

focus2012



# Stayin' Alive

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Premier  
Mind & Soul  
EXPLORING CHRISTIANITY AND MENTAL HEALTH

# Tackling the Unspoken Issues

- Sunday: Making Changes
- Monday: Stayin' Alive
- Tuesday: Healing Together
- Wednesday: Food, Thursday: Addiction
- [www.mindandsoul.info/focus](http://www.mindandsoul.info/focus)

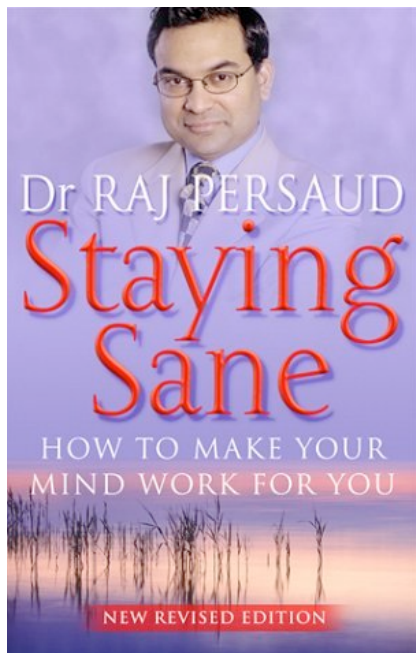
# stayin' alive

“to change is to live”

- ...but what next? What does it mean to stay emotionally healthy? There are no gyms, no five-a-day and no Olympics on the horizon. So here are some tricks of the trade: have healthy habits, discover discipleship and learn to r-e-l-a-x.
- What do you know about staying spiritually healthy?

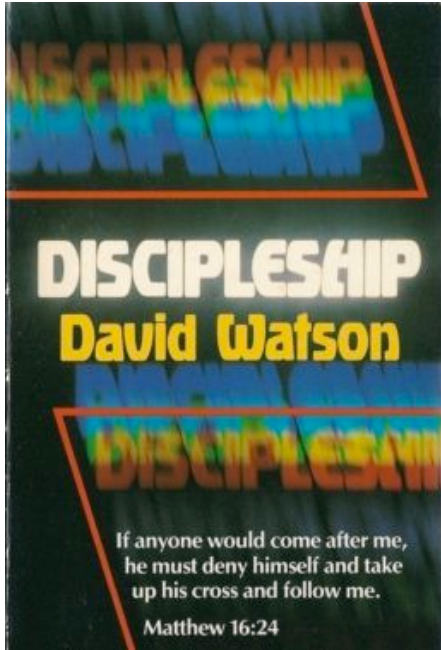


# Questions asked in a London Gym



- Dr Raj Persaud
  - Staying Sane: How to make your mind work for you. ISBN: 0553813471. p3
- “...get a good nights sleep, read a lot, try to take things easy – and that was about it”

# Your discipleship program...



- Task based
  - Bible Reading, Evangelism, Church
- Destination focused
  - Beam me up, Ready for Bridegroom
- Curriculum
  - Sunday School, Academia

# Your successful disciple...



- So heavenly bound they are no earthly use
  - Living in a bubble, no real mates
- Parapet Syndrome
  - And we put them there
- Knowing nothing really ;-)
  - Adam: God's Beloved

# Full Discipleship

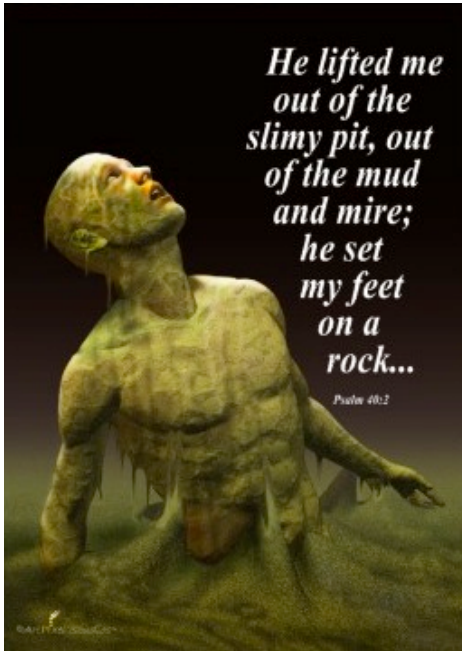


“It is not enough to give Christ what is good in us, or to give him our sins, or to bring him our burdens. **He wants our entire selves.** If we do not give ourselves to him completely...we will never find the full inner freedom and peace promised in the gospel.”

J. Heinrich Arnold (1913 – 1982)

Discipleship – Living for Christ in the  
Daily Grind. ISBN: 0874878769

# The wide open pasture of salvation



- Ps 40v2
  - He lifted me up out of the slimy pit, out of the mud and mire. He set my feet on a rock and gave me a safe place to stand
- For what?
  - He set me on the top of the cliff and advised me to keep well away from the edge, lest I get dizzy and look down or be defeated by the vast expanse ahead...



# Self assessment



- Why are you here? Why do you feel the need to stay alive?
- How confident are you about the change you are facing?

**Out of  
the pit**



**Full  
Discipleship**

# To live is to change



- “I will give you a new heart and put a new spirit in you; I will remove your heart of stone and give you a heart of flesh”

Ezekiel 36v26

- But most of us are not Tony Stark...

# Milk to Meat



- 1 Corinthians 3v2
- Hebrews 5v12-13
- **Mixtures of milk and meat are prohibited in Jewish Law...**
  - Ex 23v19, Ex 34v26, Dt 14v21
  - Talmud Hullin 113b/115b

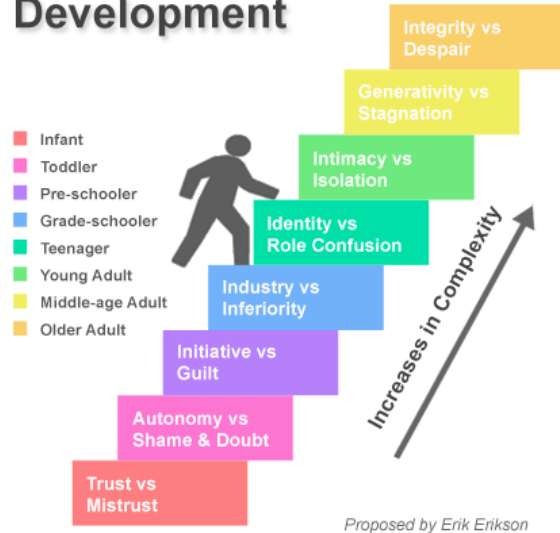
# Curriculum or Context?



- A graph of importance vs perfection...
- God takes us on journeys we do not want to make, on roads we do not know exist, to take us to places that we ultimately never want to leave
  - Ashley Null

# Erikson's Life Stages

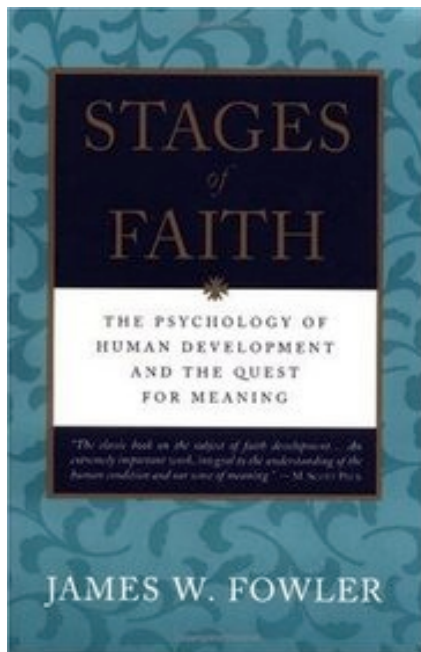
## Stages of Psychosocial Development



- Brief Overview
- Three Questions
- Small Groups
- 5+ minutes
- All are passed through!



# Fowler's Stages of Faith



- Brief Overview
- Three questions
- Small Groups
- 5+ minutes
- All are valid!



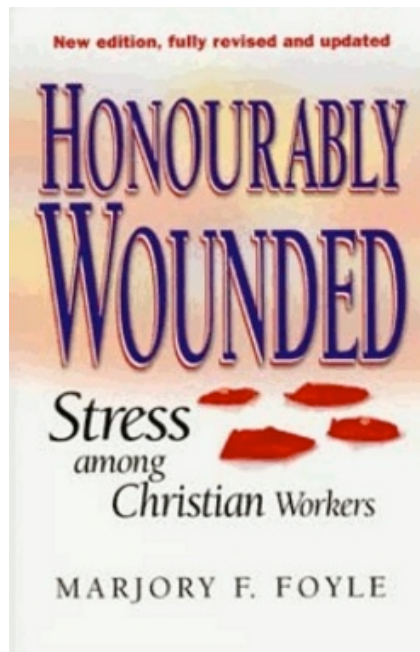
# Self assessment



- What Stage of Faith are you at?
- What are the strengths of this?



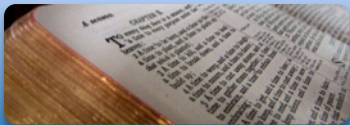
# Honourably Wounded



- The church is the only army that shoots it's own wounded
- Five top tips for leaders:
  - Jesus had emotions
  - Know your warning signs
  - Have good friends
  - Learn to say no
  - Stay fit and eat well



# A really simple model



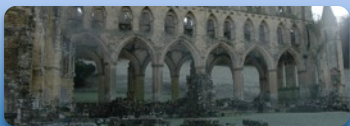
**Daily Devotion** Bible, Prayer, Morning



**Weekly Worship** Together, Fun, Serve



**Monthly Meditation** Nearby, Half Day, Notes



**Annual Away Day** Silent, Guided, Fasting

After Bill Hybels, Axiom

# What works for you?



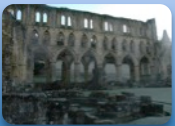
Daily Devotion



Weekly Worship



Monthly Meditation



Annual Away Day

- Small Groups
- 5+ minutes



# Growing Together



- Search me, O God, and know my heart, test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
  - Psalm 139v23-4
- Paraklete: **the alongside presence of the Holy Spirit**
  - Not a carrot
  - Not a stick

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