



MANAGING YOU

Theme for May: Management

The Goal: To bring self-awareness about recognizing our thoughts, emotions, and inner struggles and learning how to steward our minds well.

Icebreaker: How are you managing and stewarding you?

Understanding Mental Health

Mental Health: Social, emotional, and psychological well-being that allows us to cope with life, how we think, feel, and act.

Mental Illness: Conditions that affect a person's emotions, behaviors, and overall well-being.

1. A Sound Mind (2 Timothy 1:7)

We don't do a good job of tending to the mind as it is an organ that needs attention as well. Stewardship means taking responsibility for what God has entrusted to us including our thoughts and emotions.

Reflection

- In what ways have I overlooked tending to my mind lately?
- What thoughts or emotions have I been neglecting?

Key Points

- You can't heal what you won't reveal
- Stewardship requires awareness, honesty, and intentional care of your mind

5 Dimensions of Mental Health

- **Thinking** – Mental
- **Feeling** – Emotional
- **Connecting** – Social
- **Functioning** – Psychological
- **Faith** – Spiritual



2. Distorted / Maladaptive Thinking (Matthew 6:22-23)

Could it be that what we see and believe is shaped by distorted thinking we haven't taken time to renew? Stewarding your mind means examining and challenging unhealthy thought patterns.

Common Thinking Patterns

- **Catastrophizing** – expecting the worst-case scenario
- **All-or-Nothing Thinking** – seeing things as all good or all bad
- **Mental Filtering** – focusing only on the negative

Key Point

What you don't manage mentally will begin to manage you

3. Mental Health Stigma (Mark 14:34)

Jesus, himself was depressed with suicidal thoughts.

Reflection

- What steps can I take to break down stigma in my own life around talking about how I feel?
- How can I create space within myself to be honest about my emotions?

Key Points

- Mental illness does not define your identity—you are still worthy and valuable
- Struggling mentally or emotionally does not make you less faithful or less strong
- Creating safe spaces for honesty helps break stigma and promotes healing

4. What is Therapy? (Proverbs 20:5)

Therapy is a safe and intentional space where you can explore your thoughts, emotions, and experiences without judgment. Just like deep water, there are things within us that we may not fully understand until someone helps us bring them to the surface. Therapy is not about being “fixed” it's about being understood, supported, and guided toward healing and growth.



Reflection: What would it look like for me to allow someone to help me process my thoughts and emotions?

Key Points

- Therapy is a tool for growth, not a sign of weakness
- You don't have to carry everything on your own; support is part of healing
- Being open and honest is what makes therapy effective

Closing

Mental wellness is not about the instant removal of struggle, but about learning how to steward your mind, emotions, and behaviors well. God is not just concerned with what you go through, but how you manage what is happening within you—developing awareness, responsibility, and healthier patterns that lead to peace.

*****If you or someone you know is struggling with mental health, call or text 988. Help is available 24/7. You don't have to go through this alone. Support is always within reach.*****