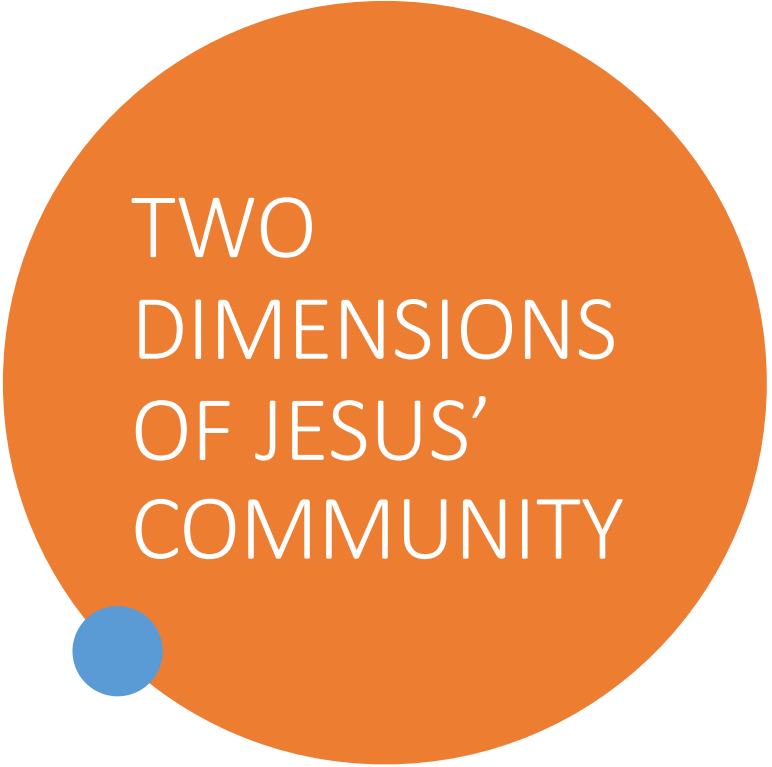


MINDFUL FAITH


How to Help Yourself and Others When Others
in Your World are Hurting


Rev Bruce Hartung, Ph.D.

September 9, 2023



TWO DIMENSIONS OF JESUS' COMMUNITY

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- There are two dimensions in this experience of Christian community. One expresses their relationship with Christ; in Christ all share a common good, and this is redemption. No one redeems him/herself; he is redeemed by Christ. Her followers participate, in this common life, they partake a common Cup, they are empowered by the same Spirit, they have a common hope. This emphasis is on an active relationship with Christ as the Head, from whom they have all received.



TWO DIMENSIONS OF JESUS' COMMUNITY

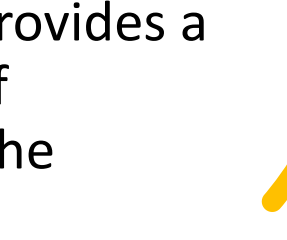
- The other dimension expresses the relationship they bear with one another through sharing in the redemptive work of Christ. Participation in a common salvation makes them siblings. ... Each has a responsibility to others, but this responsibility is not motivated by legalistic requirements, but by freedom in the kind of love which creates mutual helpfulness. These dimensions of Christian experience are organically related.

Carroll Wise, [Mental Health and the Bible](#), - p. 127

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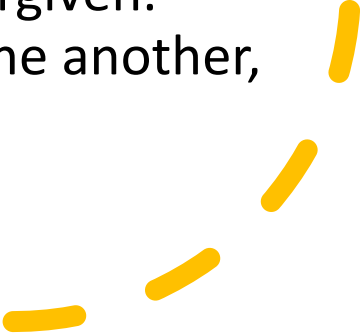
TWO BASIC LIVING CONDITIONS

There are then two basic conditions under which a person may live. One is described by the words community, belonging and fellowship; the other is described by isolation, estrangement and aloneness. There are various degrees of these conditions and most of us have experienced them all at various times. Fellowship is essential to health; isolation leads to illness in one form or another. In fostering the experience of Christian community the Church provides a foundation for the development of wholesome, mature persons and the prevention of much illness. Wise, p. 129

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A large orange shape on the left side of the slide, consisting of a vertical rectangle on the left and a quarter-circle on the right.

IS ANYONE ...

- Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven. Therefore, confess your sins to one another, that you may be healed. James 4:13-16
- 
- A series of four short, curved yellow lines in the bottom right corner of the slide, arranged in a slightly upward-curving path.

LOVE
CONTRIBUTE
BLESS
REGARD
WEEP
REJOICE


- Let love be sincere; hate what is evil; hold on to what is good; love one another in mutual affection; anticipate one another in showing honor. Do not grow slack in zeal. Be fervent in spirit, serve the Lord. Rejoice in hope; endure in affliction, persevere in prayer. Contribute to the needs of the holy one, exercise hospitality. Bless those who persecute you, bless and do not curse them. Rejoice with those who rejoice; weep with those who weep. Have the same regard for one another ... Romans 12:9-16a





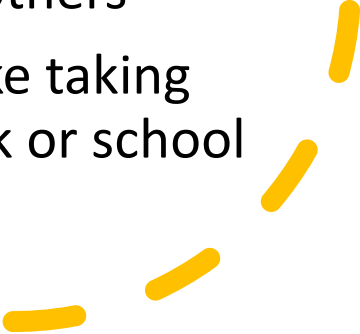
PAY ATTENTION
TO

EARLY WARNING SIGNS

- Eating or sleeping too much or too little
 - Pulling away from people and usual activity
 - Having low or no energy
 - Feeling numb or like nothing matters
 - Having unexplained aches and pains
 - Feeling helpless or hopeless
 - Smoking, drinking or using drugs more than usual
 - Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- 

EARLY WARNING SIGNS

(SAMHSA –
<https://www.samsha.gov/mental-health>)

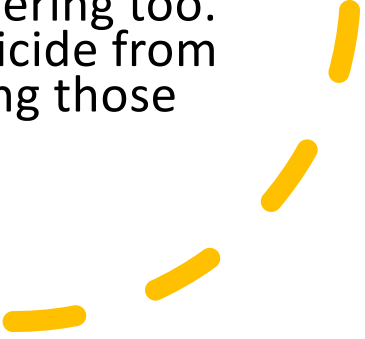
- Yelling or fighting with family or friends
 - Experiencing severe mood swings that cause problems in relationships
 - Having persistent thoughts or memories you can't get out of your head
 - Hearing voices or believing things that are not true
 - Thinking of harming yourself or others
 - Inability to perform daily tasks like taking care of your kids or going to work or school
- 

THE DEFINING PUBLIC HEALTH ISSUE OF OUR TIME

Washington Post, 09/05/23. A 11

Surgeon General Vivek H. Murthy recently called the youth mental health crisis “the defining public health issue of our time,” saying that it threatens “the foundation for health and well-being for millions of our children”.

Seventy percent of schools have reported an uptick in students asking for mental health services since the pandemic started. Teenage girls reported record levels of sadness and hopelessness in the most recent surveys conducted by the Centers for Disease Control and Prevention. Nearly 1 in 3 girls reported in 2021 that they seriously considered suicide – up almost 60% from a decade ago. Boys are suffering too. Federal data shows a rising rate of suicide from 2020 to 2021 for males, highest among those ages 15 to 24.






TALKING ABOUT
MENTAL HEALTH

TALKING ABOUT MENTAL HEALTH

(Allyson Chiu)

- 1. PAY ATTENTION
 - 2. NORMALIZE CONVERSATIONS ABOUT MENTAL HEALTH
 - 3. DO NOT BE AFRAID TO ASK ABOUT SELF-HARM OR SUICIDE
 - 4. KNOW HOW YOU CAN HELP
 - 5. STAY CONNECTED AND FOLLOW UP
- 

TALKING ABOUT MENTAL HEALTH

(David Brooks)

- Approach with awe
- Ask elevating questions
- Ask open ended questions
- Make them authors, not witnesses
- Treat attention as all or nothing



TALKING ABOUT MENTAL HEALTH

David Brooks

- Don't fear the pause
- Keep the gem statement front and center
- Find the disagreement under the disagreement
- The midwife model



RESOURCES INCLUDE ...

- YOUR PASTOR
- YOUR LOCAL AND STATE MENTAL HEALTH DEPARTMENT
- SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES
samhsa.gov
- MAYO CLINIC www.mayoclinic.org
- NATIONAL INSTITUTES OF MENTAL HEALTH
www.nimh.nih.gov
- AND ...



JESUS IS PRESENT; THE SPIRIT IS ALIVE AND AT WORK

- Where two or three are gathered, there I am in their midst
- Lo, I am with you always until the end of the age
- You are baptized and the Spirit lives in you