

Mind Matters: Nurturing Spiritual Wellness and Mental Health

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14



gratitude

**God's Power
in Our Lives**

**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

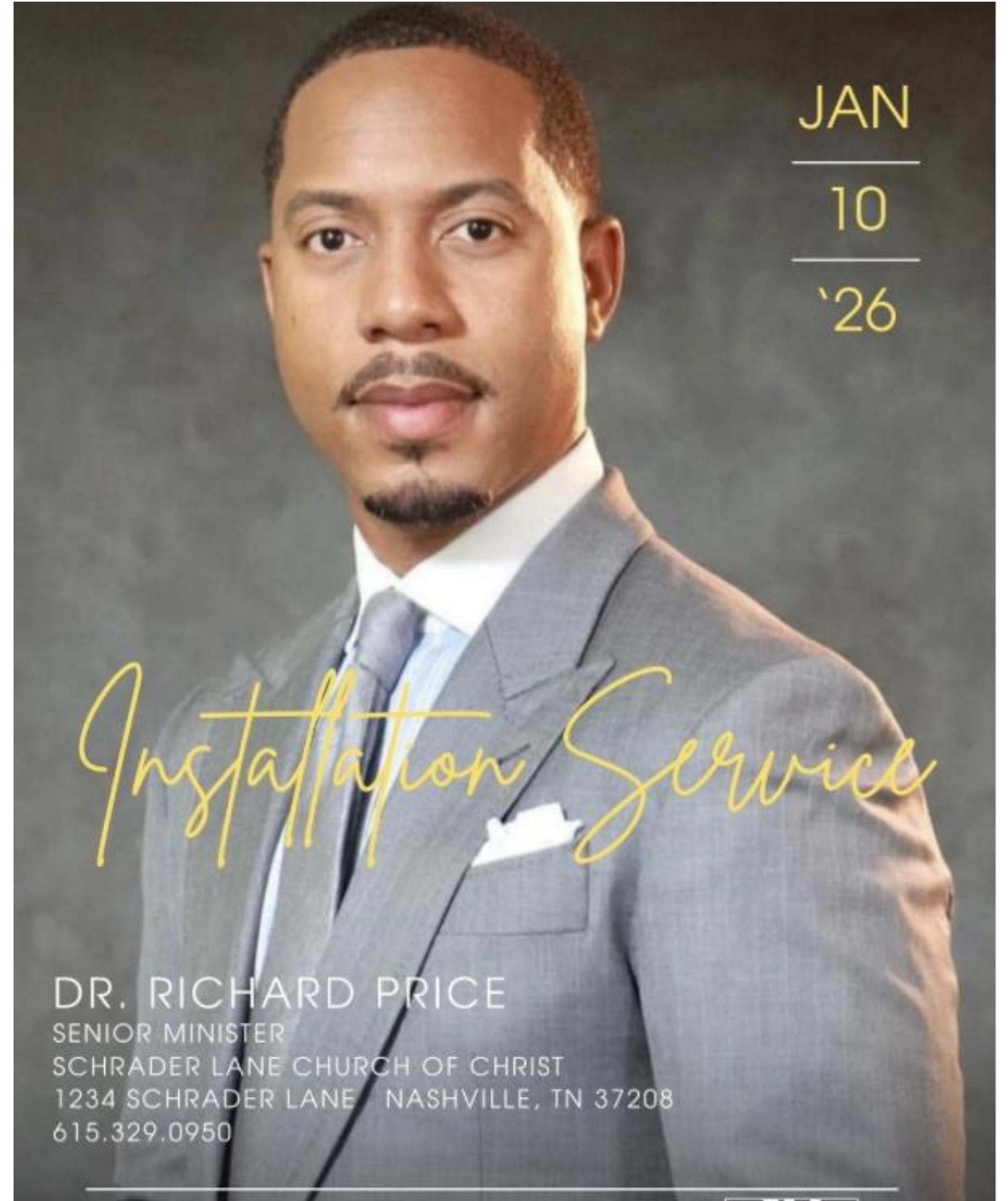
January

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





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**

ESPN+



TSU WAS DEFEATED BY Eastern Illinois



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



Lady Vols BEAT Mississippi State

ESPN+



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**





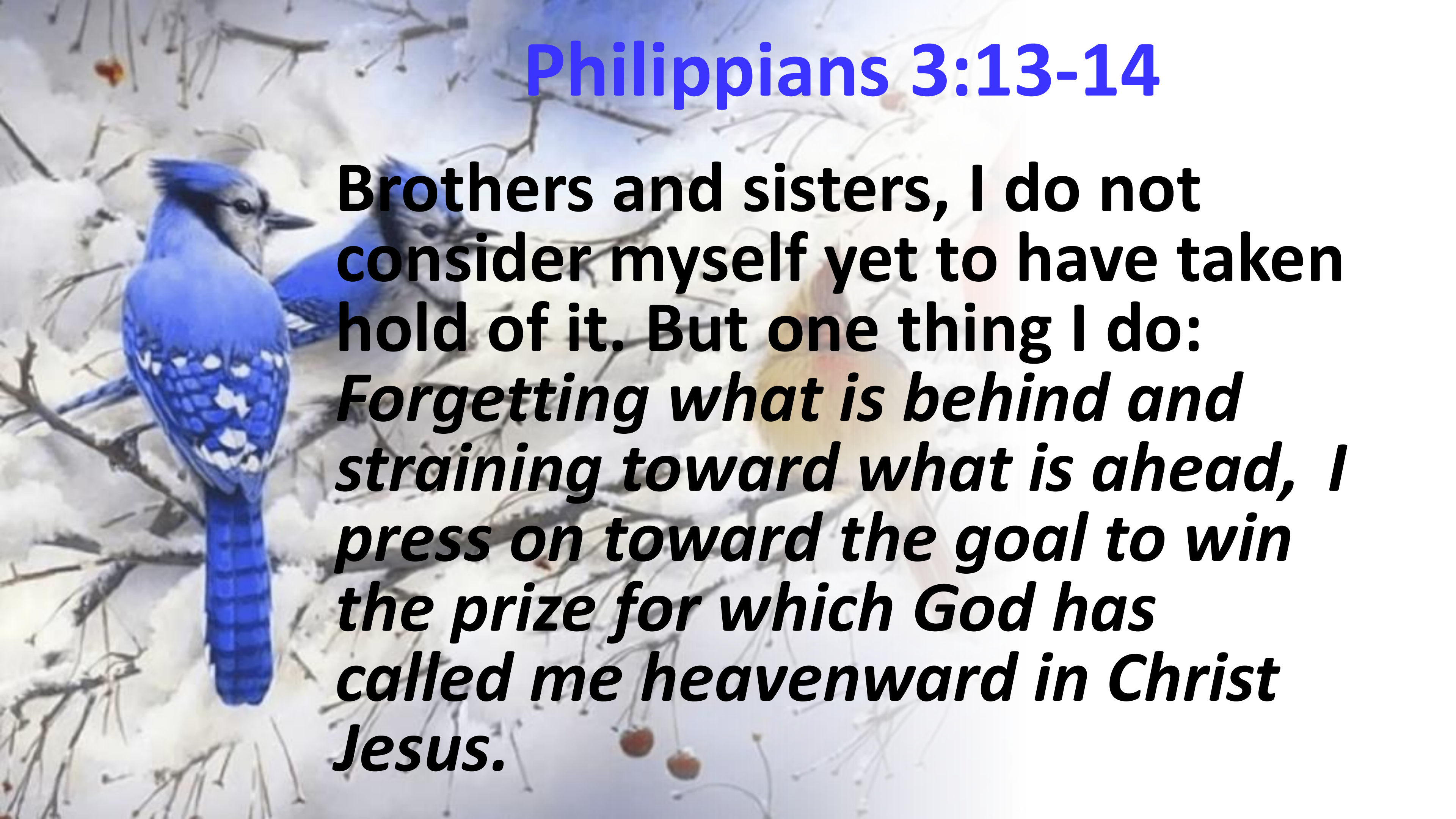
The Bible Centers All of Our Understanding



 **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.



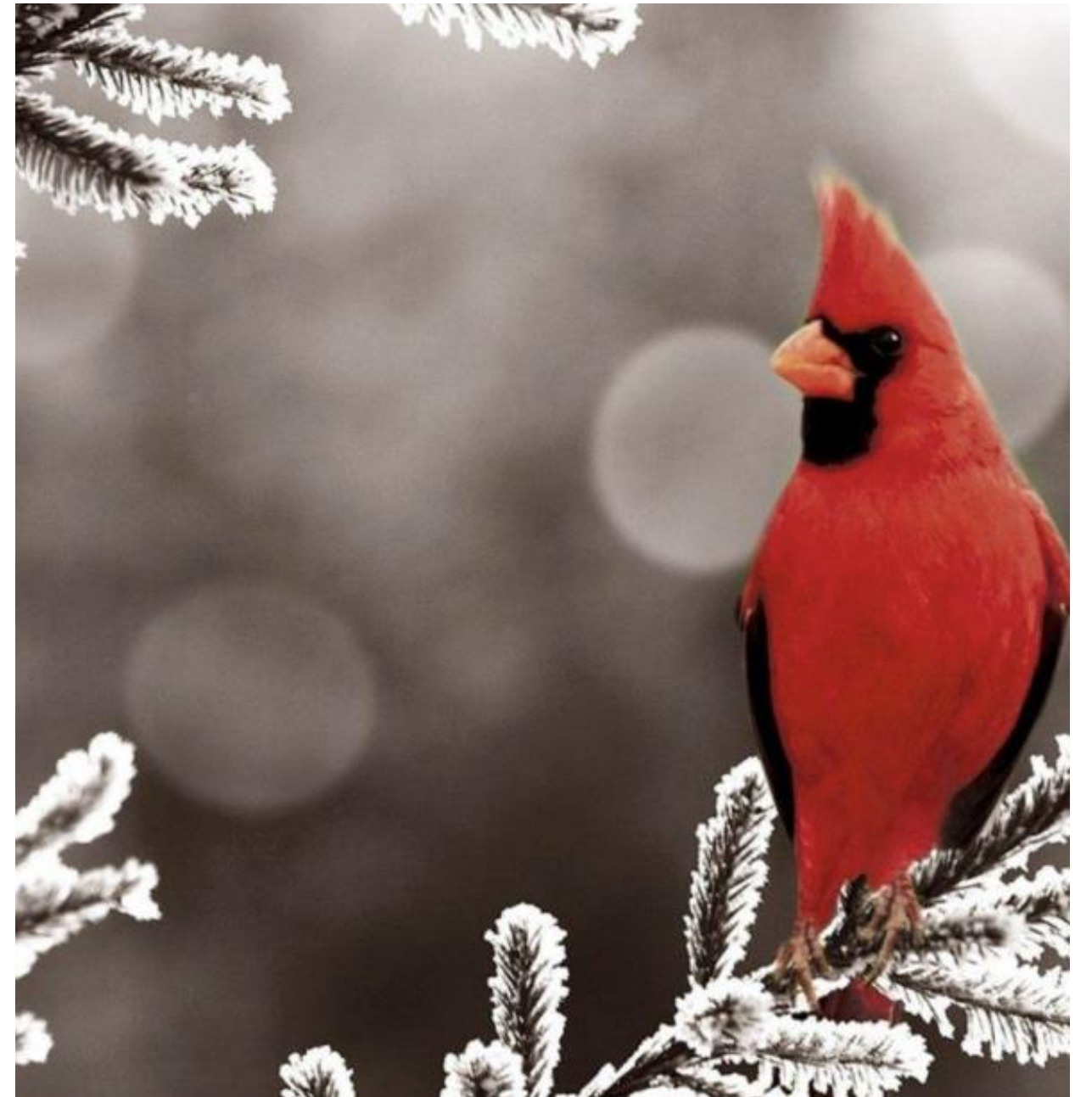
Definition

- 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.



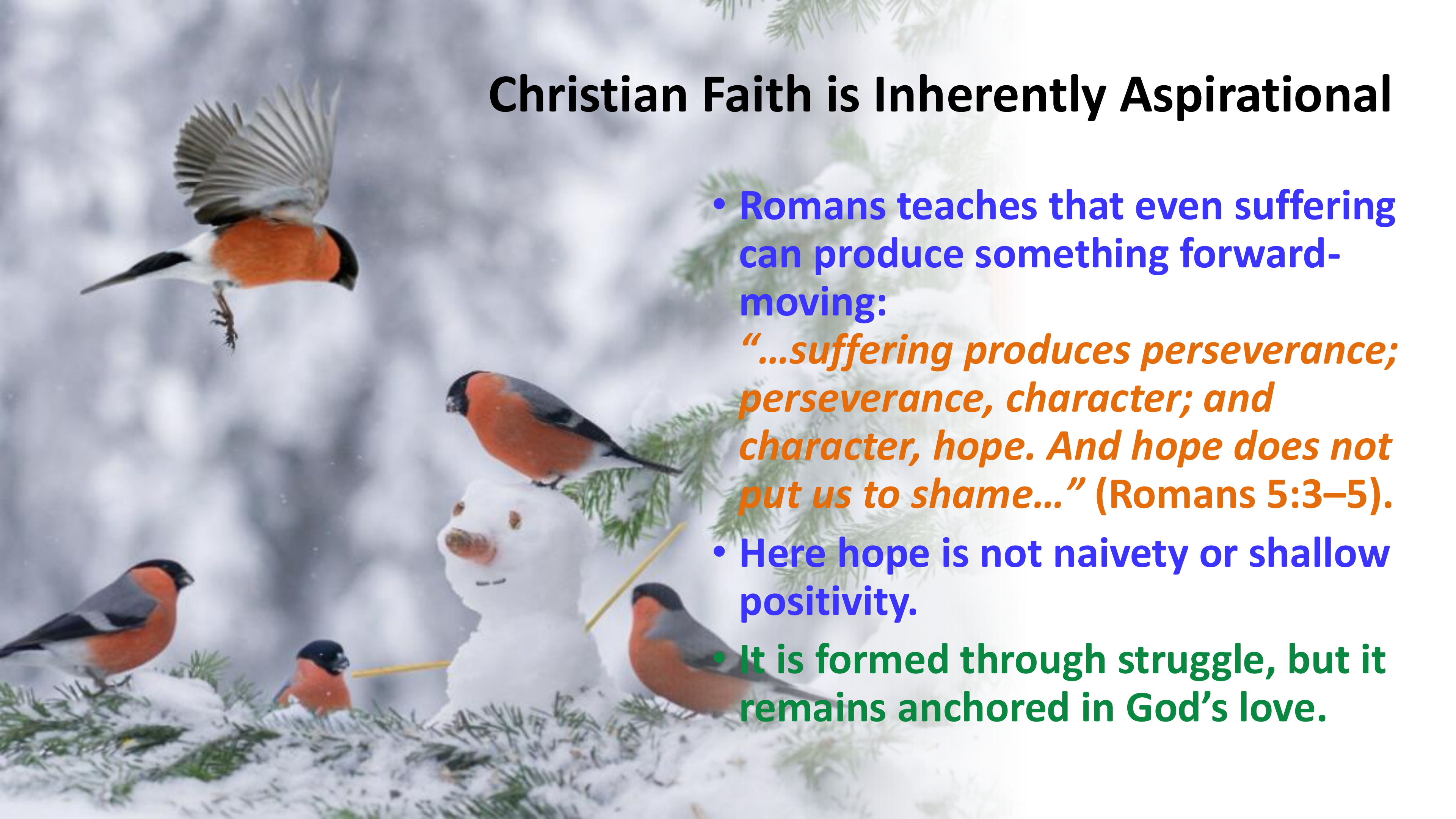
Christian Faith is Inherently Aspirational

- 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

