

**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

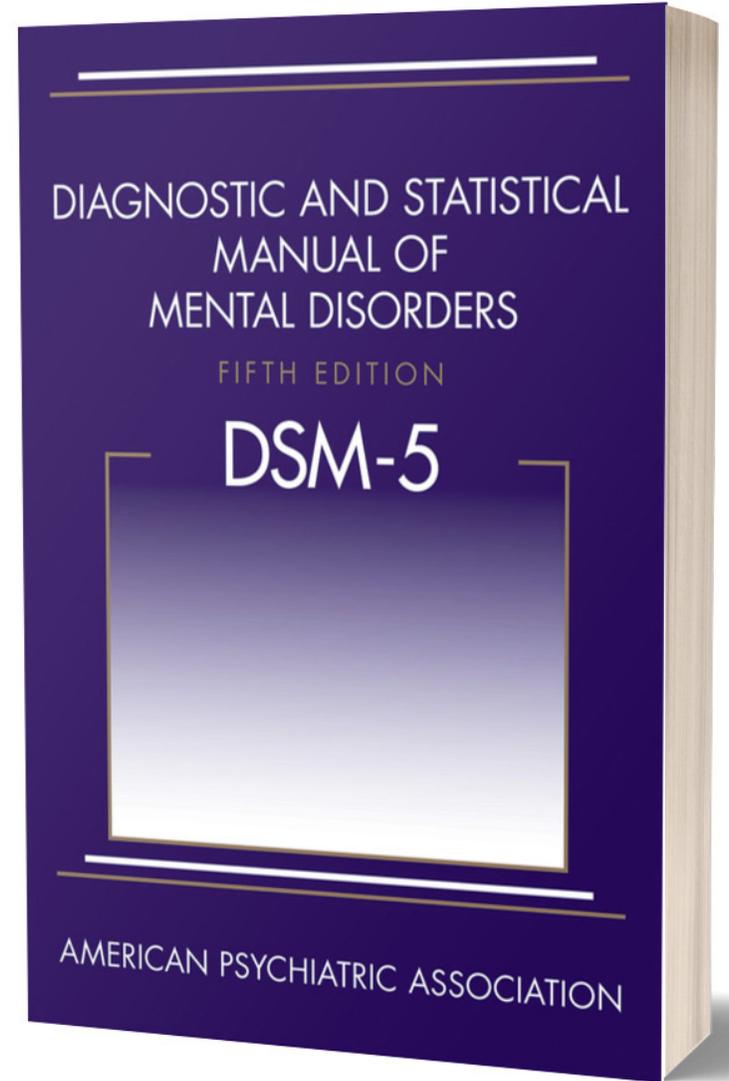
A photograph showing a person's hands holding an open book, reading it. The background is a blurred view of water and trees, suggesting an outdoor setting. The image is partially obscured by a white diagonal shape that contains the text.

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 photograph of a person's hands holding an open book, reading it. The background is a blurred view of water with sunlight reflecting off the surface, creating a bokeh effect. The image is positioned on the left side of the slide, partially cut off by the edge.

“All truth is God's truth”

AUGUSTINE (A.D. 354-430)

A blurred, high-angle shot of a modern staircase with wooden steps and metal railings. Several people are walking up and down the stairs, their figures out of focus to convey a sense of movement and a busy environment. The background is a plain, light-colored wall.

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.

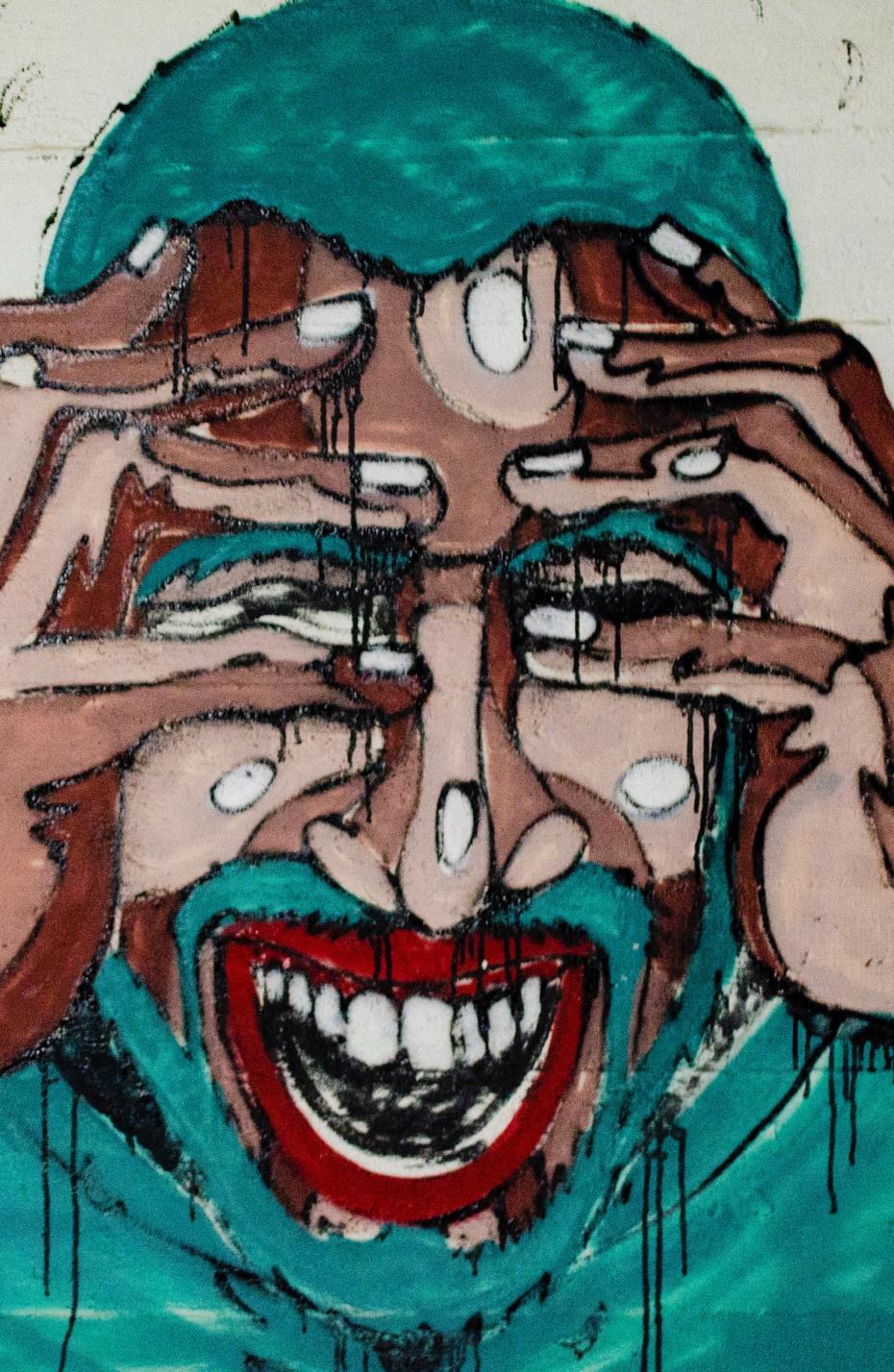
Mark 12:30-31

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?

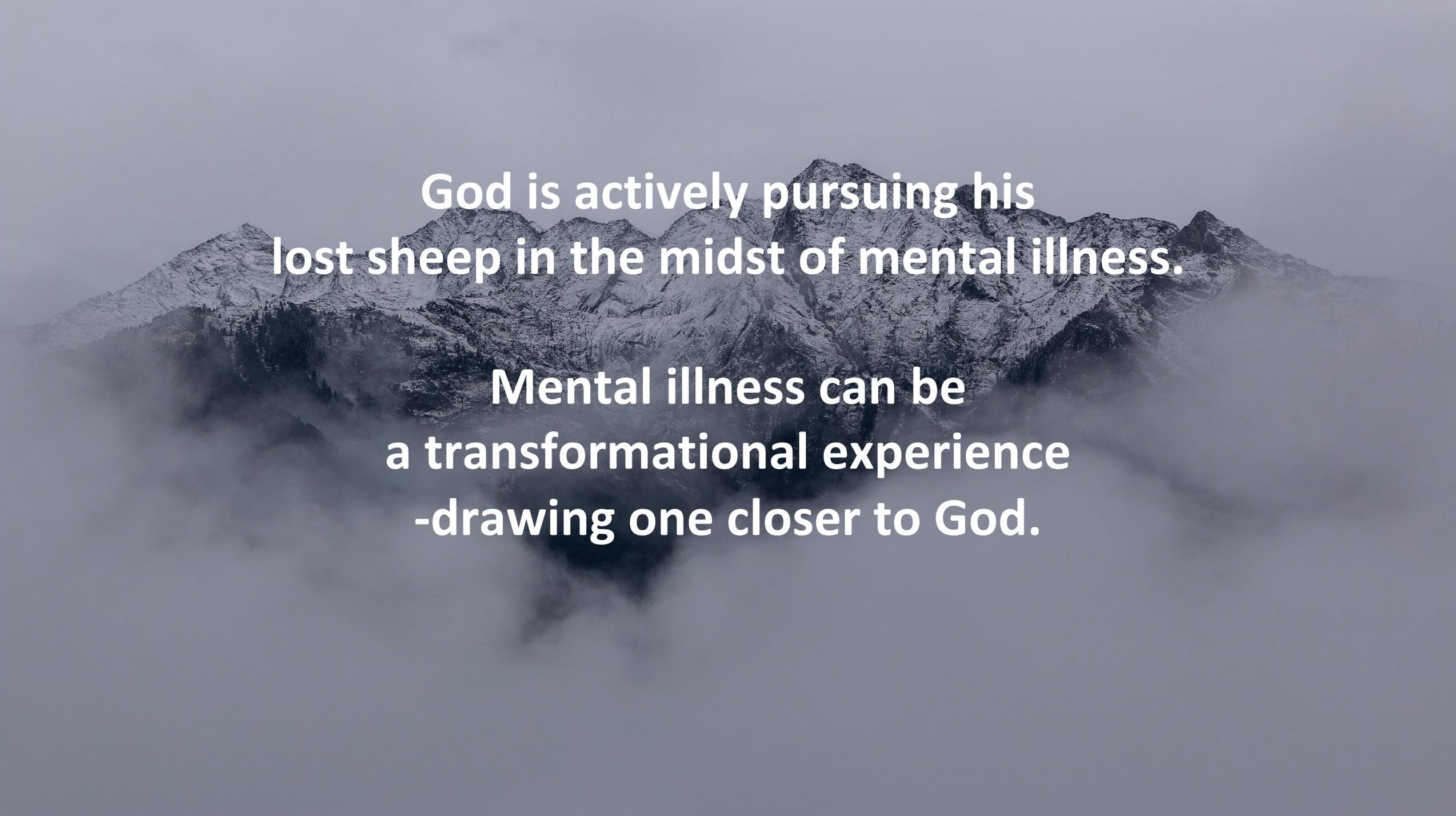
Temptation Matt 4:1-11

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/



PETER BRAIN -

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

Researchers have identified 3 symptoms of burnout:

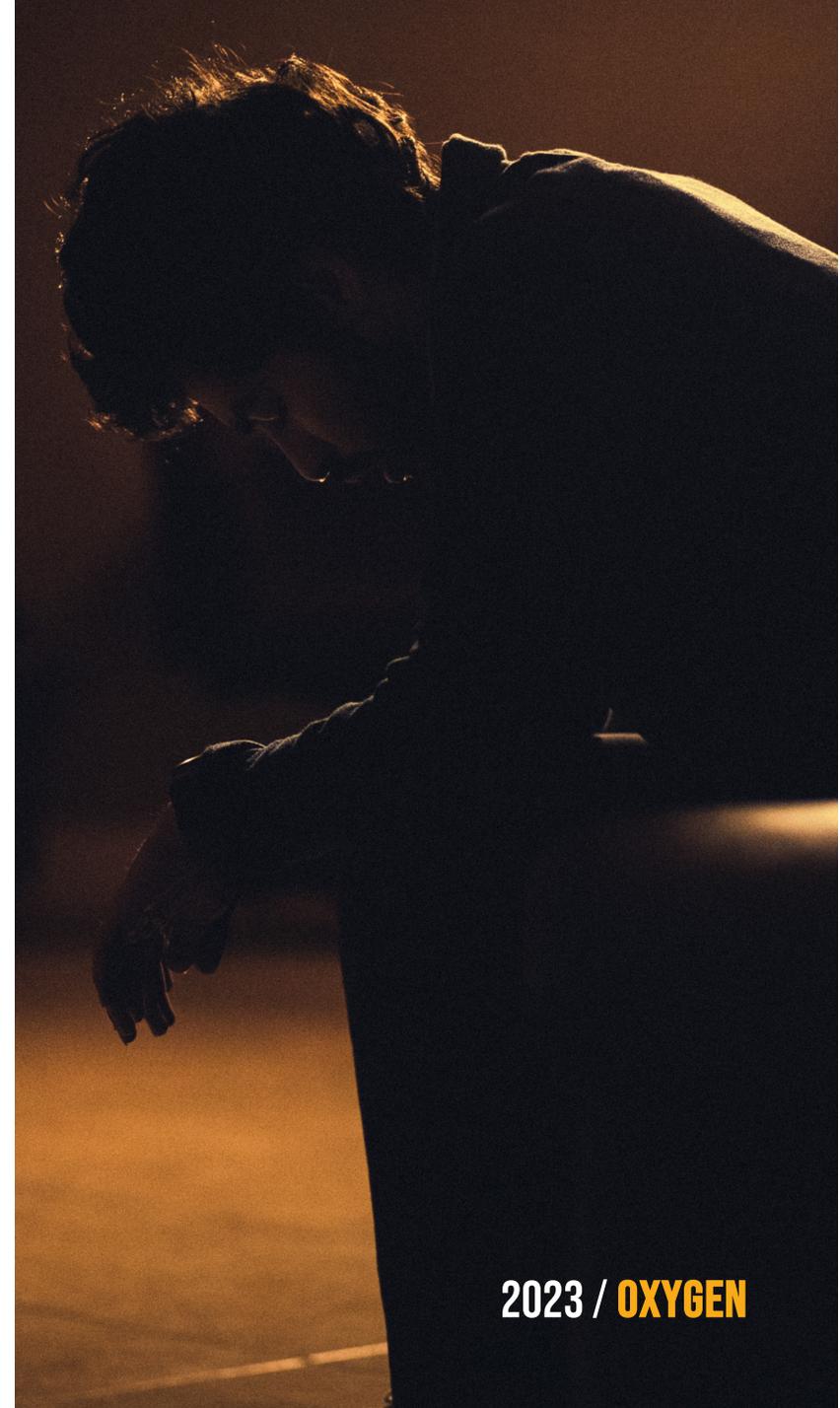
- A sense of being drained emotionally
- A reduced sense of personal accomplishment
- A sense of depersonalisation, of distance & disconnection in relationships.

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

