



CELL GUIDE 2016

Theme	Beyond Church Walls
Topic	Connecting with the Mentally Wounded
Speaker	DSP Chua Seng Lee
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Message Summary

Connecting with the Mentally Wounded

Mental illness is a common condition, affecting 350 million people around the world today. Even amongst us, 1 in 10 has been found to be struggling with a mental disorder. Despite how common it is, however, the way we treat mental illness remains largely different from the way we treat other physical conditions, as we often struggle to find the right things to say. In this message, the speaker teaches us to connect with the mentally wounded through the use of Psalm 42:1-11.

Psalm 42:1—11

Psalm 42:1—11 speaks of the psalmist's struggle with mental illness, as he appeared to battle symptoms of depression. Yet in his despair, he was seen to be longing for God, always looking for his answer in the presence of the Lord. In his sadness, he remembered the joys and importance of worship, giving thanks even in difficult situations. He was also one who spoke to himself in truth, not allowing his carnal nature to speak to his soul. As Christians, we are reminded to preach the truth to ourselves in the truth of God, staying away from ungodly beliefs. The psalmist showed that one should always hope in the Lord and hold fast to His promise, as God will never forsake us.

The psalm itself shows an alternating pattern of lamentation and hope, much like the struggles of the mentally wounded around us. Struggling with a mental condition is never straightforward.

How to connect people who are mentally wounded

- (1) Allow the person to ask why: Our role is to serve as a good listening ear, and allow the mentally wounded to ask questions without attempting to undermine their thoughts and struggles.
- (2) Assure the person of God's love: As godly people, we are to remind them of His goodness and kindness amidst the challenges they are facing in their lives.
- (3) Address the self-talk: Help the mentally wounded to experience a renewing of his mind through talking to himself. At all times, do not deny their feelings or invalidate how they feel. Our role is to listen, ask the right questions, and guide them to experience revelation.
- (4) Aid the person to worship: We must help in guiding these people back to God, as the answer for everything is always in God. In fact, the answer to our lives is the assurance that God is with us. For if God is with us, who can be against us?



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Questions

What was the state of mind of the psalmist and what were some emotions that he experienced? How has this helped you to have a new perspective of those struggling with mental illness?

(Fill In Answer Here)

What are some of the struggles of one struggling with mental illness that you have personally witnessed? Did you offer him/her your help? Why or why not?

(Fill In Answer Here)

Pray and seek the Lord to change your heart to reflect His heart for the mentally wounded. Describe some practical steps you would take this season to connect with them among us. How can one bring hope to strugglers without downplaying their struggles?

(Fill In Answer Here)
