

FAITH Ministry

**A Bible-based support group
for people living with mental illness**

Contact us at FAITHMinistryLeadTeam@gmail.com

Contents

About FAITH Ministry.....	3
Details about FAITH Ministry.....	4
Meeting Location.....	5
Mental Illness Defined.....	5
Reflection on Serving the Mentally Ill.....	6
Why a Mental Illness Ministry?.....	8
Bible Verses on Anxiety.....	9
Bible Verses to Comfort and Encourage the Chronically Ill.....	11
Bible Verses on Hope.....	14
Bible Verses on Our Identity in Christ.....	15
Resources.....	17

FAITH Ministry

A Bible-based support group for people living with mental illness

FAITH is a Bible-oriented support group for people with mental illness. We seek to offer hope, encouragement, growth, community, and progress. The group meets weekly for guided Bible study and discussion on topics broadly related to mental illness, as well as for prayer, sharing, and fellowship.

We believe that a person is not defined by their mental illness. We also believe that there is no shame in having a mental illness. Life may be more challenging, but with God's help, we can learn from these challenges and lead godly and productive lives.

FAITH Ministry is not a therapy group or intended to replace professional or in-depth counseling. However, if you have a mental illness and it is interfering with your everyday life or your relationship with God, FAITH ministry can offer some extra support and encouragement. We invite you to join us at the time and address on the following pages.

For more information contact us at
FAITHMinistryLeadTeam@gmail.com

Details about FAITH Ministry

Definition: FAITH Ministry is a Christ-based support group for people with mental illness.

Purpose: Our purpose is to offer a biblically based community for people living with mental illness. Our goal is to help each other, through the love and power of God, to move toward improved mental health and to reach out to those who don't have the hope of Christ.

Disclaimer: This is not a therapy group or intended to replace professional or in-depth counseling.

Invitees: Anyone with a mental illness (see next page for definition).

Frequency: Every Sunday from 1:30pm to 3:30pm.

Meeting:

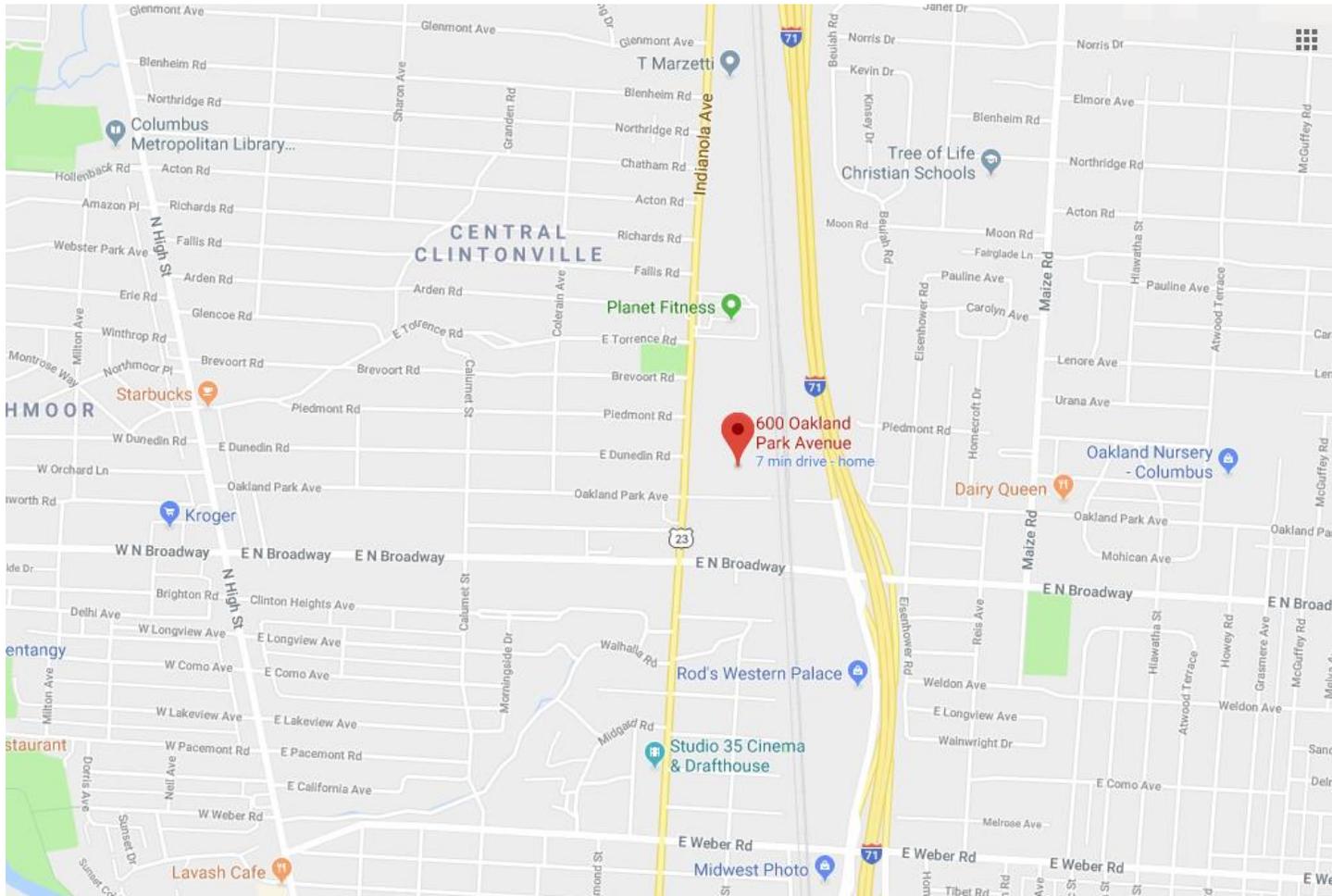
- Sometimes we do a short Bible teaching with discussion. (2nd and 4th Sundays of the month)
- Other times we do a "Share & Prayer". (1st and 3rd Sundays of the month)
 - o During our Share and Prayer you can volunteer to talk about your past week and the ups and downs you encountered. If you're new to FAITH Ministry and want to share your story, please feel free to do so. You can have up to 10 minutes to share so that others will have the opportunity to share as well.
 - o After you've spoken, we'll ask for your consent before calling on others who may have a brief clarifying question. Then the group will pray for you and we'll continue on to the next person.
 - o We ask everyone to refrain from feedback during our meeting time. There will be additional time after the meeting.
 - o In addition, please be mindful that our discussion can influence others. If you have ever, or currently have, experienced suicidal thoughts, and you have both the will and means to carry it out, please do not share that during the meeting. We urge you to seek medical help as soon as possible.

Format:

- 1:30 – 2:00pm Hangout
- 2:00 – 3:00pm Meeting
 - o The meeting is ended with corporate prayer, and then we gather in a circle to recite 2 Corinthians 5:17.
- 3:00 – 3:30pm Hangout

Meeting Location

Xenos Warehouse, Room E (on the second floor)
600 Oakland Park Avenue, Columbus, Ohio 43214



Mental Illness Defined

“A **mental illness** is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis....” (Mental illness as defined by The National Alliance on Mental Illness, <https://www.nami.org/Learn-More/Mental-Health-Conditions>)

Reflection on Serving the Mentally Ill

2 scripture quotes – Christ and Paul

Matthew 25:34-36

³⁴ “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. ³⁵ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶ I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

POINT 1: You are blessed when you look after the sick.

Acts 20:17,32-35

¹⁷ From Miletus, Paul sent to Ephesus for the elders of the church...³² “Now I commit you [elders] to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified. ³³ I have not coveted anyone’s silver or gold or clothing.³⁴ You yourselves know that these hands of mine have supplied my own needs and the needs of my companions. ³⁵ In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’ ”

POINT 2: We must persist in helping the weak.

Ajith Fernando comments on these 2 passages.

”We live in a world whose warped values see weak and unproductive people as unimportant. It seems like a waste of time to invest time and energy in such people. But the way a Christian views people is radically different. We know that on the day of judgment, God will not be concerned with our worldly accomplishments. He will look at the fruit of our faith in Jesus Christ - how we treated the hungry, thirsty, the stranger, the naked, the sick, and the prisoner (Matthew 25:35-36), people who our society regards as weak and unproductive.

While the world values success and applauds those who are driven by selfish ambition, we follow a different set of values. Paul told the Ephesian elders, "In all things I have shown you that by working hard in this way we must help the weak" (Acts 20:35) The greatest of the Apostles worked hard. Why? To help the weak! In our throwaway society such activity looks like a waste of time. Is it any wonder that the church is so shallow when we shun the opportunities God gives us to help weak people? Instead, we must learn to be patient in dealing with the weaknesses of others." (Reclaiming Love, Radical Relationships in a Complex World by Ajith Fernando, page 48, 2012, Zondervan, Grand Rapids, Michigan 49530)

Three Cautions:

1. We are not Messiahs (p. 69)
 - "...we do not need to meet every need we encounter..."
2. Be prepared to be hurt (p.71)
 - "Not everyone we help responds positively to the help we offer them."
3. Too much fulfillment (p. 73)
 - "If we get too much fulfillment from our service, we may not be willing to hand it over to others. We may discover that we have come to enjoy the dependence that others have on us so much that we begin unconsciously to keep them dependent on us."

Reclaiming Love, Radical Relationships in a Complex World by Ajith Fernando, pages 69, 71, and 73; 2012, Zondervan, Grand Rapids, Michigan 49530

As we work with the mentally ill remember:

Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Why a Mental Illness Ministry?

Mental illness statistics show that a large number of people live with a mental illness.

- 1/2 of all adults will suffer from mental illness in their lifetime.
- 1/2 of all chronic mental illness begins by the age of 14.
- 1 in 5 children will have a mental illness by age 18.
- 90% of people who die by suicide also had mental illness.
- 1/3 of all alcohol abusers and 1/2 of all drug abusers also battle mental illness.
- 25% of people living in shelters are mentally ill.

Hope for Mental Health, Ministry Starter Kit, Pastor's DVD 1, Saddleback Church, 1 Saddleback Parkway, Lake Forest, CA 92630

See also: <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

People with mental illness have symptoms that others don't often experience to the same degree or severity. Meeting with people that understand the variability in mood and medical issues can be beneficial because they can share insights from the Bible and/or their own experiences that can support and encourage one another.

Bible Verses on Anxiety

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 11:28-30 Come to me (Jesus), all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

1 Peter 5:7 Cast all your anxiety on him (God) because he cares for you.

Isaiah 41:10 So do not fear, for I (God) am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Psalms 143:1 O LORD, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

Isaiah 26:3-4 You will keep in perfect peace him whose mind is steadfast, because he trusts in you (God). Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.

Psalms 40:1-3a I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God...

Psalms 94:17-19 Unless the LORD had given me help, I would soon have dwelt in the silence of death. When I said, "My foot is slipping," your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul.

Psalms 9:9 The LORD is a refuge for the oppressed, a stronghold in times of trouble.

Psalms 46:10a Be still, and know that I am God...

Psalm 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Psalm 62:1-2,8 My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken...Trust in him at all times, O people; pour out your hearts to him, for God is our refuge

Scripture from the New International Version 2011 at <http://www.biblegateway.com/>

Bible Verses to Comfort and Encourage the Chronically Ill

Psalm 34:4 I sought the LORD, and he answered me; he delivered me from all my fears.

Psalm 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 37:7a Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways...

Psalm 42:5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 63:3-4 Because your love is better than life, my lips will glorify you. ⁴ I will praise you as long as I live, and in your name I will lift up my hands.

Psalm 71:20 Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

Psalm 73:23-26 Yet I am always with you; you hold me by my right hand. ²⁴ You guide me with your counsel, and afterward you will take me into glory. ²⁵ Whom have I in heaven but you? And earth has nothing I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalm 94:19 When anxiety was great within me, your consolation brought me joy.

Psalm 119:107 I have suffered much; preserve my life, LORD, according to your word.

Psalm 126:5 Those who sow with tears will reap with songs of joy.

Psalm 130:5 I wait for the LORD, my whole being waits, and in his word I put my hope.

Psalm 145:14 The LORD upholds all who fall and lifts up all who are bowed down.

Isaiah 40:29-31 He gives strength to the weary and increases the power of the weak. ³⁰ Even youths grow tired and weary, and young men stumble and fall; ³¹ but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Jeremiah 29:11 For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

Lamentations 3:21-26 Yet this I call to mind and therefore I have hope: ²² Because of the LORD’s great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. ²⁴ I say to myself, “The LORD is my portion; therefore I will wait for him.” ²⁵ The LORD is good to those whose hope is in him, to the one who seeks him; ²⁶ it is good to wait quietly for the salvation of the LORD.

Lamentations 3:32 Though he brings grief, he will show compassion, so great is his unfailing love.

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

2 Corinthians 1:3-5 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. ⁵ For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

2 Corinthians 4:16-18 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I Peter 5:6-10 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you. ⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. ¹⁰ And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Revelations 21:4 'He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.'

Scripture from the New International Version 2011 at <http://www.biblegateway.com/>

Bible Verses on Hope

Psalm 33:17-18 A horse is a vain **hope** for deliverance; despite all its great strength it cannot save. But the eyes of the LORD are on those who fear him, on those whose **hope** is in his unfailing love...

Psalm 33:20 We wait in **hope** for the LORD; he is our help and our shield.

Psalm 42:11 Why are you downcast, O my soul? Why so disturbed within me? Put your **hope** in God, for I will yet praise him, my Savior and my God.

Psalm 62:5 Find rest, O my soul, in God alone; my **hope** comes from him.

Psalm 130:5 I wait for the LORD, my soul waits, and in his word I put my **hope**.

Psalm 147:11 The LORD delights in those who fear him, who put their **hope** in his unfailing love.

Lamentations 3:21-23 Yet this I call to mind and therefore I have **hope**: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Romans 5:2b-5a ...And we rejoice in the **hope** of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, **hope**. And **hope** does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 12:12 Be joyful in **hope**, patient in affliction, faithful in prayer.

Romans 15:4 For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have **hope**.

Romans 15:13 May the God of **hope** fill you with all joy and peace as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.

Scripture from the New International Version 2011 at <http://www.biblegateway.com/>

Bible Verses on Our Identity in Christ

Forgiveness for sin through Jesus' death

Ephesians 1:7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.

Colossians 2:13-14 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, ¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

New creature in Christ

2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Adoption as God's child

John 1:12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.

Crucified with Christ

Galatians 2:20 I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Delivered from the flesh's authority

Romans 6:6 For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.

Colossians 2:11-12 In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, ¹² having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

Delivered from Satan's authority

Colossians 1:13-14 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, ¹⁴ in whom we have redemption, the forgiveness of sins.

Colossians 2:9-10, 15 For in Christ all the fullness of the Deity lives in bodily form, ¹⁰ and in Christ you have been brought to fullness. He is the head over every power and authority.... ¹⁵ And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

Inheritance in Christ

Ephesians 1:13-14¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Unique role in God's purpose

Ephesians 1:9-10 He made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Adopted from <http://www.xenos.org/classes./christiangrowth/NewIdentityWorksheet.pdf>

Scripture from the New International Version 2011 at <http://www.biblegateway.com/>

Resources

Anger: Facing the Fire Within. June Hunt. Peabody, MA: Hendrickson Publishers Marketing, LLC, 2013.

Changes that Heal. Dr. Henry Cloud. Grand Rapids, MI: Zondervan, 2003.

Grief: Living at Peace with Loss. June Hunt. Peabody, MA: Rose Publishing, LLC, 2013.

Healing for Damaged Emotions, Recovering from the Memories that Cause our Pain. David A. Seamands. Colorado Springs, Co: David C Cook, 2015.

Hope for Mental Health, Ministry Starter Kit. Saddleback Church. Lake Forest, CA.

How to Start a Chronic Illness Small Group Ministry. Lisa J. Copen. San Diego, CA: Rest Publishers, 2010.