



Peace of Mind: Part 3

January 21, 2024

A theology of mental health.

Bad theology. Our health. **Other's** health.

"If we could treat everyone in the church like they've had suffering in their lives..."

How do we approach one another?

How do we love people whose mental health is at a different place than ours?

Physical vs Mental: Stigma, Judgments, Shame

How did Jesus love people with differing degrees of health?

Philippians 2:1-11

¹ Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? ² Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too.

⁵ You must have the same attitude that Christ Jesus had.

⁶ Though he was God, he did not think of equality with God as something to cling to. ⁷ Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, ⁸ he humbled himself in obedience to God and died a criminal's death on a cross.

⁹ Therefore, God elevated him to the place of highest honor and gave him the name above all other names, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.

Christ “Incarnate” (became flesh): knows, understands, comes alongside, compassion

How do we love people whose mental health is at a different place than ours?

Listen (active listening). **Empathy** (“I’m sorry”). Boundaries.

“If we could treat everyone in the church like they’ve had suffering in their lives...”

REFLECTIONS

1. How do you wish you were treated when you came to church? What about outside the church?
2. How or in what ways have you seen stigma, judgment, and shame applied to those struggling with mental health?
3. Read Philippians 2:1-11. What sticks out to you? What surprises you? What do you wish to remember most from it?
4. What does it mean to you that Christ “understands you, knows you, comes alongside you, and has compassion for you”? (And for others?)
5. How do we love people whose mental health is at a different place than ours?