

Mental Health and Ministry

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1. What is mental illness?

2. Intersection between Christianity and Psychology/Psychiatry

3. People in the Bible with mental health struggles

4. Christian ministry with mental illness

5. Practical considerations:

A) Understand your current context

- On a scale of mental health stability, 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?

B) 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: