



TEARS AND TRIUMPHS

AN HONEST PATH TO MENTAL WELLNESS



Whispers in the Struggle: Navigating Mental Health

Read Psalm 42

Listen to the Message 'Whispers in the Struggle: Navigating Mental Health' (28th January 2024) at www.elim.family/media

Psalm 42 Overview:

- Written by the Sons of Korah, emphasizing its raw and honest expression of emotions.
- Describes the alternating themes of despair and trust in God throughout the Psalm.
- The Psalm encourages us to connect with our own struggles by recognizing the relatability of the Psalmist's experiences.

Practical Steps:

- Start with basic self-care, including healthy eating, sufficient sleep, exercise, and social connections.
- Look at participating in mental health courses like Kintsugi Hope.
- If needed seek professional help.
- Personal Psalm Writing: try the practice of writing personal Psalms to articulate feelings, struggles, and gratitude. Writing personal Psalms can be a transformative practice for reflection and growth.
- Listening for God's Whispers: important to keep recognizing God's subtle reminders and guidance. See the story of Elijah, 1 Kings 19:11-13, to illustrate finding God in quiet moments.

Key Takeaways:

- Mental health struggles are common and acknowledged in biblical narratives.
- Psalm 42 provides a template for expressing raw emotions and finding trust in God.
- God's guidance may come in subtle whispers; staying attentive is crucial.

Questions for reflection:

Personal Emotions:

1. How do you currently feel about your own mental health and well-being?
2. How have you identified with the emotions expressed in Psalm 42? What were the circumstances?
3. Are there specific verses from Psalm 42 that resonate with your current experiences?

Self-Care:

4. In what ways do you currently practice self-care in your daily life?
5. Are there any adjustments you could make to prioritize your mental health better?

Writing Your Psalm:

6. Would you consider writing your own Psalm to express your current feelings and struggles?
7. What challenges or benefits do you anticipate from this reflective writing exercise?

Listening for God's Whispers:

8. Can you recall a time when you felt God's guidance in a subtle or unexpected way?
9. How might you create space in your life to listen for God's whispers?

Faith and Struggles:

10. How has your faith played a role in navigating mental health struggles in the past?
11. Are there specific attributes of God that you find particularly comforting during difficult times?

Hope and Gratitude:

12. What aspects of your life are you thankful for, even in the midst of challenges?
13. How can cultivating a sense of hope contribute to your overall well-being?

Moving Forward:

14. What specific action steps can you take to prioritize your mental health moving forward?
15. How might you encourage others, both personally and within a group setting, to embrace mental health awareness and self-care?

If you have never accepted Jesus as your personal saviour and you would like to move from the margins to having a relationship with Him. Please speak to one of the pastors or leadership team, we would love to pray with you. Alternatively, go to www.elim.family/ihavedecided to find out more about giving your life to Jesus.