



IT'S OKAY NOT TO BE OKAY

MENTAL HEALTH SERMON SERIES

OCTOBER 8, 2023

Pastor Mark Prugh

Special Instructions for this week!

Immanuel Church

www.lansdale.church

1260 Welsh Rd.
Lansdale, PA

Encourage your group
to check out the

RESOURCE PAGE

on our website each week
for supplemental resources
for this sermon series:
Scriptures, Book suggestions,
Podcasts,
Apps, Spotify Music
playlists, etc.

If you have any questions
or feedback,
[please contact:](#)

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No sermon. Panel discussion!

There will be no sermon on Sunday, October 8. Instead, there will be a panel discussion. The panelists will include mental health professionals as well as individuals who have experienced mental health challenges.

Topics that may be discussed include:

- How to help people know they are not alone.
- How to find help -- professional, community, church.
- Practical strategies and next steps for those who are struggling.
- Learning self-care strategies.
- How to come alongside family members struggling.
- What does the Bible have to say?
- Etc.

Be prepared to take notes while you are listening to the discussion. Use your notes to facilitate the discussion in your group.

Page two includes bios of those who will be participating on the panel. Pastor Andrea Sawtelle will facilitate the discussion.

Tips for facilitating your group:

Open With Prayer: After people have gathered and spent time chatting, this will help focus them on the study.

Looking Back: Refer to past discussion guides and review the topics covered in previous weeks: Stress & Burnout, Worry & Anxiety, Loneliness, and Depression.

Discuss the Panel: Ask those in the group to share what they heard from the panel. What did they find helpful or interesting? What surprised them? What encouraged them? What questions do they still have? How helpful has this series been?

Three Points to Remember: Challenge the group to summarize the series into three main takeaways. What are the three most important points, ideas, tips to remember?

This Week's Application Challenge: Application is important! Remember, we are not just to be hearers of the word, but also doers. Encourage people to ask the Holy Spirit to guide them in finding unique ways to apply what they've learned from the panel and discussion.

Discuss ideas for applying what's been learned through the series.

Close in Prayer: This is a good time to take requests and pray for one another.



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PANEL BIOS

Bridget Depew (Counselor at North Care Women's Clinic) started working at North Care Women's Clinic as a Client Advocate. In this role, Depew counsels women who find themselves in a crisis pregnancy situation, helping them realize who they are in Christ—worthy, valued, and loved. She believes that when they first understand their worth and the God-given inner strength they possess, women are more likely to embrace their calling to be a mother and choose life for their unborn children. She and her husband Chris have two children—a 17-year-old daughter, Sienna, and 10 year old son, Lucas. She and her family attend and serve at Next Community Church in Skippack.

Katrina (student) recently turned 18 and is in her senior year of high school. She currently resides with her grandparents due to instability in her mother's home. Katrina regularly attends therapy and has discovered God has a great plan for her life in spite of life's challenges.

Guiyoung Kim has been working in the mental health field for the past 14 years. She currently works at the Horsham Clinic as a primary therapist. Kim earned a biblical study certification (2-year program) at Trinity Evangelical Divinity School in Deerfield, IL in 1999. She earned an MA in counseling at Biblical Theological Seminary in 2011, known as Missio Seminary. She is currently pursuing her Doctor of Education in community care and counseling, specializing in trauma through Liberty University.

Bobbie Renzi (M.A., LPC) is a counselor at Willow Spring and believes that creating a caring, safe, and supportive relationship with her clients is paramount for healing and growth. She enjoys working with pre-teens, teens, and adults experiencing anxiety, depression, family conflict, and life transitions, as well as grief and loss often associated with trauma. Renzi is a graduate of Missio Seminary where she received a Master of Art degree in counseling with a specialization in Christian spiritual counseling. She has over 30 years of experience in youth ministry, education, and client advocacy. Bobbie is a member of the American Counseling Association and has been trained as a Trauma Group Facilitator by The Healing Institute in Philadelphia.

Andy Reynolds (LPC) is a therapist and the owner of Compass Counseling. Reynolds received a master's degree in counseling from Cairn University. He has also received training in Emotionally Focused Therapy (EFT), the leading research-based couples therapy, and is currently working on becoming a certified EFT therapist. He has also trained in Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization & Reprocessing (EMDR). Reynolds lives in Telford with his wife and two sons.

Amy Wheeler (Teacher) has dealt with a family member who was suicidal. She and her husband, Jim, have been married for 26 years. They have three young adult children. Wheeler has returned to teaching part time and recently earned a master's degree in Human Services. She is hoping to start a nonprofit for kids that are aging out of foster care.