



Mind Matters: Nurturing Spiritual Wellness and Mental Health

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14

God's Power
in Our Lives



Gratitude

In what way has God carried me
through something difficult that I
could not have managed on my
own?



2026

Happy New Year-2026!



Mental Wellness

Month

January

JANUARY IS MENTAL WELLNESS MONTH



Congratulations and Salutations

Congratulations
on Dr. Richard
Price's
Installation as
Senior Minister
of the Schrader
Lane Church of
Christ

JAN
—
10
—
'26





Congratulations to the [University of Miami](#) and the [Atlantic Coast Conference](#)

Congratulations
to Indiana and
the Big Ten
Conference





Where's The SEC?????



Men's Basketball: North Carolina ECKS BY Wake Forest



Men's Basketball: Vanderbilt DEFEATED LSU



Men's Basketball: Tennessee IS CRUSHED BY Florida



Men's Basketball: **TSU** DEFEATED **Western Illinois**



TSU WAS DEFEATED BY Eastern Illinois

Vanderbilt



Women's Basketball: Vanderbilt **DEFEATED** Missouri



Lady Vols BEAT Mississippi State



Women's Basketball: **Fisk** DEFEATED **TSU**



Again, Vandy's #1 Fan

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
 - **CAPACITY TO ASPIRE**
 - 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

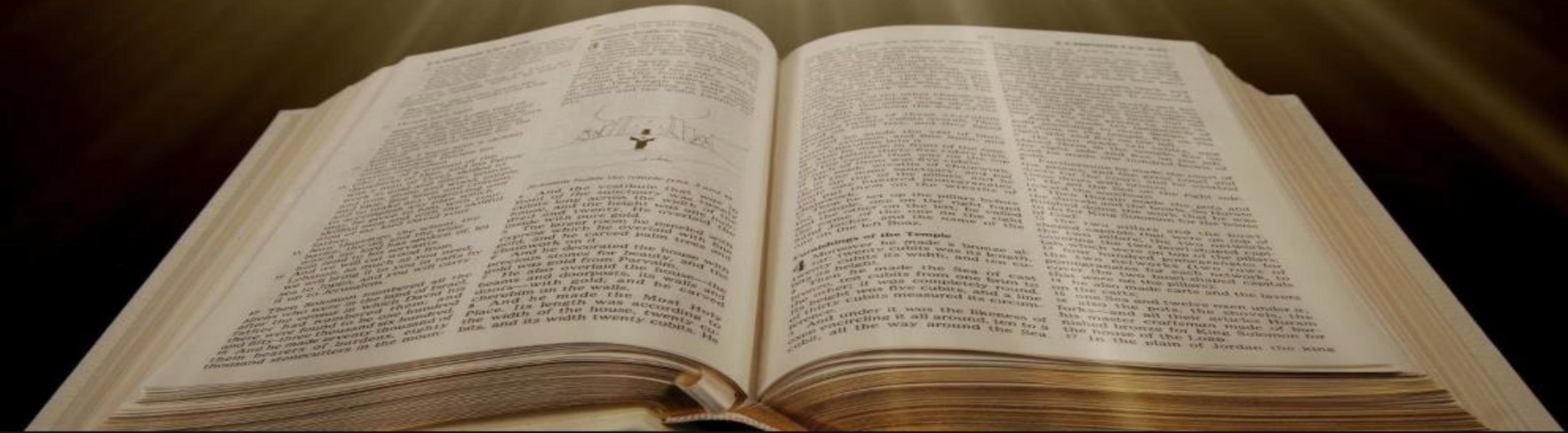


Part 3 Mind Matters B

- 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: Capacity to Aspire





The Bible Centers All of Our Understanding



Scriptural Thoughts of the Day January 11, 2026

Philippians 3:13-14

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: *Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

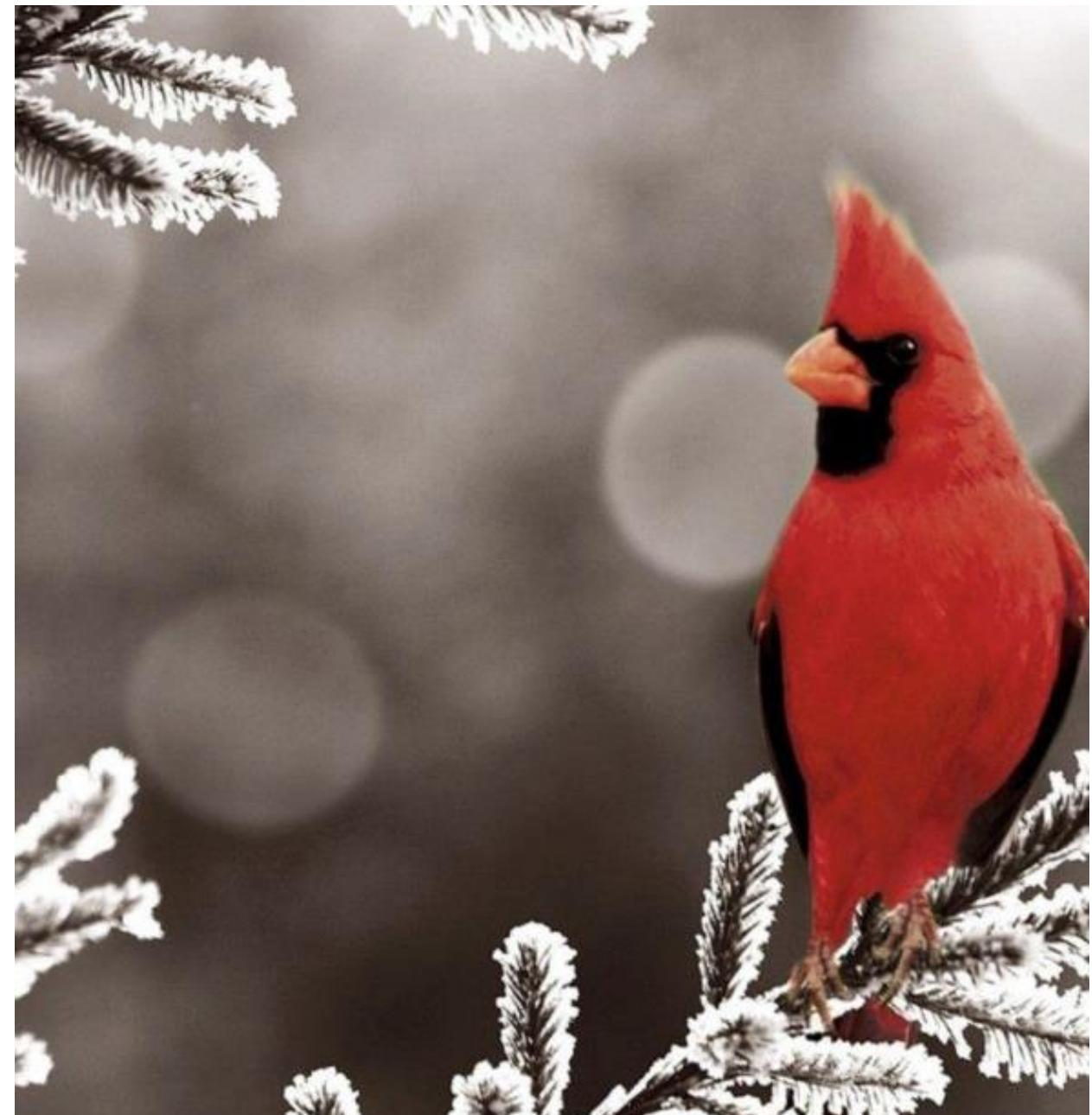
Definition

- The *capacity to aspire*—originally articulated by Arjun Appadurai—refers to the cultural capacity to imagine, desire, plan toward, and move meaningfully into the future.
- It isn't just about personal ambition; it's about hope, agency, meaning-making, and the social and spiritual resources that help people see a future worth living toward.



When the Future Narrows

- Many people struggle not only because of what is happening in their present lives, but because their *future has become too small in their imagination.*
- Loss, illness, disappointment, injustice, weariness, or long seasons of discouragement or difficulty can shrink the horizon of hope.
- People stop planning. They stop imagining. Sometimes they still believe in God—but quietly stop believing that God's presence makes a difference in their future.
- **They quietly stop believing God is doing anything meaningful with *them*.**





Begin Here January 10, 2026

Psalm 42: 1-5

As the deer pants for streams of water,
so my soul pants for you, my God.

² My soul thirsts for God, for the living God.
When can I go and meet with God?

³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”

⁴ These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.

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.



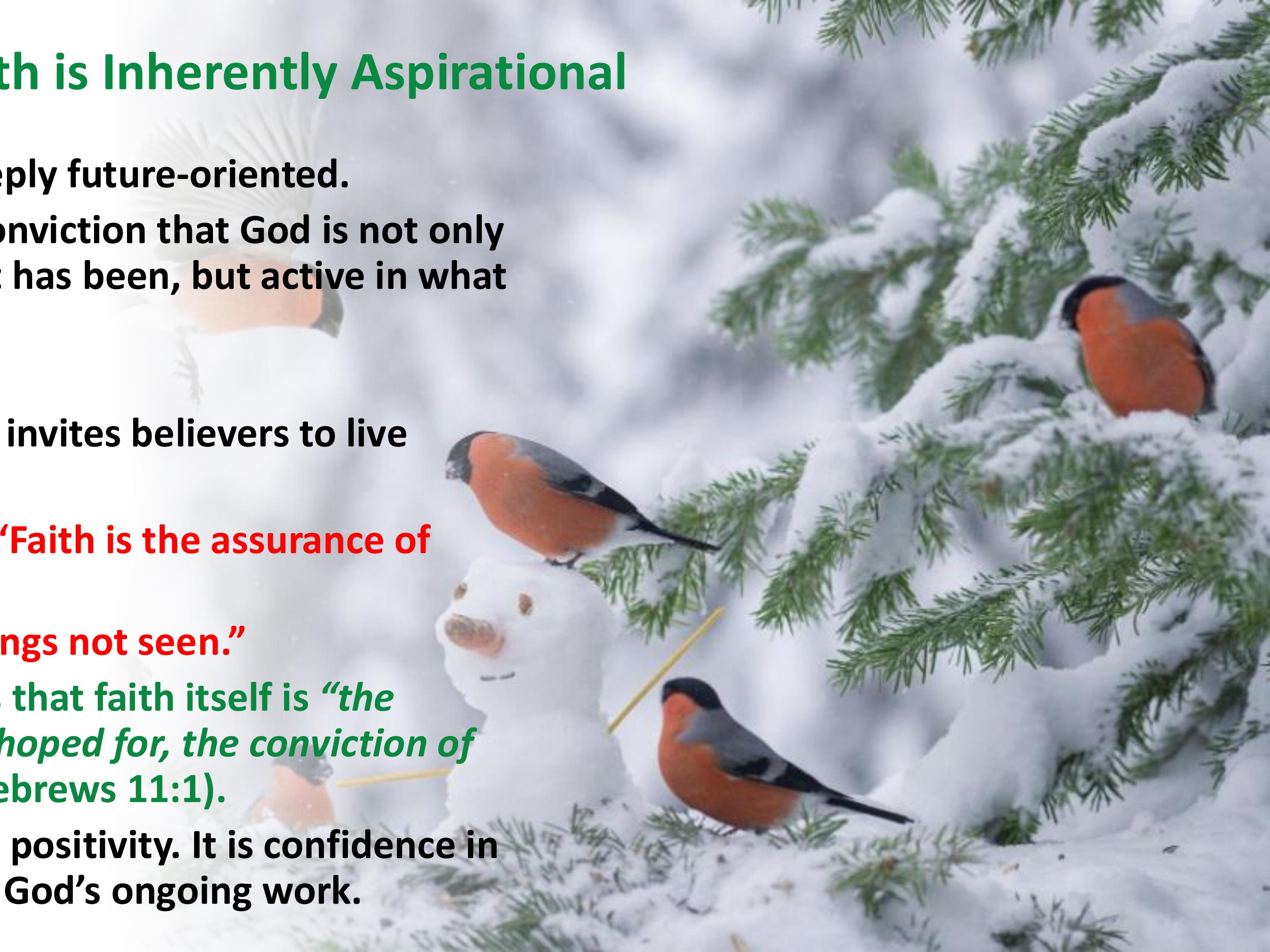
When the Future Narrows

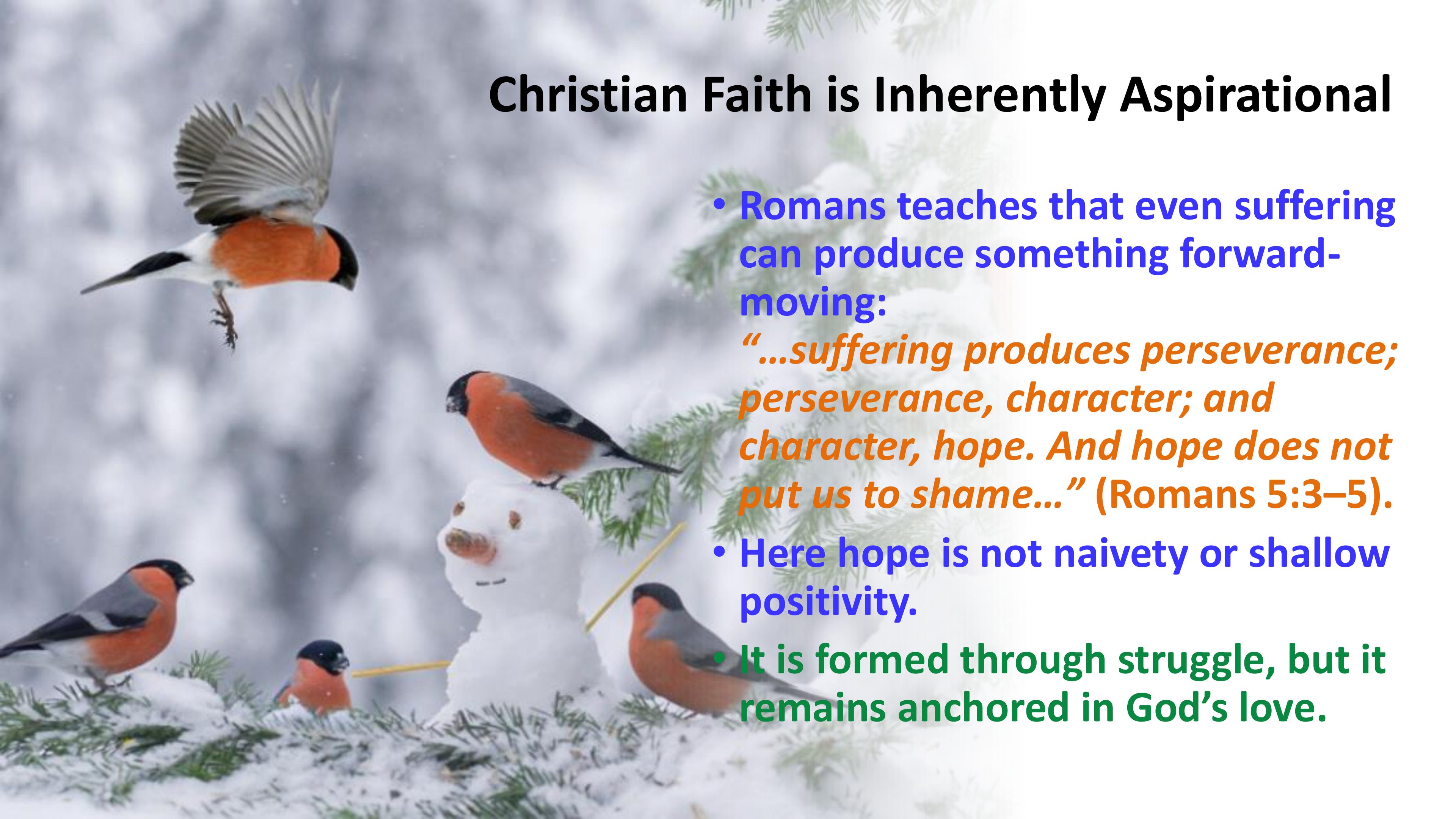
- The Psalms give us honest language for this experience.
- **The psalmist confesses, “*My soul is downcast within me...*” but does not stop there. He continues, “*...therefore I will yet hope in God.*” (Psalm 42:5).**
- Notice the honesty and the hope living together.
- **The Bible never denies the weight of discouragement, but it also never lets despair declare the final verdict.**
- I love that. The psalmist doesn’t pretend everything is fine. He tells the truth about his pain. But he also refuses to surrender hope.
- **Psychologically, when this capacity to aspire weakens, we often see depression, anxiety, emotional numbness, or a quiet sense of resignation.**
- **Spiritually, we may feel distant, uninspired, or stuck.**
- **The heart keeps beating, but the soul stops moving forward.**



Christian Faith is Inherently Aspirational

- Christian faith is deeply future-oriented.
- It is rooted in the conviction that God is not only sovereign over what has been, but active in what is becoming.
- **God is still at work.**
- Scripture constantly invites believers to live toward something.
- **Hebrews 11:1 says: “Faith is the assurance of things hoped for, the conviction of things not seen.”**
- Hebrews reminds us that faith itself is “*the assurance of things hoped for, the conviction of things not seen.*” (**Hebrews 11:1**).
- Hope is not shallow positivity. It is confidence in God’s character and God’s ongoing work.





Christian Faith is Inherently Aspirational

- Romans teaches that even suffering can produce something forward-moving:
“...suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame...” (Romans 5:3–5).
- Here hope is not naivety or shallow positivity.
- It is formed through struggle, but it remains anchored in God’s love.

The End

