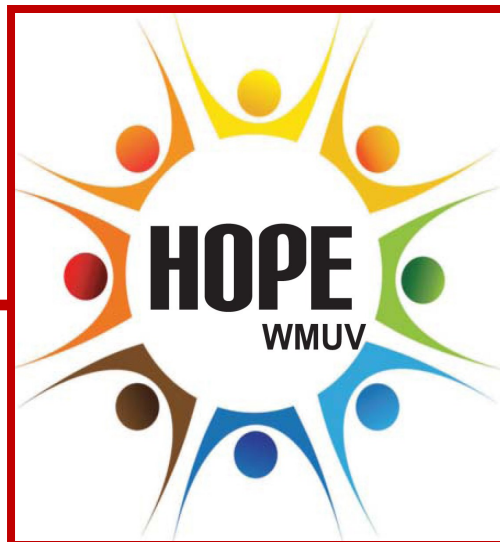


Mental Health Facilitator's Guide

Emotional stability is a strain from those who are overwhelmed with the challenges of life or who suffer a biological challenge related to the mind. Many adults about 47.6 million will suffer from a mental illness at some point in their lives in the United States alone. How can the church help and respond to the problem of mental health?

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Selected Scripture References

A Psalm	Psalm 88	Depressed, David grapples with God.
Old Testament	1 Samuel 16:2	A friend soothes a friend in need.
New Testament	Philippians 4:6-7	A word about trusting God in times of anxiety.

Explore Together

1. Why would God care about those suffering and lacking internal peace?
2. Explore together some possibilities of why it may be difficult to navigate life when faced with a mental illness?
3. Mental illness is known as the “no casserole sickness.” How can the church show compassionate care to sufferers and caretakers?
4. Anteal is an advocate for the mentally challenged. How can we become the light of Christ as advocates?
5. WMUV HOPE volunteers are raising awareness about mental illness and dementia throughout our churches and associations. Confronting stigmas has led committed Christ followers to become if not more accepted at least more understood in their families and in the local church. How can your church help in dispelling myths about mental illness?

Pray

Pray for those who suffer from a chemical imbalance in the brain.

Pray for those who care for loved ones who are suffering from a mental illness.

Pray for doctors, therapists and other treatment personnel as they persevere in serving those who suffer with mental health challenges.

Pray that the emotionally well will offer compassionate care to those who are suffering at any given time.