

**Miriam  
Chan**

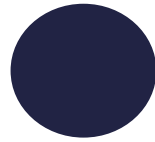
# Mental Health & Ministry Workshop





# TODAY'S WORKSHOP

## AGENDA



**WHAT IS MENTAL ILLNESS?**



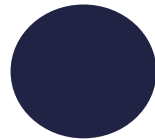
**INTERSECTION BETWEEN CHRISTIANITY AND  
PSYCHOLOGY/PSYCHIATRY**



**PEOPLE IN THE BIBLE WITH MENTAL HEALTH  
STRUGGLES**




**NEXT STEPS**



**Q&A**



A hand holding an open Bible, with the pages slightly curved. The background is a blurred image of water and rocks, suggesting a natural setting. The image is positioned on the left side of the slide, with a white diagonal line separating it from the text area.

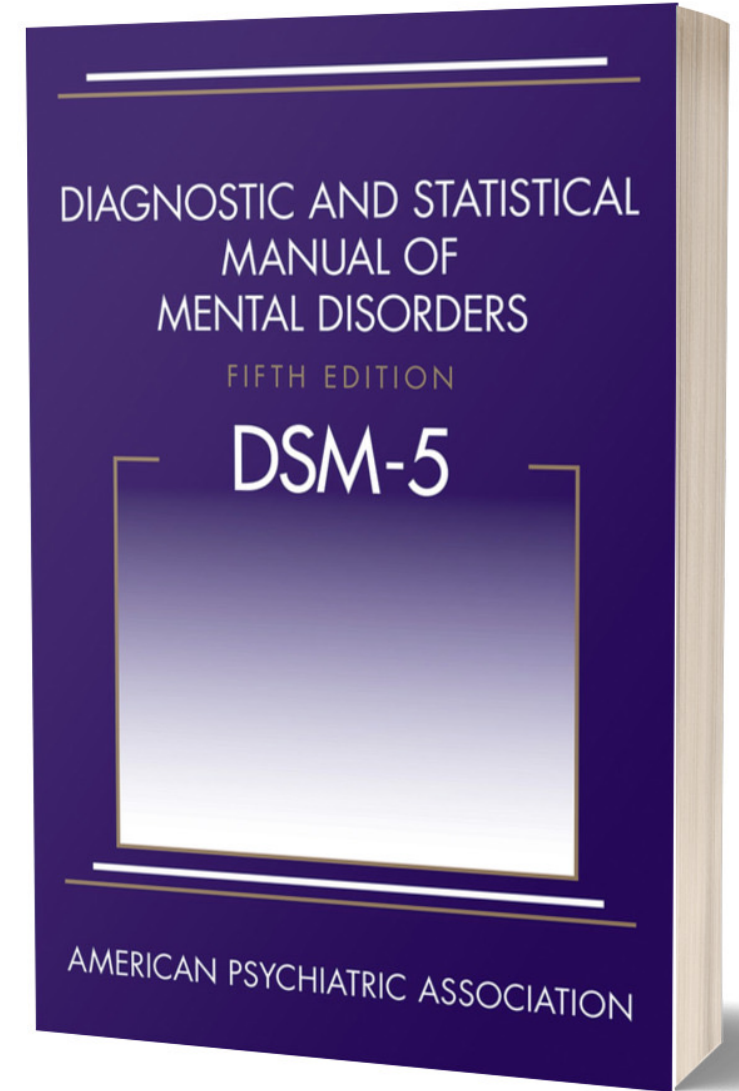
His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

**2 PETER 1:3**



## WHAT IS MENTAL ILLNESS?

It is clinically significant disruption in a person's thoughts, moods, behaviours or ability to relate to others, severe enough to require treatment or intervention.







## 19 primary diagnostic categories of disorders

- Neurodevelopment — autism, ADHD, intellectual disabilities
- schizophrenia
- bipolar
- depression
- OCD
- anxiety
- trauma and stressors
- dissociation
- somatic symptoms
- feeding and eating
- elimination disorders
- sleep-wake
- breathing-related sleep
- parasomnias
- sexual
- gender dysphoria
- disruptive impulsive control and conduct
- substance related and addictive disorders
- neuro-cognitive
- personality
- paraphilic disorders eg paedophilia
- And other mental disorders



# Psychologist



**\$\$**  
**2-4 MONTHS WAIT**

# Psychiatrist



**\$\$\$\$**  
**6-12 MONTHS WAIT**





**One in five (20%) Australians aged 16-85 experience a mental illness in any year.**

**Almost half (45%) Australians will experience a mental illness in their lifetime.**

**Black Dog Institute**



## WHAT CAUSES MENTAL DISORDERS?

1. Biological (nature)  
factors
2. environmental (nurture)  
factors







# WHAT IS THE PLACE OF THE BIBLE AS WE THINK ABOUT MENTAL ILLNESS?



A hand holding an open book, with a blurred background of water and foliage. The book is open to a page with text, and the hand is visible on the right side of the book. The background is a soft-focus image of water and greenery, creating a serene and contemplative atmosphere.

“All truth is God's truth”

**AUGUSTINE (A.D. 354-430)**





# HOW IS MENTAL ILLNESS VIEWED IN BIBLE TIMES?



## MENTAL ILLNESS IN THE BIBLE

The Bible refers to madness and insanity.

### **John 10:18-20**

18 No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."

19 The Jews who heard these words were again divided.

20 Many of them said, "He is demon-possessed and *raving mad*. Why listen to him?"

**Acts 26:24** At this point Festus interrupted Paul's defense. "You are out of your mind, Paul!" he shouted. "Your great learning is driving you *insane*."



## MENTAL ILLNESS IN THE BIBLE

The Bible refers to madness and insanity.

### **Acts 12:14-15**

When she recognised Peter's voice, she was so overjoyed that she forgot to open the gate, but ran inside and announced, "Peter is standing at the gate!" 15 "*You are out of your mind,*" they told her. But when she kept insisting it was so, they said, "It must be his angel."



## MENTAL ILLNESS IN THE BIBLE

The Bible refers to madness and insanity.

### **Jeremiah 29:26**

26 'The Lord has appointed you priest in place of Jehoiada to be in charge of the house of the Lord; you should put any *maniac* who acts like a prophet into the stocks and neck-irons.

### **Mark 5:3-5**

3 This man lived in the tombs, and no one could bind him anymore, not even with a chain. 4 For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. 5 Night and day among the tombs and in the hills he would cry out and cut himself with stones.



## HOW HAS GOD HAS CREATED US?

### **Psalm 139:14**

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

### **Mark 12:30-31**

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.'"

### **Gen 2:18**

The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."







## HOW ARE HUMANS AFFECTED BY THE FALL?

### **Romans 6:23**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.  
Spiritual death is the result of sin.

### **Psalms 51:5**

Surely I was sinful at birth, sinful from the time my mother conceived me.





**THEREFORE, IF ANYONE IS IN CHRIST,  
THE NEW CREATION HAS COME: THE OLD  
HAS GONE, THE NEW IS HERE!**

**2 CORINTHIANS 5:17-21**





## WHAT IS THE ROLE OF THE DEMONIC IN MENTAL ILLNESS?

Temptation Matt 4:1-11

Deception

Accusation

Infirmity: Saul, Job, Paul

Demon-possession





**God is actively pursuing his  
lost sheep in the midst of mental illness.**

**Mental illness can be  
a transformational experience  
-drawing one closer to God.**



King Saul

David

Bipolar One Disorder?

Major Depressive Disorder?

1 Samuel 19

Psalms 102



Exercise to complete now.  
Go to this website:

[www.healthfocuspsychology.com.au/tools/dass-21/](http://www.healthfocuspsychology.com.au/tools/dass-21/)





PETER BRAIN -

**“ GOING THE DISTANCE: HOW TO STAY FIT FOR A LIFETIME OF MINISTRY”**

Researchers have identified 3 symptoms of burnout:

- A sense of being drained emotionally
- A reduced sense of personal accomplishment
- A sense of depersonalisation, of distance &  
-disconnection in relationships.

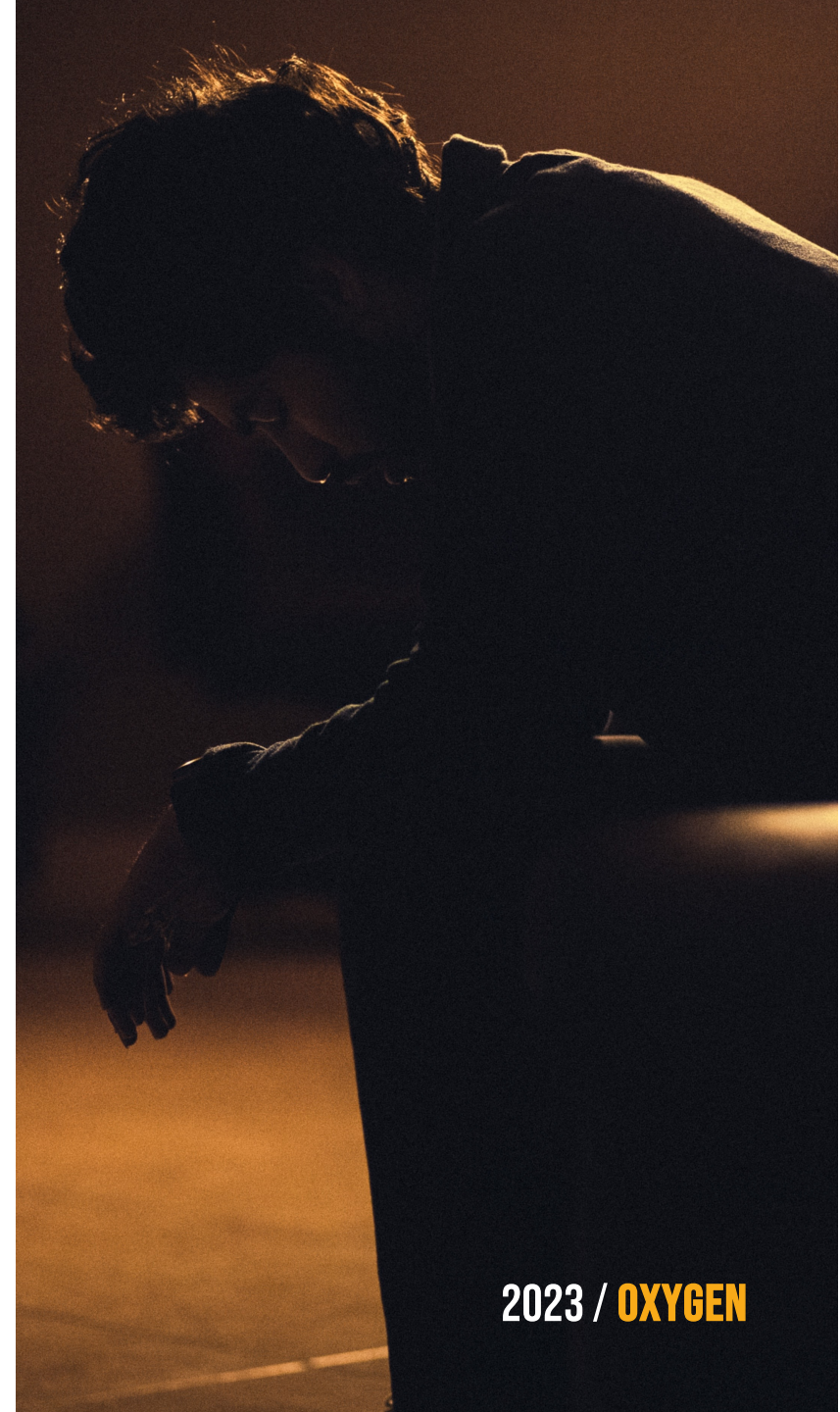


PETER BRAIN -

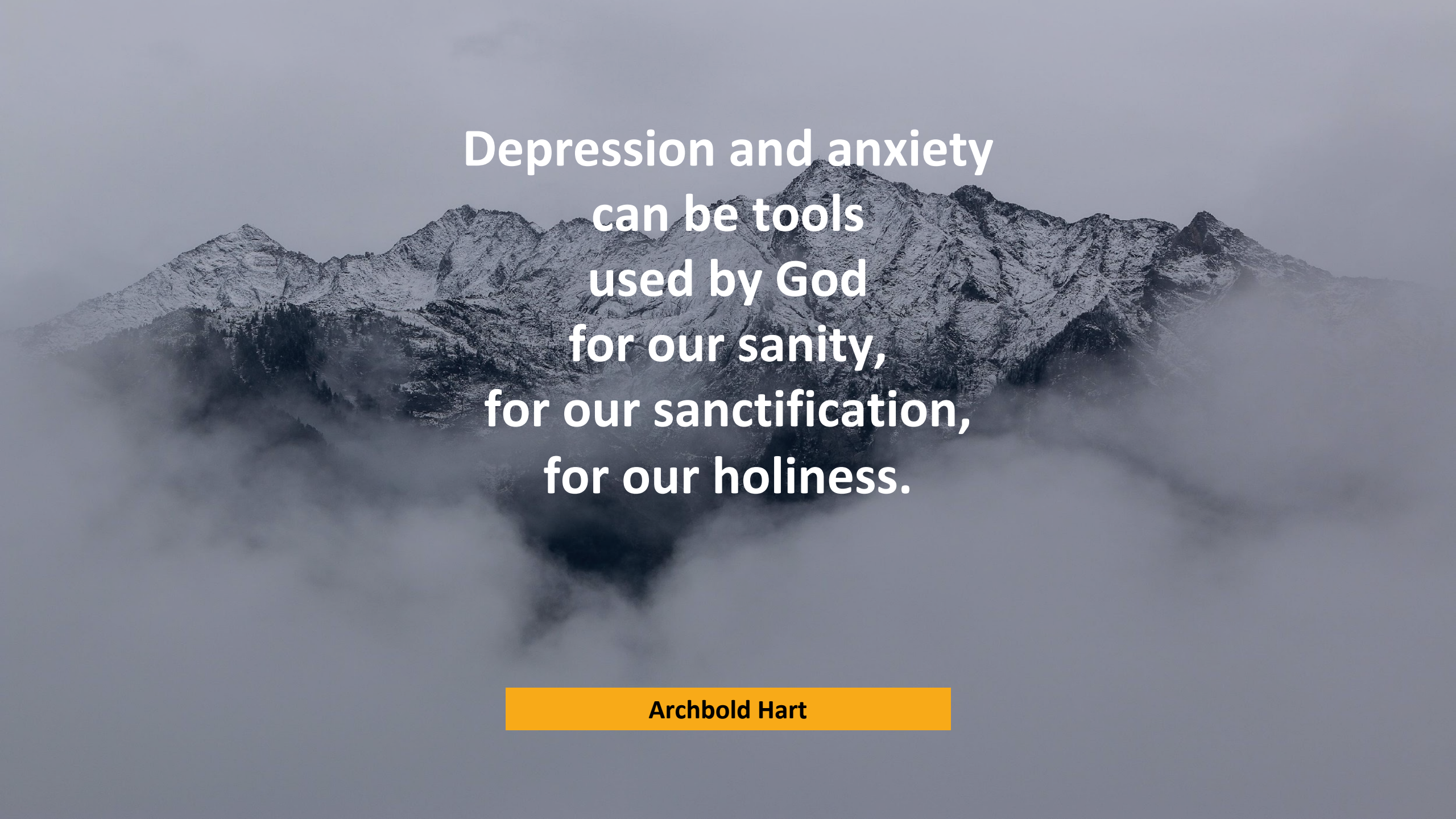
## “ GOING THE DISTANCE: HOW TO STAY FIT FOR A LIFETIME OF MINISTRY”

Those in ministry often struggle with :

- Inability to say no
- A need to succeed
- The expectations and demands of churches
- Long working hours
- Lack of healthy lifestyle habits







**Depression and anxiety  
can be tools  
used by God  
for our sanity,  
for our sanctification,  
for our holiness.**

**Archbold Hart**





# THE IMPORTANCE OF WAITING AND RECOVERY



## WHY IS VOCATIONAL MINISTRY INTENSE?

- money and time is tight
- spiritual warfare (Eph 6:11-20). Satan wants to derail your faith and discourage you; wreck your marriage and take down your children.
- disappointments happen- criticism from the congregation, you'll let people down.
- constant deadlines, copious meetings, less accountability
- Bible as a textbook may impact personal walk with God
- ministry leaders are under intense pressure. As Paul notes, "apart from other things, there is the daily pressure on me of my anxiety for all the churches" (2 Cor 11:28).



## UNIQUE RESOURCES

- A **Father** who sees, knows, forgives and cares.
- The Bible, prayer, sacraments, the power of the Holy Spirit.
- **Hope and comfort** : “remembering that our God of all comfort.. comforts us in all our affliction, so that we may be able to comfort those who are in any affliction.” (2 Cor 1:3-4)
- **Church/Christian family**



## PRACTICAL CONSIDERATIONS

### **Understand your current context**

- On a scale of mental health 1 =very stable, 10 = very unstable, what number would I give myself?
- What number would someone very close to me allocate to me?
- What pastoral care advice would you give someone you care about in your situation?



## PRACTICAL CONSIDERATIONS

### **Invest in Self Care**

- What tools do you currently engage to thrive physically, mentally, relationally, and spiritually?
- What tools and structures are needed for your improved mental health and wellbeing in ministry? When will you implement them?





# QUESTIONS, THOUGHTS AND REFLECTIONS



[newleafcentre.com.au](http://newleafcentre.com.au)

