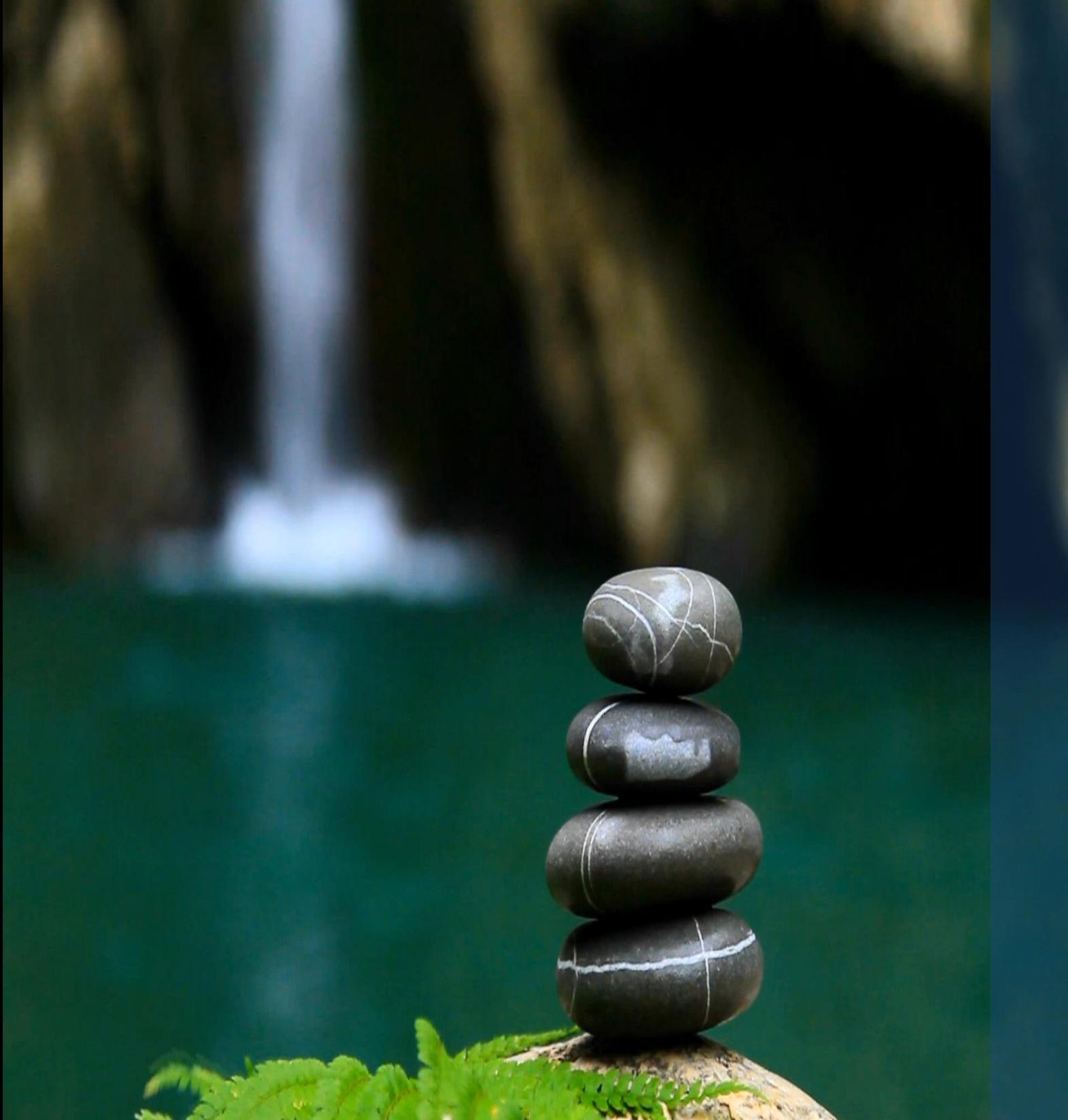




Mind Matters: Nurturing Spiritual Wellness and Mental Health

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November 2, 2025

5

Gratitude

Hidden Blessings

- Think of something recently that felt inconvenient, disappointing, or hard—but looking back, you can now see a blessing or lesson in it.
- What might God have been revealing through it?



Welcome to November!!!!



with deepest
Sympathy

Sister Valerie
and
the McClain Family

Brother
Wesley
Rouse
and
Family

With
Deepest
Sympathy





November Is Epilepsy Awareness Month

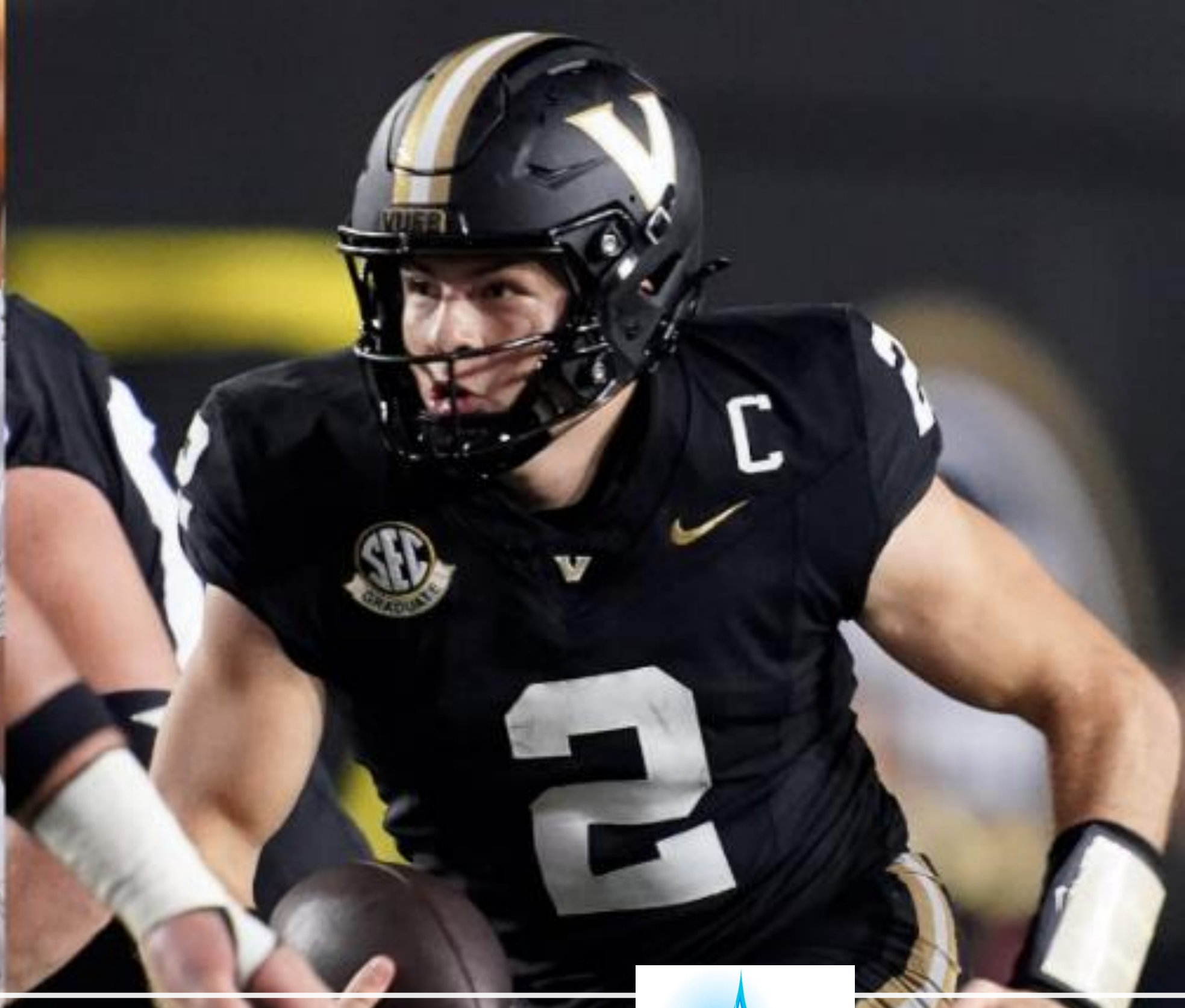


November is Diabetes Awareness Month





Congratulations and Salutations



Vanderbilt BARELY LOSES Texas





Tennessee **LOSES TO** Oklahoma



Tennessee State LOSES TO Lindenwood

S

VS



FINALLY!!!!!! North Carolina DEFEATS Syracuse



Thought for the Day



Isaiah 40:31



But those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Isaiah 40:31





Isaiah 40:31 Reflection

- Isaiah 40:31 is one of Scripture's most beautiful promises of restoration, resilience, and renewal, yet it arises from a context of exhaustion and despair.
- Israel was weary—disoriented by exile, burdened by disappointment, and uncertain whether God still saw them.
- Into that weariness, the Prophet Isaiah speaks a word of divine assurance: *strength is not found in striving, but in waiting.*
- The Hebrew word translated “wait” (*qavah*) carries the sense of active expectancy—to hope, to look for, to trust in.
- This is not passive waiting; it is the kind of hope that stretches toward God like a child reaching for a parent.
- It suggests that while our strength may fail, God's presence is already preparing renewal from within.

Isaiah 40:31 Reflection

- To “renew strength” is not merely to regain what was lost but to receive a *new kind of endurance*—one that comes from alignment with God’s Spirit rather than self-effort.
- The image of the eagle captures this perfectly: eagles do not exhaust themselves by frantic flapping; they rise by *catching the wind*.
- So it is with those who wait on the Lord—the Spirit becomes the wind beneath the wings of a weary soul.



Isaiah 40:31 Reflection

- For those dealing with trauma, fatigue, or discouragement, this passage is a gentle invitation: you do not have to manufacture your own recovery.
- Strength will come, but it comes *through communion*, not control.
- The God who gives power to the faint (Isaiah 40:29) is the same God who restores purpose and vitality when we are too tired to keep running.
- To “walk and not faint” is the quiet miracle of grace. It reminds us that sometimes victory is not in soaring above pain, but in the steady perseverance of daily faith—placing one foot in front of the other, trusting that God’s Spirit is carrying us even when we feel our weakest.



Prayer Thought

Lord, teach me the sacred
rhythm of waiting—
not in passivity, but in hope.
When I am weary, let Your
Spirit lift me.

When I can no longer run, help
me to walk with faith.

Renew my strength until I can
rise again on wings of trust.

Amen.

Mind Matters

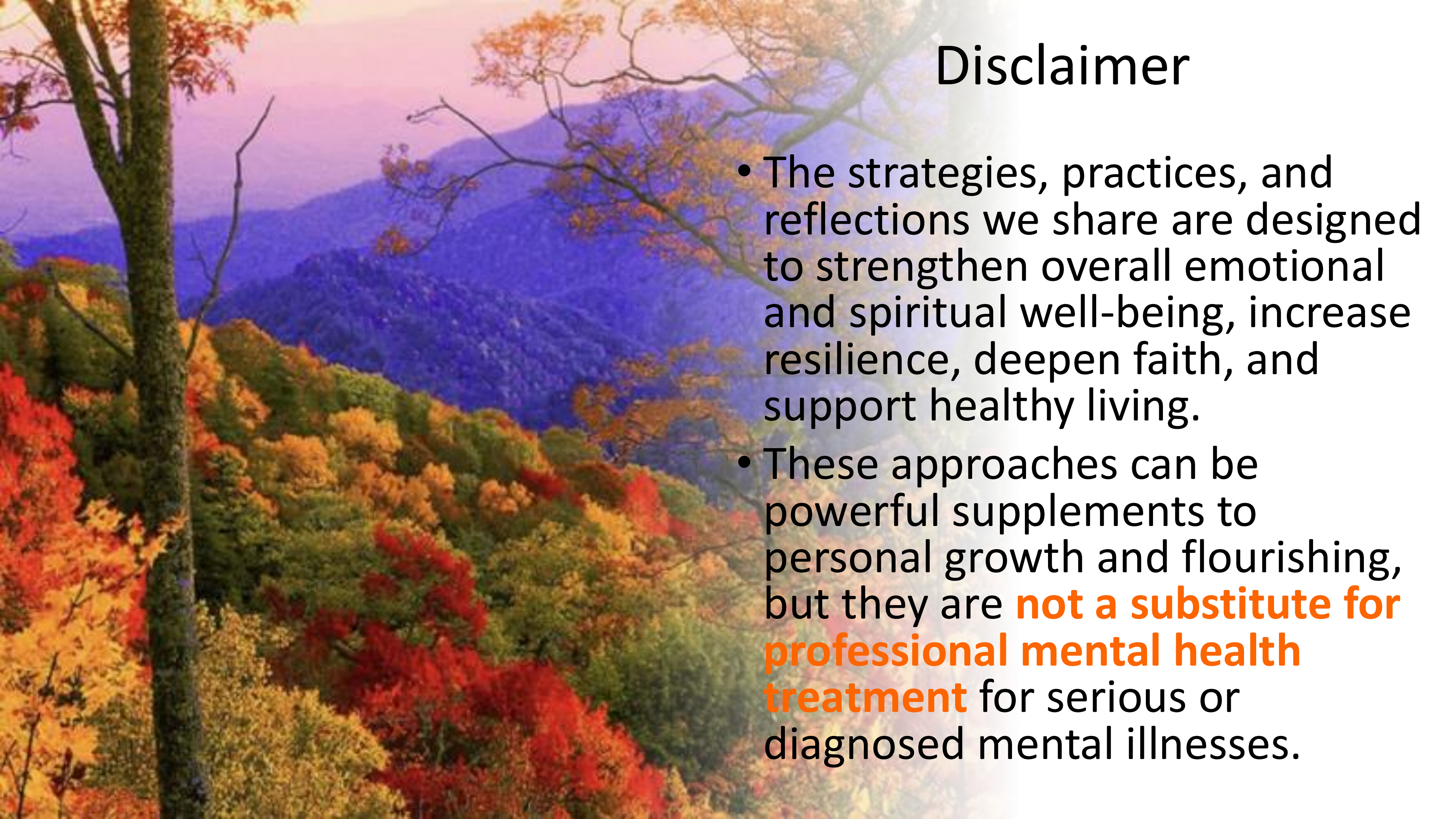
Nurturing Spiritual
Wellness and
Mental Health



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.

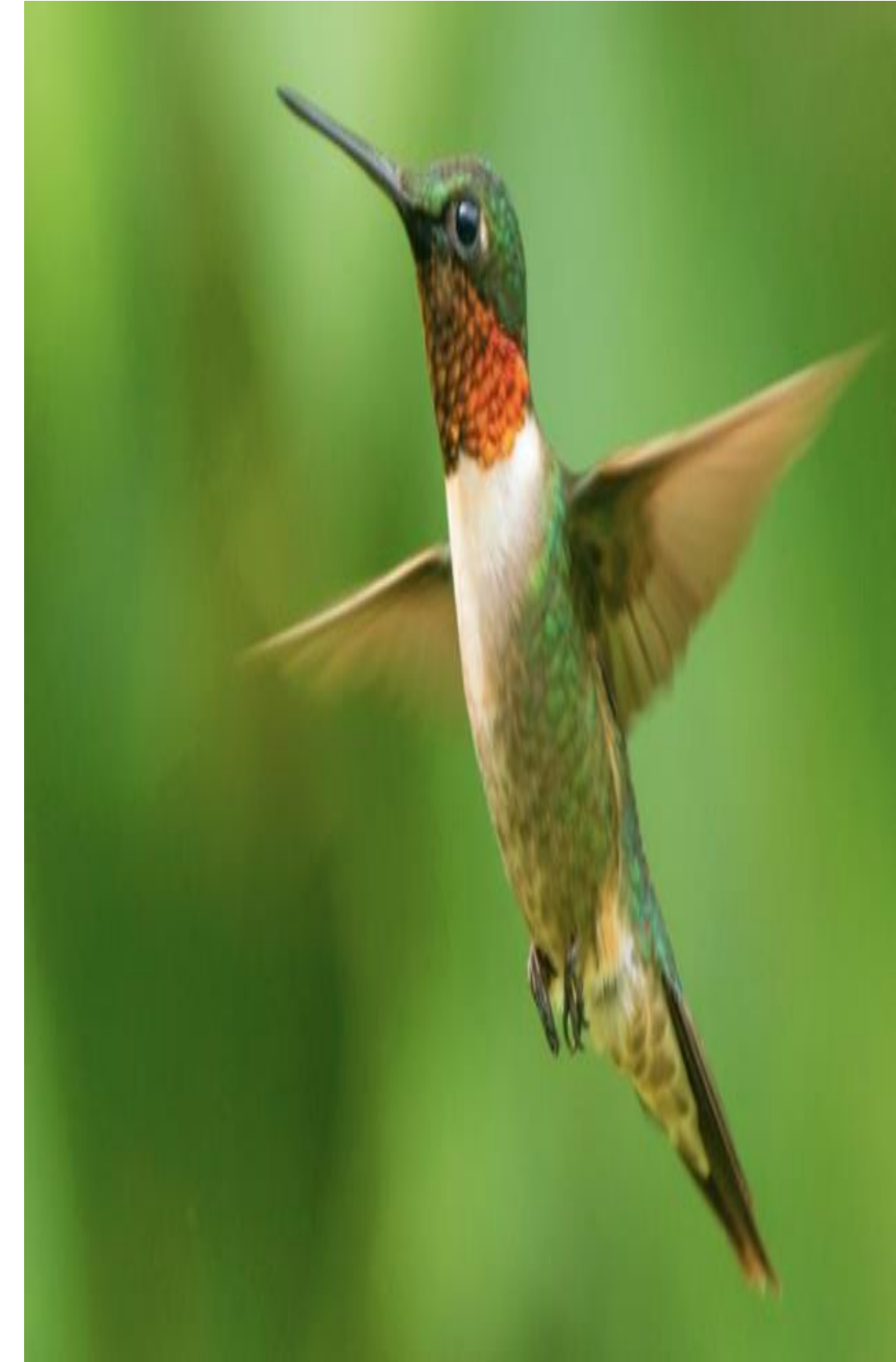
Class on Webpage

<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

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.





THE END NOVEMBER 2, 2025