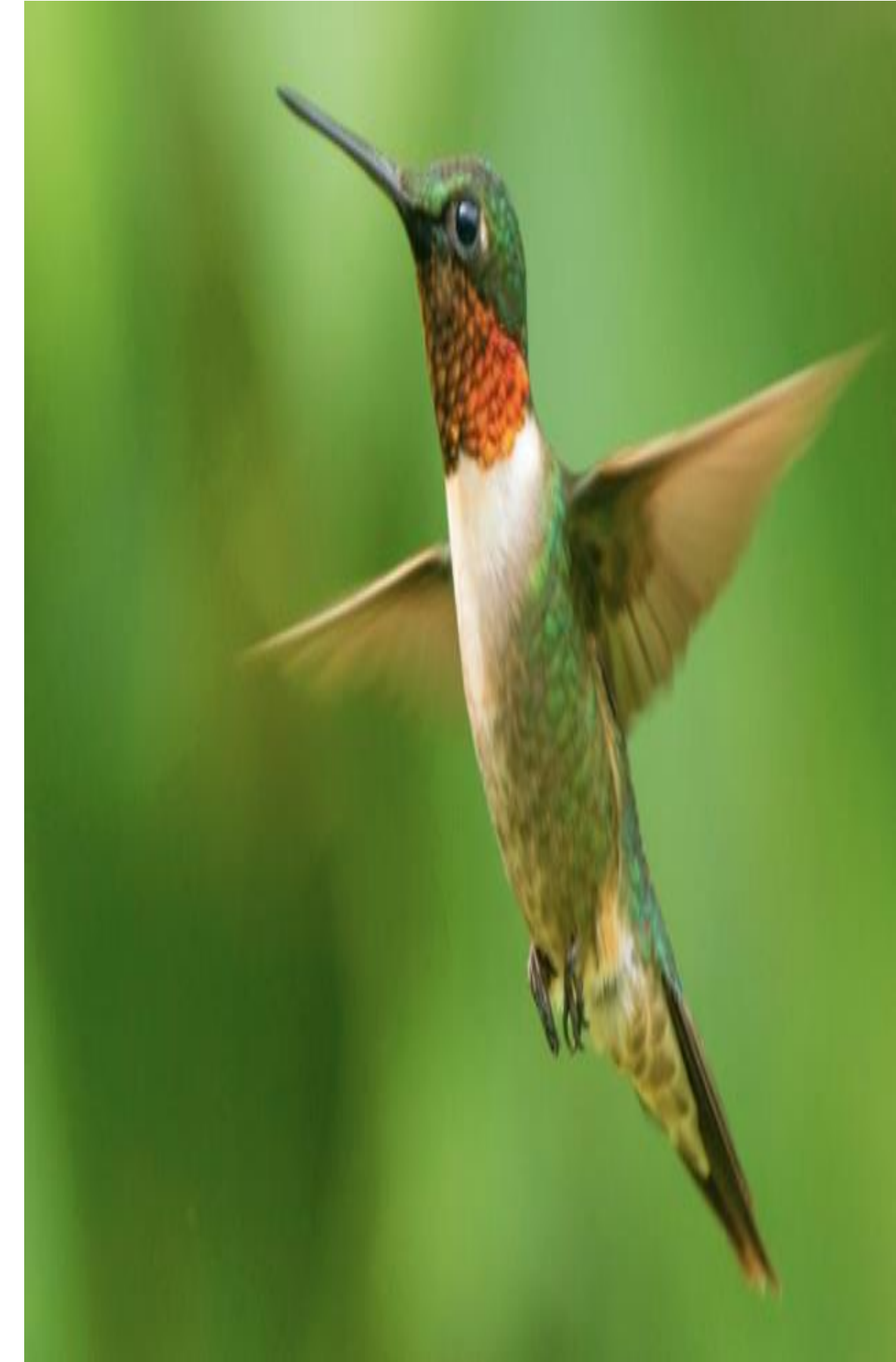
Class on Webpage

<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





- 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.



The Bible Centers All of Our Understanding

Quick Review



What Is Trauma?

- Trauma is the deep wound left when our sense of safety, dignity, or trust is shattered.
- It is not only what happens to us, but what happens *within us* as we struggle to make sense of pain, loss, or fear that feels too great to bear.
- Spiritually, trauma is the soul's cry for wholeness after being broken.
- Yet even in that brokenness, God's healing presence abides—offering not the erasure of the past, but the restoration of peace, hope, and identity in His care.

A Biblical View of Trauma and Healing

- Throughout Scripture, trauma is neither minimized nor ignored. The Bible is filled with people who have faced profound loss, betrayal, violence, and despair—
 - Joseph abandoned by his brothers,
 - Job stripped of everything,
 - David hunted and grieving, and
 - Jesus Himself suffering rejection and the cross.
- Yet in each story, God's presence is not absent from the pain; it is revealed *through* it.



A Biblical View of Trauma and Healing

- Biblical healing is not about erasing memory or denying hurt.
- It is about encountering God in the very places where the wound occurred and allowing His love to transform what was once a source of anguish into a testimony of endurance and grace.
- God redeems pain by restoring peace, giving purpose to suffering, and leading us toward renewed strength of mind and spirit.
- In Christ, trauma does not have the final word—redemption does.



Examples of Trauma

- **Childhood Adversity:**
Growing up in a home marked by neglect, instability, or emotional distance; witnessing domestic conflict or parental substance abuse.(ACES)
- **Loss and Grief:**
The death of a loved one, miscarriage, or the sudden loss of a friend or family member that leaves an enduring emptiness or unresolved sorrow.
- **Relational Betrayal:**
Experiencing deep hurt through infidelity, abandonment, or betrayal by someone trusted—spouse, friend, mentor, or church leader.



Examples of Trauma

- **Abuse and Violation:**
Enduring physical, emotional, sexual, or spiritual abuse that damages one's sense of worth, safety, or belonging.
- **Major Life Disruption:**
Divorce, serious illness, job loss, or financial hardship that shakes a person's sense of identity or stability.
- **Cultural or Racial Trauma:**
The accumulated pain of discrimination, exclusion, or prejudice—feeling unseen or devalued because of race, ethnicity, or cultural background.
- **Community or Faith Disillusionment:**
Experiencing “church hurt” or betrayal within a faith community that once felt like a spiritual home, leading to confusion, anger, or mistrust of religious spaces.





BEGIN HERE NOVEMBER 9, 2025



Examples of Trauma

- **Medical or Health-Related Trauma:**
Living through a life-threatening diagnosis, invasive treatment, or witnessing another's suffering that lingers in memory and emotion.
- **Secondary or Vicarious Trauma:**
Carrying the emotional weight of others' pain—common among caregivers, counselors, ministers, or educators who regularly witness suffering.
- **Societal and Collective Trauma:**
Experiencing distress from events that affect a community or nation—natural disasters, mass violence, or systemic injustice.

Trauma, Scripture, and the Path to Healing

- Trauma is not just the memory of something painful—it is the lasting imprint that suffering leaves on the mind, body, and spirit.
- It can distort how we see ourselves, others, and even God.
- While psychology helps us understand how trauma affects the brain and emotions, Scripture helps us understand how God meets us there—with truth, compassion, and the promise of renewal.



Trauma, Scripture, and the Path to Healing

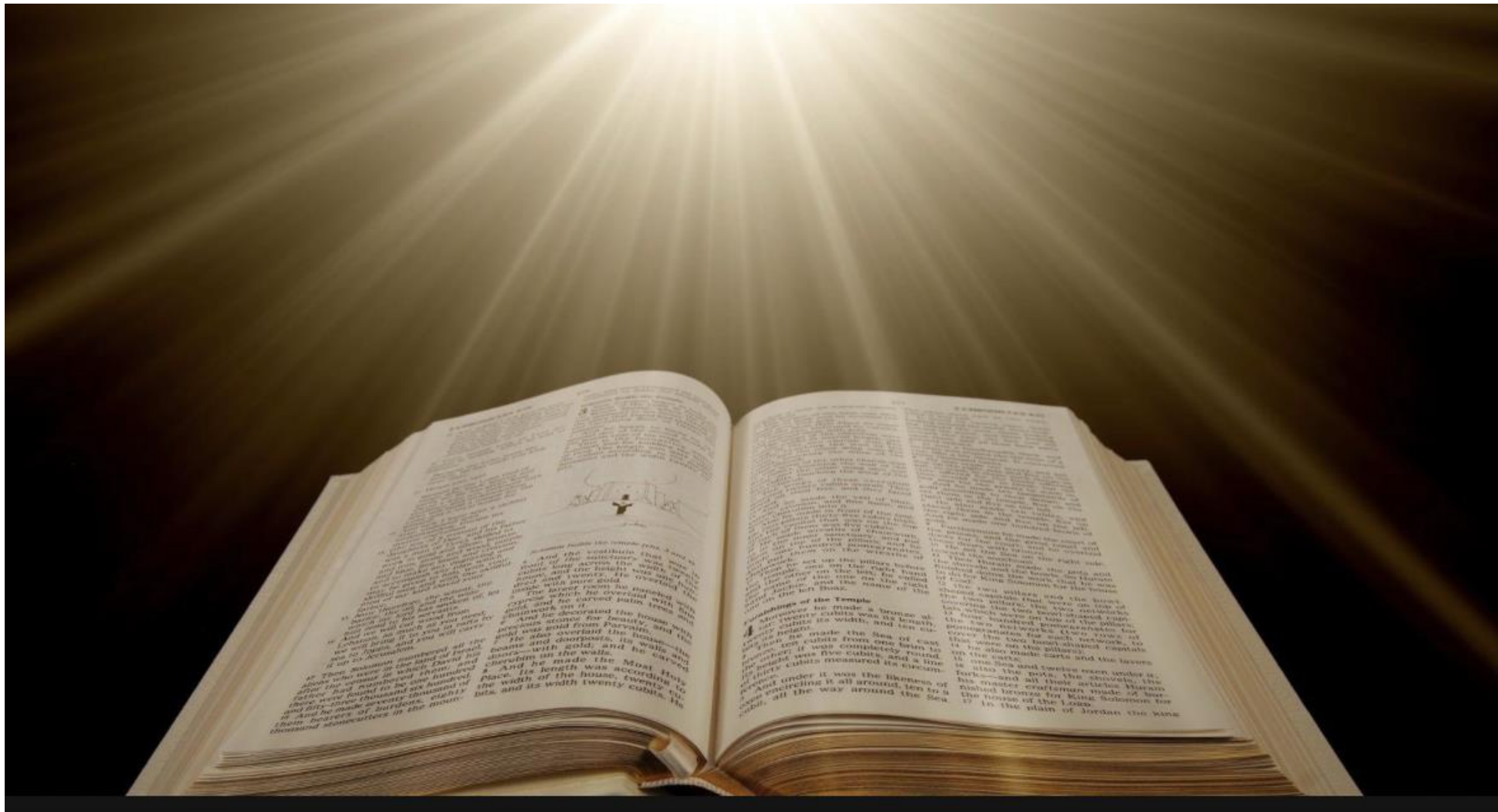
- The Bible does not hide trauma.
- It tells the stories of people who have known fear, loss, violence, and betrayal—yet also the God who enters into human pain, binds up the brokenhearted, and restores what has been wounded.
- Biblical healing is not forgetting the trauma or pretending it didn't happen; it is allowing God's presence to transform what once caused despair into a source of wisdom, empathy, and hope.



Trauma, Scripture, and the Path to Healing

- In this class, we will explore how faith and spirituality can be part of the healing journey—how lament can become prayer, how scars can become testimonies, and how, through God's love, the mind and spirit can be renewed.





The Bible Centers All of Our Understanding



 **Psalm 34:18**

**The Lord is close to the
brokenhearted and saves
those who are crushed in
spirit.**

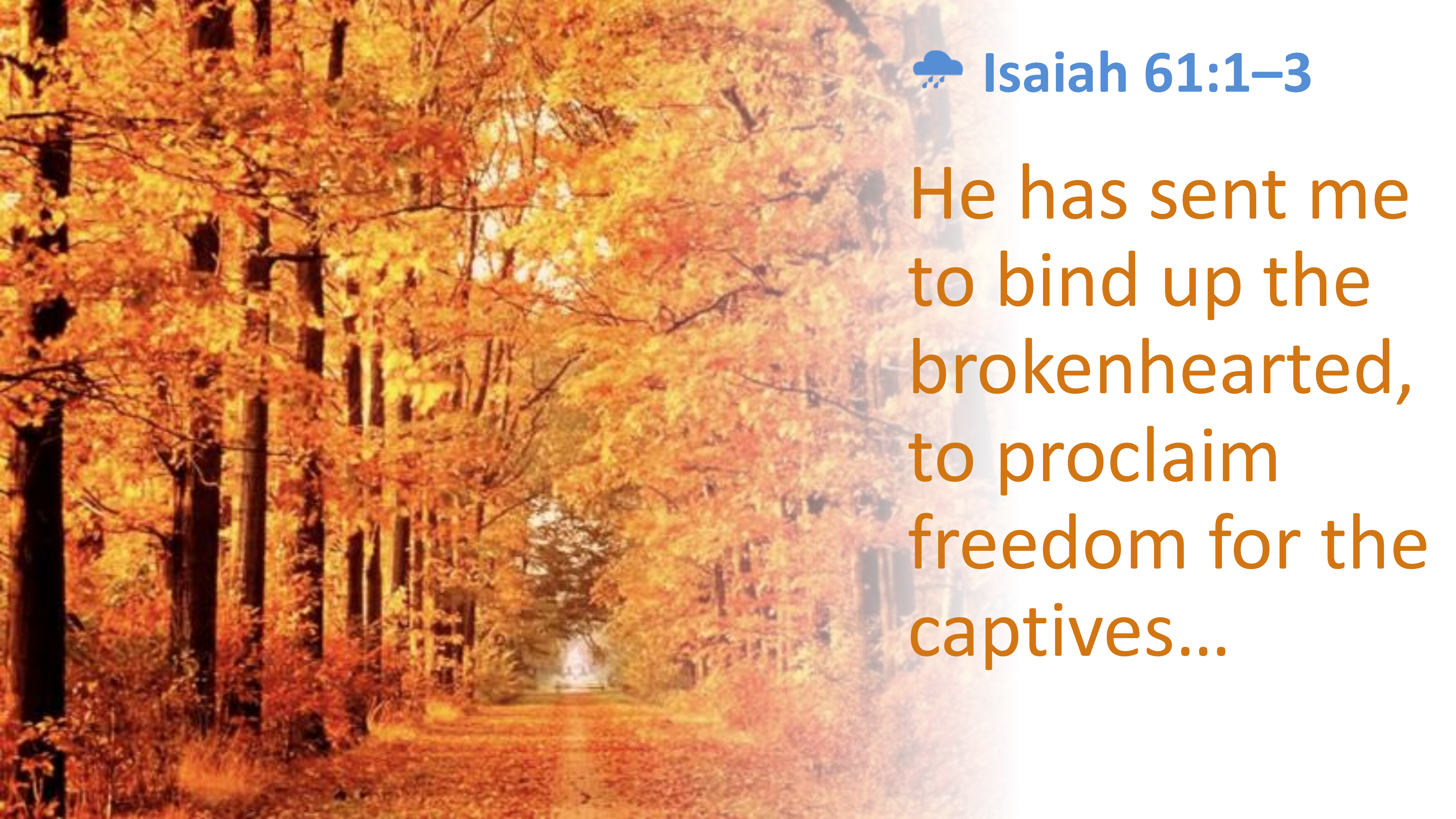


Psalm 34:18

Reflection:

This verse reminds us that God draws near to those who are hurting. Trauma isolates, but God moves toward us in our pain. His nearness is not conditional on our composure — He meets us in our collapse.

Practice: In moments of distress, pause to breathe and imagine God's presence beside you. What would His closeness feel like right now?

A photograph of a dirt path winding through a forest with trees in vibrant autumn colors of orange, yellow, and red. The path leads into the distance, creating a sense of journey and hope.

☁ Isaiah 61:1–3

He has sent me
to bind up the
brokenhearted,
to proclaim
freedom for the
captives...



☁ Isaiah 61:1–3

Reflection:

God's mission has always included the healing of wounded hearts. Trauma can make us feel trapped in memories or emotions, but divine healing transforms ashes into beauty. Restoration doesn't mean forgetting — it means being made new.

Practice: Consider what “freedom” might look like for you or someone you love. What ashes might God be turning into beauty?

A photograph of a narrow dirt path winding through a forest. The trees on either side have vibrant autumn foliage in shades of orange, yellow, and red. The path leads into the distance, where a small stream or clearing is visible. The overall atmosphere is serene and scenic.

Begin November 16, 2025

The End