

LIVING GRACE

Living Grace is a resource designed to provide healthy solutions for your heart and mind. In each chapter, you will find opportunities to transform your daily life. Both Scripture and science will give you a new perspective and practical tools. These will help you address the challenges that come with living with any mental health difficulty or disorder.

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Mental Health Grace Alliance is a non-profit organization that cultivates healthy solutions for hearts and minds through simple, innovative biblical truths, scientific research and practical tools.

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GRACE ALLIANCE

HEALTHY SOLUTIONS FOR YOUR MIND

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INTRODUCTION

HOW IT FLOWS

FAITH

Investigate the lives of men and women from the Bible to discover how faith, personal challenges, anxiety, depression, and other mental health difficulties and disorders collide. Then, read the Scripture and summary paragraph. Finally, answer the opening question on your own or with others.

FACTS & RESILIENCY EXERCISE

Learn more about yourself and your experience as you explore compelling insights regarding relevant topics pertaining to your mental health. Various chapters will include a tool or exercise to help you further apply the topic to your everyday life.

FUTURE

Walk away from each chapter with practical steps for continuing to cultivate a healthy mind and heart. End your time with hope and encouragement found in a structured prayer.

HOW IT'S USED

ON YOUR OWN

Go at your own pace! Grab a journal or notebook to write out your responses, take notes, and try out the tools in the various chapters.

WITH A FRIEND OR MENTOR

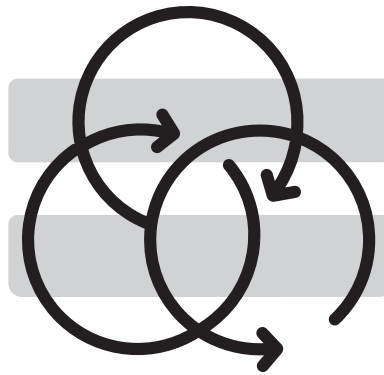
Try it with someone you trust! Use the insights, questions, and tools to dialogue and grow together.

AS A GROUP

Develop a meaningful community! Meet in a small group setting weekly to go through the workbook together and discuss, discover, and encourage one another's journeys. Each chapter stands alone, allowing visitors to join at any time. Meet weekly for 16 weeks, or divide the workbook up into two 8-week sessions with a break in the middle (e.g., fall session, break for the holidays, spring session).

CHAPTER FIVE

WHOLE- HEALTH STRENGTH AND RENEWAL



KEY POINT

A whole-health approach to mental health recovery involves a holistic plan for every part of our lives, to work together for renewed strength and hope.

HEALTHY GROUP GUIDELINES

- 1. Healthy Comfort:** Offer respect, encouragement, and compassionate support.
- 2. Healthy Confidentiality:** Create a safe place to share by listening confidentially.
- 3. Healthy Communication:** Avoid fixing anyone's challenge, correcting, debating, or using offensive language.
- 4. Healthy Community:** Discover hope and useful tools while learning from one another's journeys.

FAITH

OPENING PRAYER

“Father, thank You for being with us and understanding our mental health journey. Give us Your wisdom to discover helpful insights and tools for each of our paths. Thank You for giving us Your hope, grace, and steadfast love for today and for better days to come. In Jesus’ name, Amen.”

READ MARK 6:30-44

Before the feeding of the five thousand, Jesus’ disciples had been sent out to teach and serve. Reunited with Jesus at last, they were eager to share all that they had experienced. However, instead of slipping away for a relaxing retreat, they were met with the demands of a huge crowd. Despite the disciples’ irritation, Jesus recognized and embraced the needs of His people. He cared for their minds and hearts by teaching them. He nourished the needs of their bodies by feeding them. And He recognized their relational needs by taking isolated, suffering individuals and uniting them in relationship by breaking bread. With overflowing love and mercy, Jesus showed us the importance of caring for our physical, mental, spiritual, and relational health.

When we face challenges related to our mental health difficulties and disorders, we can neglect our most basic needs. Maybe we even feel like we are one of the five thousand: wandering, lost, and confused. Thankfully, we have a loving Shepherd who knows each of His sheep by name and understands our needs even better than we do. Jesus is willing, even in our most desolate places, to invite us into rest and care for every area of our lives.

What do you find interesting about this story?

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FACTS

1. PHYSICAL – Caring for the physical needs associated with our mental health difficulties and disorders includes actions such as medication management, healthy sleep routines, a balanced diet, frequent exercise, and rest.

Describe how you currently care for your physical well-being and what, if any, noticeable benefits have resulted.

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2. MENTAL – Mental health difficulties and disorders often involve a battle with ongoing negative thoughts and emotions that leave us feeling overwhelmed. Professional therapy, as well as everyday brain-strengthening activities (e.g., puzzles, games) are essential elements of the recovery process.

What are the specific tools that help you manage negative thoughts and/or the difficult times in your life?

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3. SPIRITUAL - God does not neglect us or abandon us because of our difficulties. While God dwells in glory, He also dwells with those who are lowly or crushed in spirit, “in order to revive them” (Isaiah 57:15; Psalm 34:17-20). The mental health difficulties and disorders that we face do not intimidate God. Even when we feel alone, He is present and cares for us during every step of the mental health recovery process.

If you are feeling alone or abandoned by God, what are different ways that you remind yourself that God is for you and with you?

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4. RELATIONAL - Comfort, encouragement, and support from family, friends, and the individuals in our faith communities are vitally important for our health and well-being during the mental health recovery process.

Who are the key people who make a difference in your life, and how do they best support you?

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THE RESILIENCY EXERCISE

MY WHOLENESS JOURNEY

Using the diagram below, brainstorm ways that you can care for the **PHYSICAL, MENTAL, SPIRITUAL,** and **RELATIONAL** areas of your health throughout this week. Use the examples provided below and write your ideas in each corresponding area on the next page.

FOR GROUP USE: If comfortable, share your responses with your group.

SPIRITUAL

Write out identity statements (ch.1), spend time journaling, brainstorm creative ways to discover your purpose, read a devotional, attend a small group

MENTAL

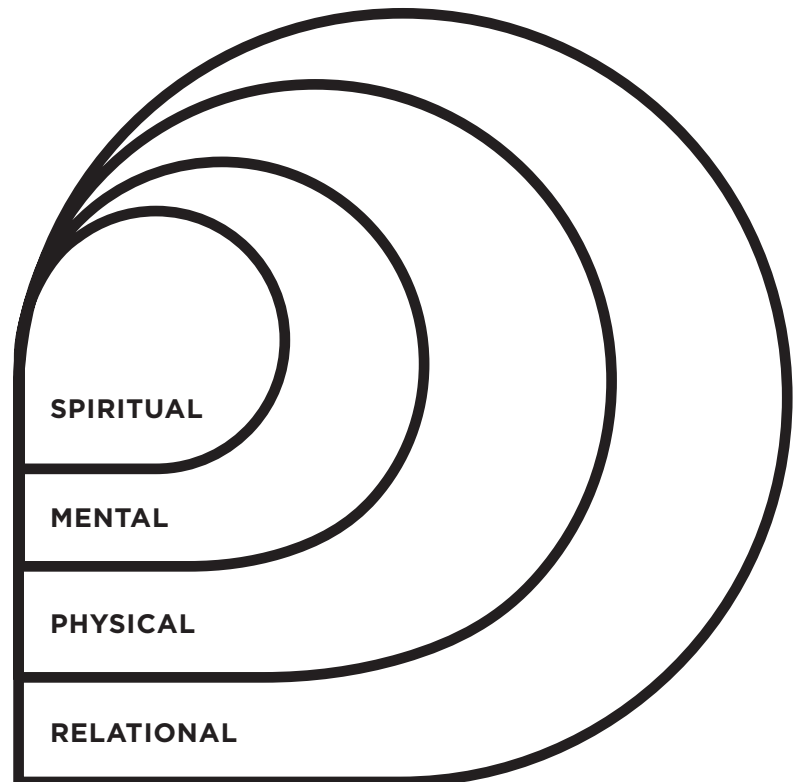
Practice word/puzzle brain exercises, learn a new stress management activity/hobby, attend therapy, create a new structure/routine

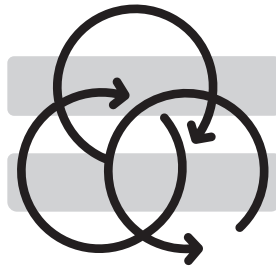
PHYSICAL

Create a healthy sleep schedule, try a new recipe, attend an exercise class, take medication & supplements, complete a relaxation exercise

RELATIONAL

Reconnect with an old friend, introduce yourself to a neighbor, invite a friend in your church to coffee, find a new way to serve





MY WHOLENESS JOURNEY PLAN

SPIRITUAL

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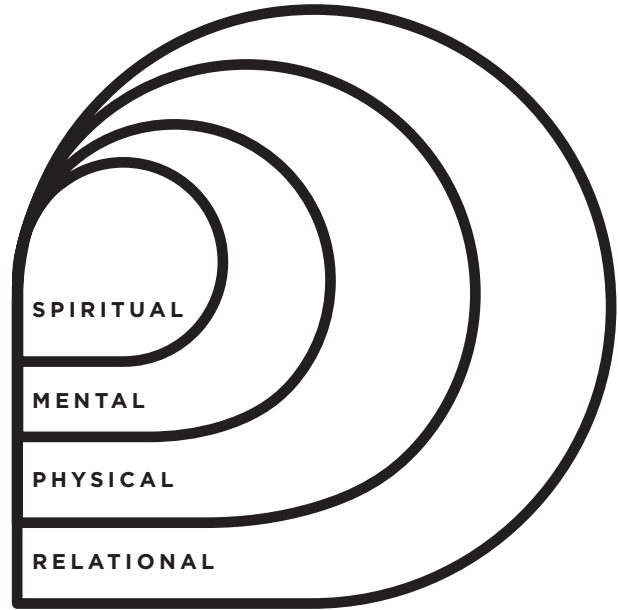
MENTAL

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PHYSICAL

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RELATIONAL

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FUTURE

YOUR WEEKLY TAKEAWAY

1. This week, take time to evaluate your plan for whole-health care and renewal. Are your physical, mental, spiritual, and relational needs being met?
2. Remind yourself this week that even when you feel alone, God is present and cares for you during every step of your mental health recovery process.
3. Actively seek out a faith community that can encourage and support you!

PRAYER

“Lord, we are grateful that even in our most challenging seasons, there is hope! Thank You for loving us and providing us with creative ways to care for the physical, mental, spiritual, and relational areas of our lives. We love You, and we are thankful for Your constant presence, love, and grace. In Jesus’ name, Amen.”

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