

FAMILY GRACE

Family Grace is a resource designed to provide healthy solutions for your heart and mind. In each chapter, you will find opportunities to transform your daily life. Both Scripture and science will give you a new perspective and practical tools. These will help you to address the challenges that come when supporting a loved one through any mental health difficulty or disorder.

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Mental Health Grace Alliance is a non-profit organization that cultivates healthy solutions for hearts and minds through simple, innovative biblical truths, scientific research and practical tools.

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GRACE ALLIANCE

HEALTHY SOLUTIONS FOR YOUR MIND

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INTRODUCTION

HOW IT FLOWS

FAITH

Investigate the lives of men and women from the Bible to discover how faith, personal challenges, anxiety, depression, and other mental health difficulties and disorders collide. Then, read the Scripture and summary paragraph. Finally, answer the opening question on your own or with others.

FACTS & RESILIENCY EXERCISE

Learn more about yourself and your experience supporting your loved one(s) as you explore compelling insights regarding relevant topics pertaining to the mental health of you and your loved one. Various chapters will include a tool or exercise to help you further apply the topic to your everyday life.

FUTURE

Walk away from each chapter with practical steps for continuing to cultivate a healthy mind and heart. End your time with hope and encouragement found in a structured prayer.

HOW IT'S USED

ON YOUR OWN

Go at your own pace! Grab a journal or notebook to write out your responses, take notes, and try out the tools in the various chapters.

WITH A FRIEND OR MENTOR

Try it with someone you trust! Use the insights, questions, and tools to dialogue and grow together.

AS A GROUP

Develop a meaningful community! Meet in a small group setting weekly to go through the workbook together and discuss, discover, and encourage one another's journeys. Each chapter stands alone, allowing visitors to join at any time. Meet weekly for 16 weeks, or divide the workbook up into two 8-week sessions with a break in the middle (e.g., fall session, break for the holidays, spring session).

HOW TO CONNECT

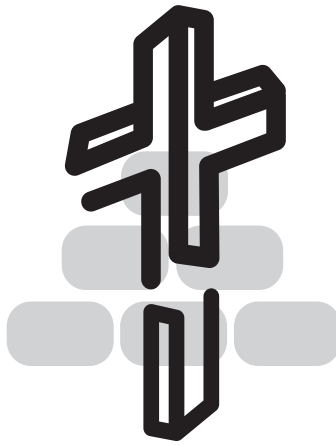
Enhance your Family Grace workbook experience by connecting and engaging with us on Facebook and Instagram. Gain further insights, tips, tools, and hopeful encouragements from our weekly posts and blogs, and share your experiences and resources with others around the world!

To find all our blogs and social media links, visit us at:

www.MentalHealthGraceAlliance.org

CHAPTER ONE

BUILDING YOUR FAITH



KEY POINT

Jesus responded to the faith of the individuals who brought their loved one forward for healing.

HEALTHY GROUP GUIDELINES

***NOTE FOR FIRST MEETING: Introduce yourself to the group! State your first name and what you hope to experience in this Grace Group.**

- 1. Healthy Comfort:** Offer respect, encouragement, and compassionate support.
- 2. Healthy Confidentiality:** Create a safe place to share by listening confidentially.
- 3. Healthy Communication:** Avoid fixing anyone's challenge, correcting, debating, or using offensive language.
- 4. Healthy Community:** Discover hope and useful tools while learning from one another's journeys.

FAITH

OPENING PRAYER

“Father, thank You for being with us and understanding our mental health journey with our loved ones. Give us Your wisdom to discover helpful insights and tools for each of our paths. Thank You for giving us Your hope, grace, and steadfast love for today and for better days to come. In Jesus’ name, Amen.”

READ MARK 2:1-12

As a growing public figure, Jesus generated huge crowds wherever He went. In this particular instance, there was no room left inside or outside the home where He was teaching. This left the man with paralysis and his friends with one option for access: the roof. They must have trusted that Jesus would come through, because lowering their friend down from the roof was a lot easier than it would have been to lift him back up! Seeing the trust and effort that was involved in this plan, Jesus took note of “their” faith as they carried one another’s physical, mental, and spiritual burdens to the only One who had the capacity to bear them all.

There are times when our loved ones may feel stuck or even paralyzed by their mental health difficulties and disorders. They may feel immobilized when trying to function at home, school, work, or even in relationships. Just like the man with paralysis, there are moments when we need community and trusting relationships to lift us and walk alongside us, carrying us through the inevitable trials of our lives. When we come together as a Grace Group - the body of Christ - we are like the faith-filled men. Jesus sees our faith and will continue to reinforce us with sustaining grace as we support and walk alongside our loved ones through their mental health journey.

What do you find interesting about this story?

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FACTS

Being in the Family Grace Group...

1. ...will deepen our faith as we grow in understanding of God's heart toward us and our loved ones who are experiencing mental health difficulties and disorders.

What is your experience when others tell you to "have faith" as you support your loved one through their mental health difficulties and disorders?

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2. ...will help us renew our strength by walking together in prayer and support.

What are your hopes and expectations as you participate with others through prayer and support in this Family Grace Group?

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3. ...will help us grow more confident and hopeful as we gather practical tools to implement with our loved ones and ourselves.

Describe your previous experience with communities, groups, or tools that have helped you grow more confident and hopeful as you have supported your loved one.

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4. ...will help us see greater change within our Christian communities, breaking the stigma of mental health difficulties and disorders in the church and within society.

Describe how participating in a group like this can help when sharing with other well-meaning groups or close friends/family who may not fully understand you and your loved one's mental health experience.

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5. ...will help us discover a new journey in Christ that will provide healing, strength and renewed life.

How do you hope to see your personal faith and relationship with your loved one grow through this experience?

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FUTURE

YOUR WEEKLY TAKEAWAY

1. This Family Grace Group is a safe place to share and support one another.
2. Take time this week to pray for the other group members and their loved ones.

PRAYER

“Lord, we are so thankful for the opportunity to bring You our worries, exhaustions, frustrating experiences, and even the lives of our loved ones. We know that You are actively working in and restoring our lives. Thank You for giving us opportunities to grow in our faith and providing a community that will be a safe place to share and support one another. We are so grateful! In Jesus’ name, Amen.”

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