

Lifting the Lid

Bible Study exploring God's heart for Mental Health

Course Overview:

This is an eight-week Bible study course that focuses on our faith and mental health. Each week we'll learn about specific mental health issues and diagnoses - causes, treatments and how the church can help. This study will start with the Bible; seeking to gain a better Christian perspective on mental health. Key Bible stories and passages will be used to understand how God treats those with mental health problems, who feel exhausted, rejected, hopeless and heartbroken. The study will take a God approach and use that approach to explore the mental health challenges faced in the church and community.

Study Outline:

Session 1: Valued from the Heart of God

- Bible Study – Zacchaeus
- Topic – The view of Mental Health and Stigmatization
- Learning Objective – Introduction to Faith and Mental Health

Session 2: UnCared For

- Bible Story Elijah
- Topic – Depression and Mood Disorders
- Learning Objective – Depression effects all at different levels

Session 3: Stressed to the MAX

- Bible Study – Travelers to Emmaus
- Topic – Introduction to Anxiety
- Learning Objective – Control and letting go of feelings of anxiety

Session 4: Under another's Control

- Bible Study – Paul "Thorn in the flesh"
- Topic – Under the control of Addictions
- Learning Objective – How addictions control the individual

Session 5: Accepting the Unexplainable

- Bible Study – The weeping woman
- Topic – Introduction to Psychotic and Personality illness
- Learning Objective – Gain an understanding to severe mental illness

Session 6: Loving the Beloved

- Bible Study – The prodigal son
- Topic – Self harm and eating disorders
- Learning Objective – When others do things to regain control

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Session 7: Mind and Body Change

- Bible Study – Sampson
- Topic – Mental & Developmental Problems
- Learning Objective – Understand developmental disorders and problems from life stages

Session 8: How the Faith Care

- Bible Study – Jesus ministry
- Topic – Does the church and faith community care for Mental Health
- Learning Objective – To understand and develop the mission of Caring