

## Grace Groups

Written by By Bill Emmerling Pastor, Gallup Christian Church  
Friday, 24 May 2019 05:25

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### **Biblical Mental Health Support**

And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:29-31 (ESV)

At multiple points throughout Scripture, such as the passage above, we are reminded that human beings are more than simply our physical bodies. We easily recognize that we have a 'body,' and each of us individually know from experience we have a 'mind,' (though we may at times question if others have one).

Scripture clearly indicates that we have a 'spirit' as well. The mystery that we often wrestle with is "how do these interact?" They are interconnected, yet separate. In many ways, each influencing the other. The condition of our bodies/brain affect the mind/emotions. The events of life often affect our minds through sickness, injury, as well our experiences which may or may not be physical. They range from depression to PTSD to bipolar to schizophrenia.

While we long for and often expect to be in control of our thoughts and actions, there are circumstances which affect our ability to control them. Scripture addresses some instances of this such as Nebuchadnezzar being 'transformed' into behaving like a cow (Daniel 4). Several figures in the Bible experienced depression such as Moses (Numbers 11:15), Elijah (1 Kings 19:4) and Jonah (Jonah 4:8), asking God to kill them at their lowest points. Paul writes of

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despairing of even life (2 Corinthians 1:8). Even Jesus experienced depression as He asked His Father to remove “the cup” of wrath for our sins (Matthew 26:39). We are not alone in our experiences of issues with our emotions. It is also important that we love another when we experience such events. Therefore, Gallup Christian Church will be offering Grace Groups to the community of Gallup.

Grace Groups are Biblically based, peer-led support groups for those who are recovering from mental health issues. We have two groups meeting on the 2nd and 4th Thursday each month:

Living Grace Groups are intended for those struggling with mental illness.

Family Grace Groups are for those living with, and loving those diagnosed with a mental illness.

Gallup Christian Church is addressing this need because Pastor Bill has first-hand experience living with someone with mental illness. We understand that one in four Americans suffers from mental health challenges. We also recognize that stigma exists inside and outside the church at large. We hope to encourage and support those struggling against such stigmas, that they might live full and productive lives.

Please understand, we are NOT offering mental health services. Instead, we are offering support for those who need encouragement and can benefit from the experiences of others.

If you are suffering from a mental illness, we invite you to join us:

## **Grace Groups**

2nd & 4th Thursdays from 6-8 pm

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Beginning 05/23/2019

Gallup Christian Church

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For more information: [PastorBill@GallupChristianChurch.com](mailto:PastorBill@GallupChristianChurch.com) or call (505) 863-5620

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