

Dr. Anita Phillips
Guest Speaker

MENTAL HEALTH & WELLNESS *in the church*

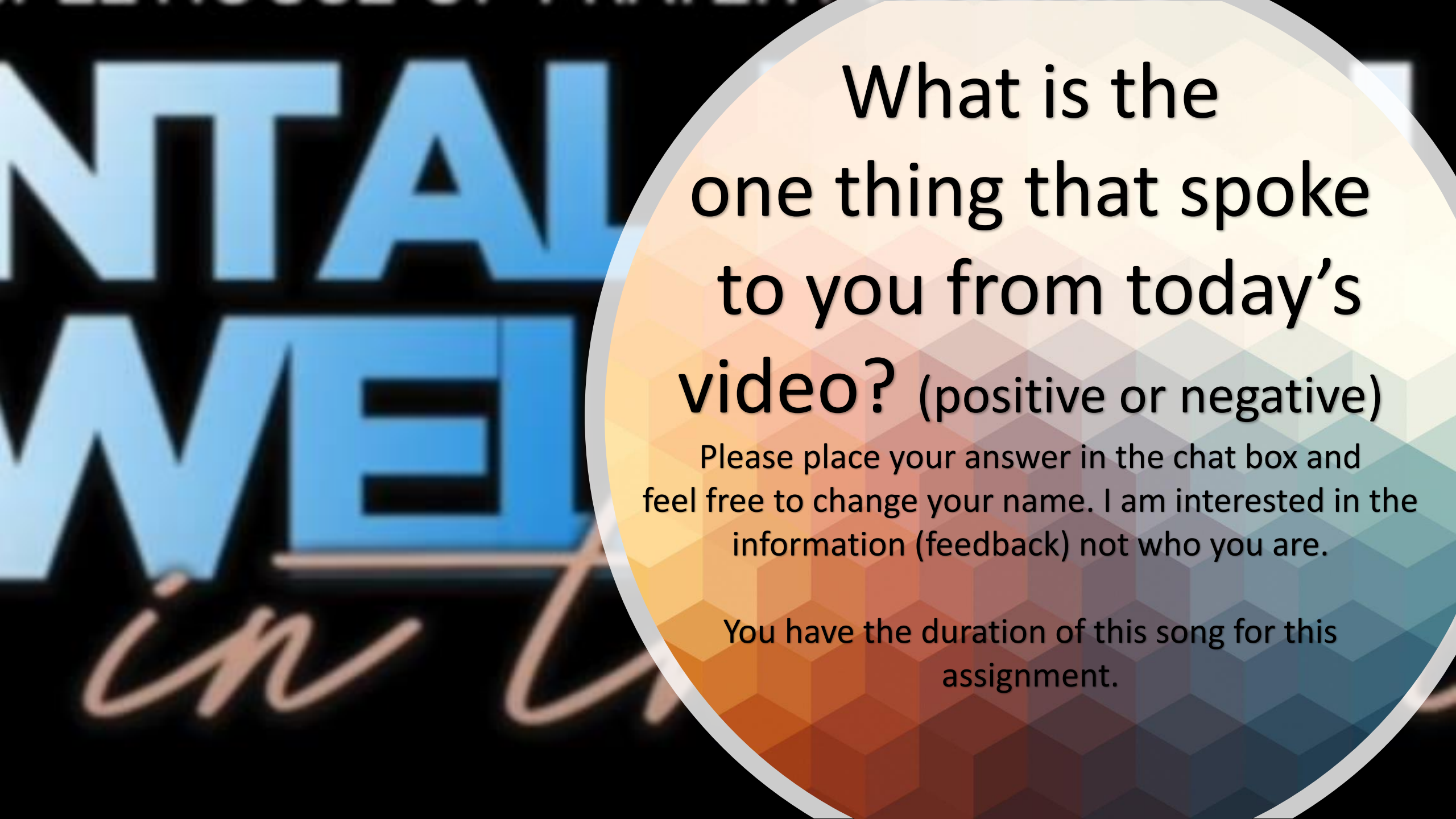
Min. I. Regina Gourdine, MSW/LCSW
Facilitator



Human Life is produced from the seed of a man planted in the ground of a fertile uterus.

MENTAL HEALTH & WELLNESS *in the church*

- Begins by walking through the creation story and how the fall of Adam birth sin in the earth thus the ground changed, “cursed is the ground”. (Gen 3:17kiv)
- Mental Illness is a result of a sinful, fallen, broken covenant with God that affects the brain.
- The parable of the Sower is used as a diagnostic or assessment tool to help each of us locate where we each of us are in own mental health.



What is the
one thing that spoke
to you from today's
video? (positive or negative)

Please place your answer in the chat box and
feel free to change your name. I am interested in the
information (feedback) not who you are.

You have the duration of this song for this
assignment.

MENTAL HEALTH & WELLNESS *in the church*

“When we are well, we are
good ground”

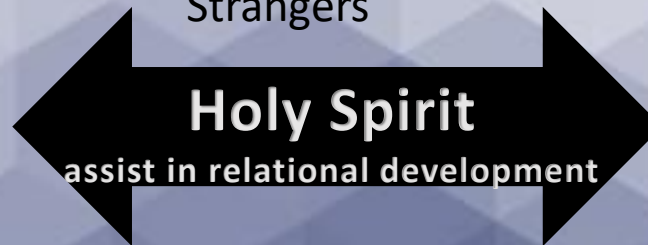
Dr. Anita Phillips

VERTICAL



Relationships – (METRO'S P-7 List)

Family Member's
Friends
Co-Worker's
Classmates
Neighbors
Acquaintances
Strangers



Horizontal



You must be healthy in yourself and your relationship with God to have the ability to develop and maintain healthy connections with others. This directly affects how the gospel gets communicated, or not, through our lives and to those who we are called to personally minister to. A clinical diagnosis does not excuse the need for repentance.

MY CHALLENGE TO YOU

- The spirit of offense that plagues METRO has life because many of you live in prisons of fear, anger, and sadness. You will never be healed until you decide to have conversations (horizontal). The church will remain unhealthy. Multiplied Grace & Maximized Peace will never be experienced in our lives without this horizontal exchange.

CONCLUDING CLINICAL MENTAL HEALTH ASSESSMENT OF YOUR MENTAL & EMOTIONAL STATE RIGHT NOW..... Your tired

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- ✓ Tomorrow is King's birthday and many of you are off work. It is also Metro's designated family night as well as our personal & family / household prayer time during this fast season. I encourage you to download the study guide and go back through this lesson in more detail with the outline I have provided.
 - ✓ Bishop in our facilitators meeting stated that service should be over by 8:30 no later than 9:00 and so I am concluding now not because I don't have more to say, but as a student of mental health & human behavior I know you are ready to go, and you will love me more for respecting that fact, and it is also my way of saying THANK YOU, for joining this evening.
 - ✓ For those who are single like me and wish to have someone to reconvene with tomorrow during the family time I will be online at 6:30 p.m. at my zoom link for further discussion of tonight's presentation. Feel free to drop in and let's share what God is doing through this and other ministry that has gone forth at this time. My oversight director has given me permission to proceed in this manner.
 - ✓ We continue to lift Bishop & Pastor Brenda up to you lord and each one going through whatever their situations are.
 - ✓ The Lord's Benediction for us all is that the grace of our Lord and Savior be with you always and in all ways.

MENTAL HEALTH & WELLNESS *in the church*

For The Horizontal
Exchange



☐ Tomorrow is family night at METRO. For those of you who are single like me, you are welcomed to meet me on my zoom tomorrow at 6:30 p.m. my id is in the study guide 😊 for continuing the conversation.

☐ Be Well & Good Night!