

Study Guide for Dr. Anita Phillips presentation on
“Mental Health in the Church”

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The first type of life God created was plant life, then animal life, then human life. We can understand the functions of the human body by studying plant life.

The ground changed as a result of sin “cursed is the ground”

What is the soul? With God’s breath man became a living soul.

Soul functions – will (I want) –

intelligence (or mind I think) -

emotions (I feel)

Our will, mind, & emotions operate from the soul.

Mark 4 - The parable of the Sower

The seed represents the word of God. Ground represents our hearts

4 Types of ground

Wayside Ground (Heart) - SAD

Stony Ground (Heart) – **ANGER** (JONAH)

Thorny Ground (Thorns) (Heart – **FEAR** (PAUL)

Good Ground (Heart)

(The above is actually a mental health assessment to locate where you are in your emotions and feelings.)

Emotional Vocabulary for the 3 primary negative emotions.
(synonyms)

SAD – ANGER - FEAR

Sad (suffering, disappointed, disappointment – pulls us off purpose, shame, ashamed, neglected, despair, agony (Jesus in the garden), hurt, sorrowful, dismayed regret, guilty, lonely grieving, powerless)– Wayside Emotions

Other descriptive words for sad:

Unhappy, bad, blue, brokenhearted, cast down, crestfallen, dejected, depressed, despondent, disconsolate, doleful, down, downcast, downhearted, down in the mouth, droopy, forlorn, gloomy, glum, hangdog, heartbroken, heartsick, heartsore, heavyhearted, inconsolable, joyless, low, low-spirited, melancholic, melancholy, miserable, mournful, saddened, sorrowful, sorry, unhappy, woebegone, woeful, wretched, depressing, dismal, drear, dreary, heartbreaking, heartrending, melancholy, mournful, pathetic, saddening, sorry, tearful, teary deplorable, distressful, grievous, lamentable, unfortunate, woeful, discomfoting, discomposing, disquieting, distressing, disturbing, perturbing, affecting, moving, poignant, touching, discouraging, disheartening, dispiriting

Words Related to sad:

aggrieved, distressed, troubled, uneasy, unquiet, upset, worried
despairing, hopeless, sunk, disappointed, discouraged, disheartened, dispirited, suicidal, dolorous, lachrymose, lugubrious, plaintive, tearful, regretful, rueful, agonized, anguished, grieving, wailing, weeping, black, bleak, cheerless, comfortless, dark, darkening, depressing, desolate, dismal, drear, dreary, elegiac (also elegiacal), funereal, gray (also grey), morbid, morose, murky, saturnine, somber (or sombre), sullen

Anger – Stoney Ground / - Jonah an angry man – confess your anger to God.
Resentful, annoyed, frustrated, aggravated, agitated, irritable, disgusted, envy (you have it but I want it too), jealousy (you have it, I want it, you should not

have it, I want it) angriness, birse [chiefly Scottish], choler, furor, fury, indignation, irateness, ire, lividity, lividness, mad, madness, mood [archaic], outrage, rage, spleen, wrath, wrathfulness, aggravation, annoyance, exasperation, irritation, vexation, acrimoniousness, acrimony, animosity, antagonism, antipathy, bile, biliousness, bitterness, contempt, embitterment, empoisonment, enmity, grudge, hostility, rancor, envy, jaundice, jealousy, pique, resentment, malevolence, malice, spite, vengefulness, venom, vindictiveness, virulence, vitriol, belligerence, contentiousness, contrariness, crankiness, disputatiousness, hot-headedness, irascibility, irascibleness, irritability, orneriness, pugnaciousness, pugnacity, quarrelsomeness, querulousness, blowup, flare, flare-up, outburst, chafe, dander, dudgeon, huff, pet, rise, ruffle, temper, air rage, road rage, delirium, heat, passion, warmth, slow burn, enrage, incense, inflame (also enflame), infuriate, ire, mad, madden, outrage, rankle, rile, roil, steam up, ticked off, affront, aggravate, annoy, burn (up), cross, exasperate, get, huff, irritate, miff, nettle, offend, peeve, pique, provoke, put out, ruffle, vex, antagonize, embitter, envenom

Fear – the presence or threat of danger - Thorns / anxiety –

Words descriptive of or related to FEAR

Alarm (also alarum), anxiety, dread, fearfulness, fright, horror, panic, scare, terror, trepidation, creeps, jitters, nervousness, willies, pang, qualm, twinge, agitation, apprehension, consternation, discomposure, disquiet, funk, perturbation

concern, dismay, worry, cowardice, faintheartedness, timidity, timorousness, agita, agitation, anxiety, anxiousness, apprehension, apprehensiveness, care, concern, concernment, disquiet, disquietude, nervosity, nervousness, perturbation, solicitude, sweat, unease, uneasiness, worry, strain, stress, tension, alarm (also alarum), anguish, consternation, desperateness, desperation, discomfort, discomposure, dismay, distraction, distress, disturbance, edginess, franticness, hand-wringing, jitters, jumpiness, panic, tremor, angst, fearfulness, torment, upset, vexation, cold feet, doubt, dread,

foreboding, incertitude, misgiving, presentiment, suspense, uncertainty, compunction, qualm, scruple, bother, fret, fuss, stew, stress, sweat, trouble, worry, agonize, long, pine, yearn, chafe, despair

Important thoughts and points to mention (not in order of the presentation)

- Struggling to produce the God life we are trying to produce and that falls into Mental Health
- When we are struggling to produce the life God wants us to have that is what is called Mental Health.
- Lord heal my heart.
- By Sorrow of the heart the spirit is broken – Proverbs 15:13
- Broken hearts are cracks in the armor... .
- Love and Fear are opposites – perfect love cast our fear
- Change the discipline motif of corporal punishment - provoke not your children to wrath.
- Let God into your emotional space.
- Death is a result of the fall
- Getting saved does not make my body different.
- Brain is an organ in your head – its flesh and blood the war of my body parts includes the brain is waring against the law of Christ in my mind.
- There is a difference between the brain and your mind.
- “When we are well we are good ground, we are flowing water, producing trees and grass and herb bearing seed and we have the light, and we use the light well to make food for ourselves, we use the light of God to eat because we don’t live by bread alone by but by every word we use the light to transform the word into what we need to feed our spirit. the proceeds out of the mouth of God.”

Resources

Metro Social Advocacy Council – iregina@metrocwc.org or 314-845-3502

Suicide Hotline Number - **1-800-273-8255**

EAP (Employee Assistance Program) – On back of your health card is a 1-800 – number that you can call. You explain to the representative that you are employed by (your company name) and that your having problems with (give them a description of what is wrong). They will provide you with a list of counselors that you will not have to pay for.

Zoom Link For The Horizontal Exchange:

My only stipulation is that you cannot be on black, your actual face must be in front of the screen.

Monday January 17, 2021 – 6:30 p.m. -5712498297.

Be Well!