

Mental Health Talk - Discussion Questions & Scriptures

1. How does the concept of mental health as a continuum challenge traditional views of mental illness?

Scripture: Philippians 4:6-7

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Notes:

2. In what ways can the Te Whare Tapa Whā model help individuals and communities support holistic wellbeing?

Scripture: Genesis 2:18

"It is not good for man to be alone."

Notes:

3. What role does faith and spiritual practice play in maintaining mental wellbeing, according to the talk?

Scripture: Matthew 4:4

"Man shall not live on bread alone, but on every word that comes from the mouth of God."

Notes:

4. Why is early support and healthy relationships considered a protective factor in mental health?

Scripture: John 11:35

"Jesus wept."

Notes:

5. How can churches practically respond to mental health challenges within their congregations and communities?

Scripture: Ephesians 6:11-13

"Put on the full armor of God, so that you can take your stand against the devil's schemes... so that when the day of evil comes, you may be able to stand your ground."

Notes: