

Journey To Hope

The Role of the Church in Mental Health

C - Care for and support people who are mentally ill.

“You must be compassionate just as your Father is compassionate.” Luke 6:36 (NLT)

Will I become as compassionate toward others as God has been toward me?

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests but also to the interest of others.” Philippians 2:3-4 (ESV)

“A friend loves at all times...” Proverbs 17:17

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all of your strength. The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these. Mark 12:30-31 (ESV)

“We all come into the world looking for someone looking for us and we remain in that mode the rest of our lives.” Curt Thomas, The Soul of Shame

“Every person is longing to be seen, soothed, and safe.” Curt Thomas, The Soul of Shame

“I’m broken by their taunts, I’m flat on my face, I’m reduced to nothing. I looked in vain for one friendly face. Not one. I couldn’t find one shoulder to cry on.” Psalm 69:20 (MSG)

Is that you today?

**Show me where I built some walls around my heart.
Show me where I am too busy to show compassion.
Show me how I can love people like you love me.**

H - Help with practical needs.

U - Unleash volunteers.

“Each one should use whatever gift he has received to serve others, faithfully administering God’s gift of grace in its various forms.” 1 Peter 4:10

R - Remove the stigma.

C - Collaborate with the community.

H - Hope starts here!

“I will...transform the Valley of Trouble into a gateway of hope...” Hosea 2:15 (NLT)