



GRAHAM STREET

CHURCH OF CHRIST

Rooted - Growing - Reaching

June 4, 2023

**Sunday Morning
Combined Summer
Adult Bible Class**

In Auditorium

9:00 AM

Teacher:

David Bearden

What Does the
Bible Say About
Mental Health?

**THE BIBLE
AND
DEPRESSION**



Mental Illness Is Real and Christians Must Help

One in five adults lives with a mental illness, according to the Centers for Disease Control and Prevention. That figure does not change based on church membership or faith affiliation.

If we only think about mental illness when we read about mass shootings, we have a badly skewed understanding of what mental illness looks like.

The most common diagnoses are depression, anxiety disorders and PTSD, all of which may hide from public view and sit quietly in the pew next to us, suffering alone.

Among people who have sought treatment, 25 percent have gone first to a member of the clergy — more than those who sought help from psychiatrists, physicians or anyone else, according to data cited by Lifeway Research.

Matthew Stanford, CEO of the Hope and Healing Center and an adjunct professor of psychiatry at Baylor College of Medicine and Houston Methodist Hospital, writes about the interplay of psychology and issues of faith.

Stanford says too often people diagnosed with mental disorders are told by church members that they just need to pray more or turn from their sin, that they have a weak faith or are demon possessed. As a result, they are afraid to be open about their struggles.

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Mental Illness Is Real and Christians Must Help continued

Stanford and others believe, however, that the church is exactly who should support and serve those dealing with mental illness because Christians already understand that we are both physical and nonphysical.

But helping can be hard and awkward and sometimes embarrassing or even a little dangerous. So how can Christians and churches be more effective?

Expert advice coalesces under two broad themes: How do we understand mental illness, and how do we help people who are dealing with it?

We must first understand that people with mental illness are people created in God's image. We have to move past the idea that Christians can expect an easy, pain-free life. When we talk about mental illness — in sermons, classes, Bible studies and public prayers — we build acceptance and empathy, compassion and concern.

From there we can move forward and do what churches do by helping financially with the cost of treatments, providing meals and rides to appointments, visiting in the hospital or taking care of kids. We can refer to a professional when appropriate and call the police when necessary.

In the course of all that, church members are reminded to establish personal boundaries about how much they can extend of their own time, resources and hospitality.

It's a complex problem. No one can solve or fix it — we aren't Jesus. But we need to be his hands and feet.

Rick Atchley, senior minister for The Hills Church of Christ in suburban Fort Worth, Texas, began a series on mental health this spring after becoming convicted that "it is not well with our souls."

"Between racial tension and election tension and pandemic, people are burned out, worn out and on edge," Atchley noted. As he considered pursuing the topic, conversations with school counselors pushed him to commit to the project. So he began with three goals that would serve all of us well.

- 1. Destigmatize mental challenges:** "Remove the idea that if I suffer below my neck, it's legit, but not if I suffer above the neck."
- 2. Become a more welcoming culture** to people with mental health challenges.
- 3. Encourage anyone who needs to hear it** to just take a step in the right direction: Call a doctor. Get counseling. Sleep more. Put down your phone.

Just take a step. — Cheryl Mann Bacon, Contributing Editor for the Editorial Board of the Christian Chronicle



SUNDAY June 4

➡ June 4: **The Bible and _____ Summer Series:**
“What Does The Bible Say?”—9:00 a.m.

Adult Classes meet in the Auditorium



➡ June 4: **Children’s Classes—9:00 a.m.** Meet in their usual classrooms

➡ June 4: **Bible 101— 7:00 p.m.** annex at Stephenville Funeral Home

UPCOMING EVENTS

➡ June 8th: Thursday - **Soup Kitchen—5:00 p.m.** at the Family Center

➡ June 4th—June 8th—**Lake Cisco Junior Camp Session**

➡ June 11th—June 16th: **Encounter Youth Camp**

➡ June 11th: **Mission Committee Meeting**-Immediately following worship service in Family Center

➡ June 11th: **VBS Planning Meeting**—Immediately following worship service in Room 109

➡ June 15th: **Community Drive Through Food Pantry**

➡ Jun 18th—June 24th: **Camp Bandina**

➡ June 25th: **Youth Etiquette Dinner** (5:00 p.m. at the Family Center)

➡ June 22nd—June 27th: **T4C Men’s Backpacking Trip** (Colorado)

➡ June 26th— June 29th: **Kidz Kamp** (Volunteers needed—see Kasey Reed)

MARK YOUR CALENDAR!

October 7th: **A Relationship Conference** (for Youth & Young Adults) 5:00 p.m. at the Family Center—dinner served



Paula Busby; Mildred Buchanan; Vincent Lopez; Fred Alvord & his wife, Cathey; George and Peggy Glover; Bill & Gloria Scott; Dee White; Carl Smith; Billy Powell; Courtney Clayton; Laura Peterson; the family of Randy Daughtery who recently lost his mother, Barbara; Caroline Baughn

➡ Giving Update

Contribution 5/21/2023 \$ 16,002 Budget: \$ 11,435

YTD Contribution for 2023 \$ 234,196 (97.5%) YTD Budget: \$ 240,135

(Contribution Information will be updated next week and include 5/28 & 6/4)

Children's Giving will go toward the Glen Moody Bible Fund



Month of May

Individuals	388
Families	109
New	7

Due to a lack of food supply from the Tarrant Area Food Bank, local food pantries are running out of much needed food supplies. Basic Needs has an URGENT need for these canned items: corn, pinto beans, mixed vegetables, chicken, tuna, peaches and mixed fruit. They also need bags of dried pinto beans. Your immediate help will be much appreciated!



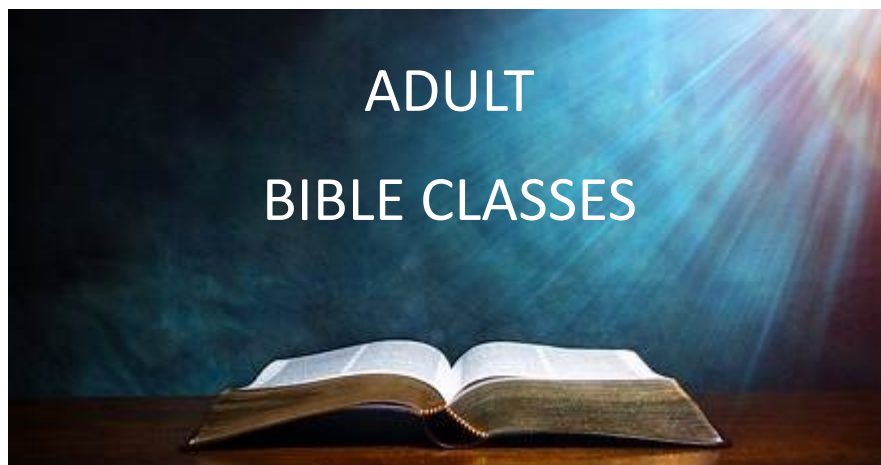
Let's fill the cart & more!



**Monday Evenings, 6:30 p.m.
Family Center
For any Hurt, Habit or Hangup**

If you are New or Visiting? Connect with Us! Use your phone camera to scan this QR Code and fill out a Connection form online! **If you started attending here sometime since January 2020, please fill out the form so we can update our information. QR Code to access Connection Form**





why is
praying the
**LORD'S
PRAYER**
a powerful
way
to pray

**Praying The Lord's Prayer
Wednesday Night**

**Adult Bible Class
6:30 Room 109
David Bearden &
Quincy Hough
Teachers**

www.MilkandHoneyFaith.com
www.LoriSchumaker.com

Classes Meeting Sunday Morning June 4th

**Auditorium: The Bible and Mental Health: "What Does The Bible Say
About Depression" Teacher: David Bearden**

**Sunday Morning Summer Quarter Bible Classes for All Ages
Begins Today, June 4th**



Heart | Soul | Mind | Strength
Graham Street Youth Group

Summer Camps: June 4th—June 8th Lake Cisco Jr. Camp
June 11th—June 16th—Encounter Youth Camp
June 18th—June 24th—Camp Bandina

Children's Ministry



For ages 3, 4 & 5
Volunteers See Kasey Reed



VBS IS COMING—July 23rd—July 26th—for 3 years old through 6th grade—The Theme will be “Superheroes”. Planning Meeting, Sunday, June 11th, immediately following worship service.

Sunday, August 6th will be the area wide Back to School Bash. More information coming soon!



Scan The QR Code to see how to get involved.



Meeting Times Sunday

Classes 9:00a.m.

Worship 10:00 a.m.

Wednesday Classes

(Meal starts back in Fall)

Class: 6:30pm Main Building

Church Office Hours

Mon-Thurs. 9:00 am - 4:00 pm

Phone 254-965-4510

Website/Email

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Care News For instant prayer and illness updates: office@grahamstreetchurch.com