

Mind Matters: Nurturing Spiritual Wellness and Mental Health

William Lofton Turner, Ph.D. , MMFT

- Distinguished Professor of Psychology and Family Therapy
- Special Counsel to the President and Provost
- Lipscomb University

James Phillips, Jr., M.Ed.

- 6th Grade Educator
- Metro-Nashville Public Schools

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Gratitude

Inspiration

“What is one small thing
you’ve experienced recently
that helped steady or sustain
you, even briefly?”

A festive holiday-themed background. The top half features a bright blue sky with a central sunburst, white snowflakes, and several Christmas ornaments including red and blue spheres, a gold bell, and a red star. The bottom half has a white banner with a blue scalloped border. The text "Happy Holidays" is written in a green, cursive font across the middle.

Happy Holidays

Happy Holidays!

December is Universal Human Rights Month



DECEMBER IS
U N I V E R S A L
HUMAN RIGHTS
M O N T H



OUR DEEPEST
Sympathy

Family and Friends of James Phillips, Sr.



James Phillips, Sr. at Vanderbilt



with deepest
sympathy

Mrs. Katherine Watkins-Green
Kanetha Callahan's Grandmother



Congratulations and Salutations



Men's Basketball

University of North Carolina WINS AGAINST Ohio State University



Men's Basketball

University of North Carolina DEFEATS East Tennessee State University



Men's Basketball
University of Kentucky SURGES PAST St. Johns University



Vanderbilt DEFEATED **Memphis**



Women's Basketball

Vanderbilt BEATS Texas Southern University

Vanderbilt

Texas 50.

ESPN+



TSU Men BEAT UT Martin

ESPN+



Women's Basketball
TSU Women LOST TO UT Martin

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
 - 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



TRAUMA:
Understanding
and
Healing





The Bible Centers All of Our Understanding



 **Scriptural Thought of the Day**

A scenic autumn landscape with mountains and trees. The background features rolling hills and mountains covered in dense forests with vibrant autumn foliage in shades of red, orange, and yellow. In the foreground, a large tree with green and yellow leaves stands on the right side. The sky is a soft, hazy blue. The overall atmosphere is peaceful and serene.

Psalm 42:5

**Why, my soul, are you
downcast? Why so
disturbed within me?
Put your hope in God,
for I will yet praise Him,
my Savior and my God.**

Begin Here
December
21, 2025



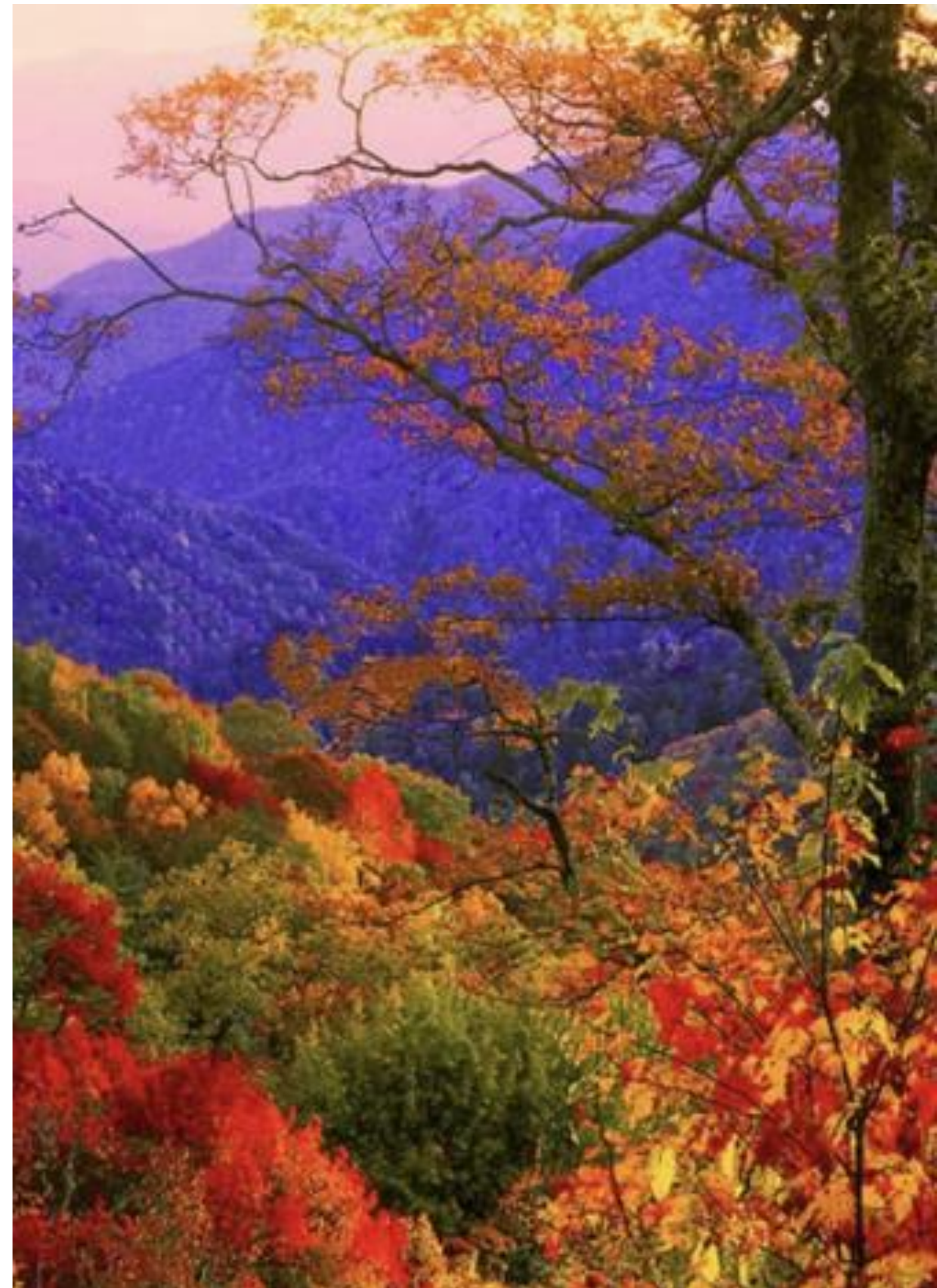
V. “For I Will Yet Praise Him”: The Future Tense of Faith

- The psalmist speaks in future tense — *“I will yet praise Him.”* It is an act of prophetic hope, declaring that worship and joy will return, even if they are not yet felt.
- This statement is crucial for those in the depths of emotional or spiritual trauma:
- The absence of feeling does not equal the absence of faith.



V. “For I Will Yet Praise Him”: The Future Tense of Faith

- Faith often begins as remembrance — recalling the times God has been faithful in the past, even when the present feels dark.
- Over time, such remembering reconditions the heart toward gratitude and possibility.
- Psychologically, this is a shift in narrative identity — from victim to survivor, from despair to meaning-maker.





VI. Integrating Theology, Psychology, and Practice

DIMENSION	APPLICATION IN HEALING
Theological	God welcomes honest lament and meets us within our emotional truth.
Psychological	Naming emotion creates distance from “overwhelm” and allows integration of thought and feeling.
Spiritual Practice	Speaking to one’s own soul (through prayer, journaling, meditation) becomes a sacred dialogue that re-centers the self in God’s care.

Together, these form a model for *spiritually grounded emotional regulation* — what you often describe as “holding our minds open before God.”

VII. A Reflection Exercise for Class

- Write your own version of Psalm 42:5. Complete the following:
 - “Why, my soul, are you _____?” (sad, anxious, fearful, weary, etc.)
 - “Put your hope in _____.” (a promise of God, a truth remembered, a prayer of faith)
 - “For I will yet _____.” (praise, believe, rest, trust)
 - This turns the psalm into a personal *dialogue of healing* — a conversation between the hurting self and the hopeful self, both of which God loves.



A Closing Prayer Thought

Lord of mercy and light,
When my soul is heavy and my spirit
weary, teach me to speak truth to my
heart.
Help me name my sorrow without
shame, and remind me that hope still
lives in You.
In the tension between pain and praise,
may I find Your steady presence.
For I will yet trust You — my Savior and
my God. ----Amen.





The END

