Connecting Faith and Health:

A Sermon-Planning Workshop for Preaching with Impact

July 19, 2022

United Methodist Health Ministry Fund

Welcome

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About the Health Fund

- Statewide health foundation founded in 1986
- Vision: Kansans are physically, spiritually and mentally healthy
- Mission: Healthy Kansans through cooperative and strategic philanthropy guided by Christian principles
- Three strategic focus areas:
  - Access to Care
  - Early Childhood Development
  - Healthy Congregations

Healthy Congregations

Healthy Congregations engages Great Plains United Methodist churches in projects to improve spiritual, physical, social, and emotional health in their congregations and communities.

The program provides training, resources, and financial support to churches committed to health ministry.

Health Care – 10% of Health

KFF
HENRY J KAISER FAMILY FOUNDATION

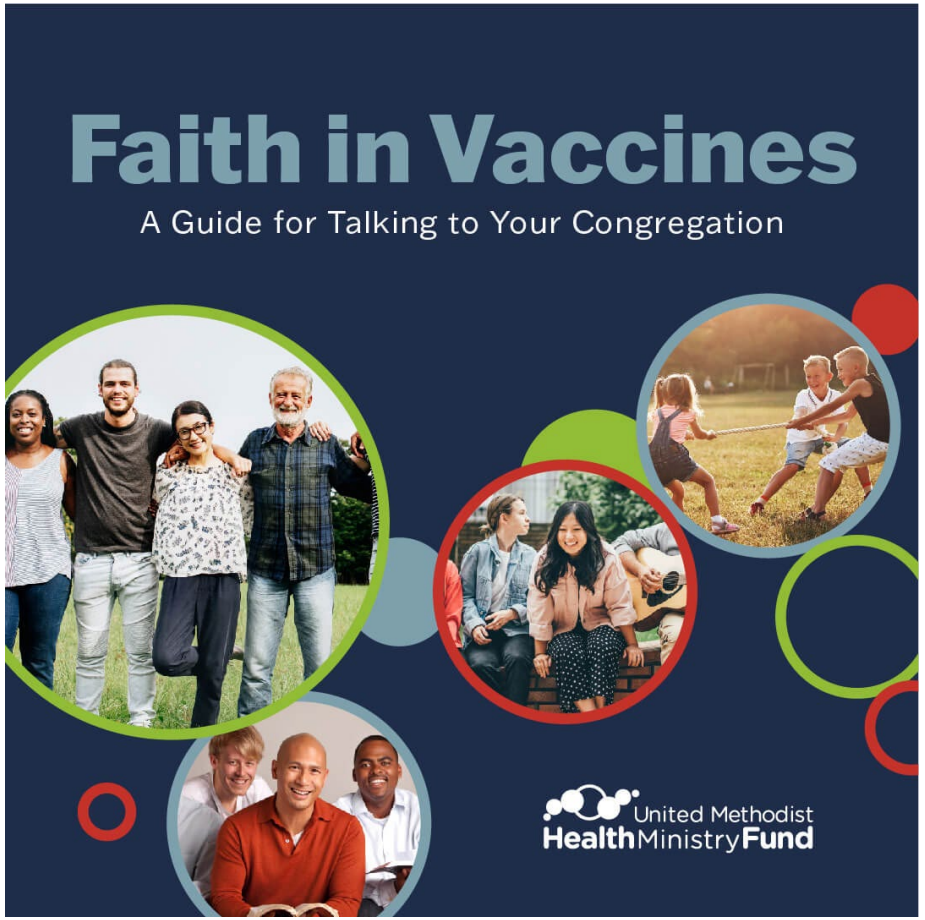
Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
• Employment • Income • Expenses • Debt • Medical bills • Support	• Housing • Transportation • Safety • Parks • Playgrounds • Walkability • Zip code / geography	• Literacy • Language • Early childhood education • Vocational training • Higher education	• Hunger • Access to healthy options	• Social integration • Support systems • Community engagement • Discrimination • Stress	• Health coverage • Provider availability • Provider linguistic and cultural competency • Quality of care

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

United Methodist Health Ministry Fund

Answering the need



- Churches have asked for resources to begin difficult conversations about important health issues
- First sermon guides were *Tending the Civic Soil* and *Faith in Vaccines*
- Provide resources based on insight from partners in the field
- https://healthfund.org/a/sermon-guides/

Agenda

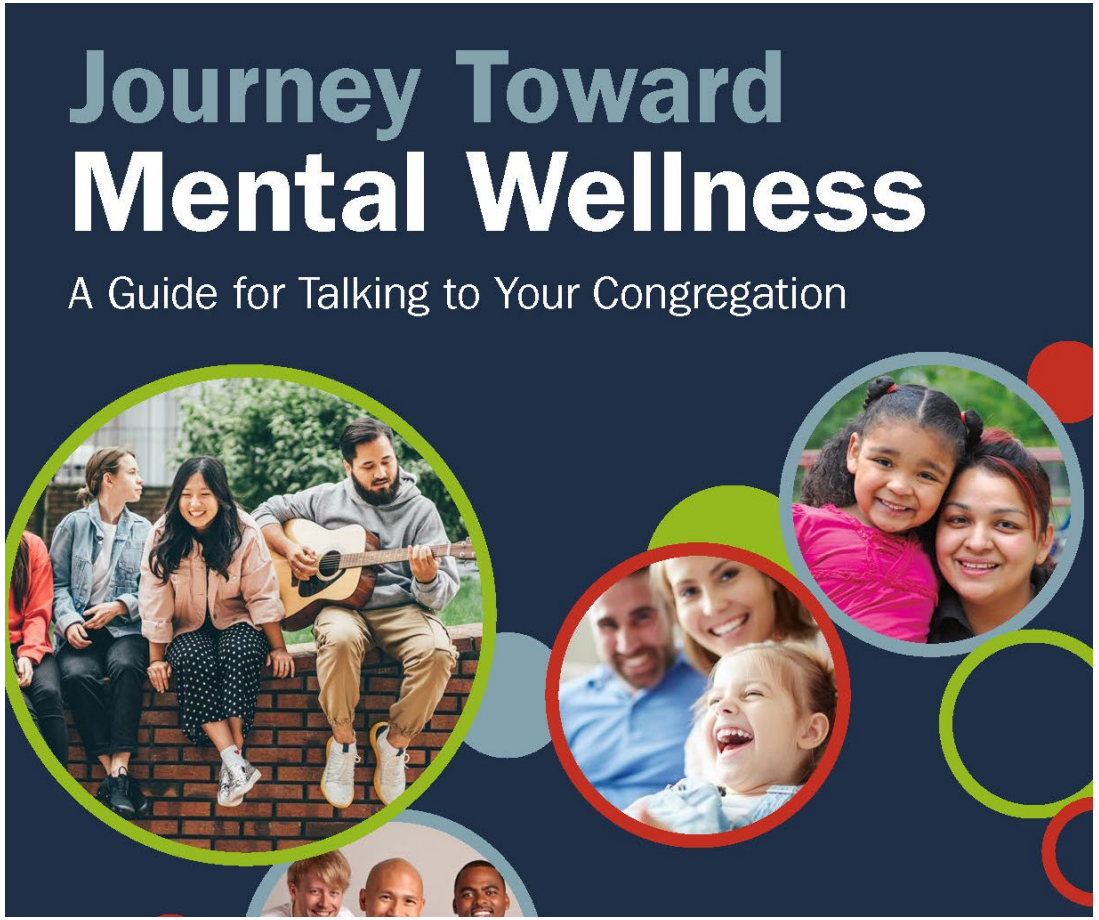
- Welcome
- Overview of the Liturgical Year
- Journey Toward Mental Wellness (Advent or Ordinary Time)
- Naming Trauma and Practicing Resilient Love (Lent)
- Noon - Lunch Break
- Tending the Civic Soil (Ordinary Time)
- God’s Temple: Health and Holiness in the Body of Christ (Ordinary Time)
- Wrapped in God’s Embrace: Maternal Health…(Ordinary Time)
- Let the Little Children (Ordinary Time)
- Q&A
- Closing Prayer and Benediction

Liturgical Year

Each guide contains:

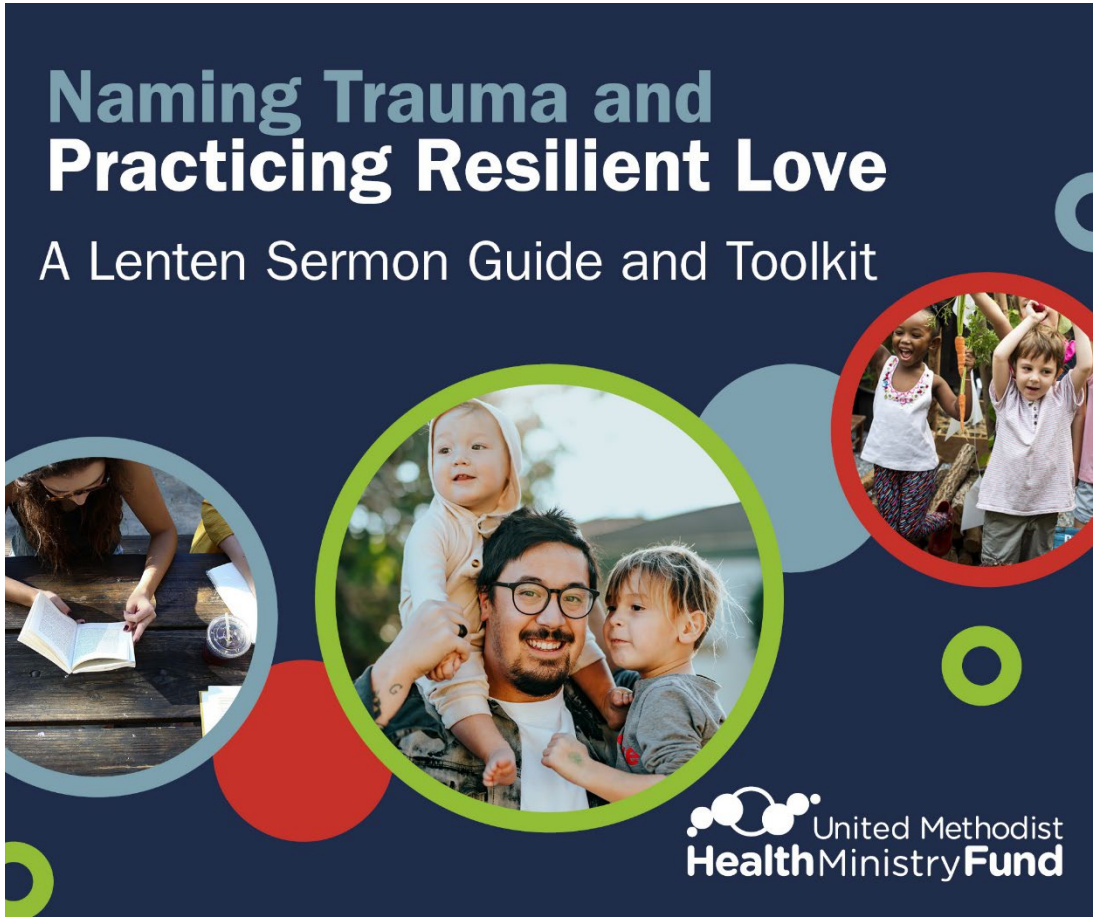
- Call to Worship
- Hymns
- Children’s Sermon
- Scripture
- Exegesis
- Sermon Notes
- Benediction
- Call to Action

Journey Toward Mental Wellness



- Season: Advent or ordinary time
- Theme: Woven throughout the discussion of Scripture and theology are three essential skills necessary for cultivating mental wellness: naming emotions, nonjudgmental and compassionate listening, and active hope
- Length: 3 weeks plus service of darkness and light

Naming Trauma and Practicing Resilient Love



- Season: Lent
- Theme: Introduces the concepts of trauma and resilience, examining economic hardship, relational wounds, environmental insecurity, communal divisiveness, and communal violence. Concludes with sermon materials for Easter focused on the resurrection as God's resilient response to all that threatens our ability to live abundantly together.
- Length: 7 weeks, including Good Friday liturgy and Easter sermon materials

Naming Trauma and Practicing Resilient Love

To be black and conscious in America is to be in a constant state of rage.

JAMES BALDWIN

WHAT ARE YOUR TRIGGERS?

Dealing With Historical Racial Trauma

For some people, certain stimuli (*e.g.*, pictures, sounds, movements) may cause feelings of anxiety, fear, dread, and other unpleasant emotional responses. For the Black community specifically, reliving events of racial violence may trigger generations of historical racial trauma. It is important for each of us to recognize our own triggers so that we may take steps to address any negative physical and emotional responses.

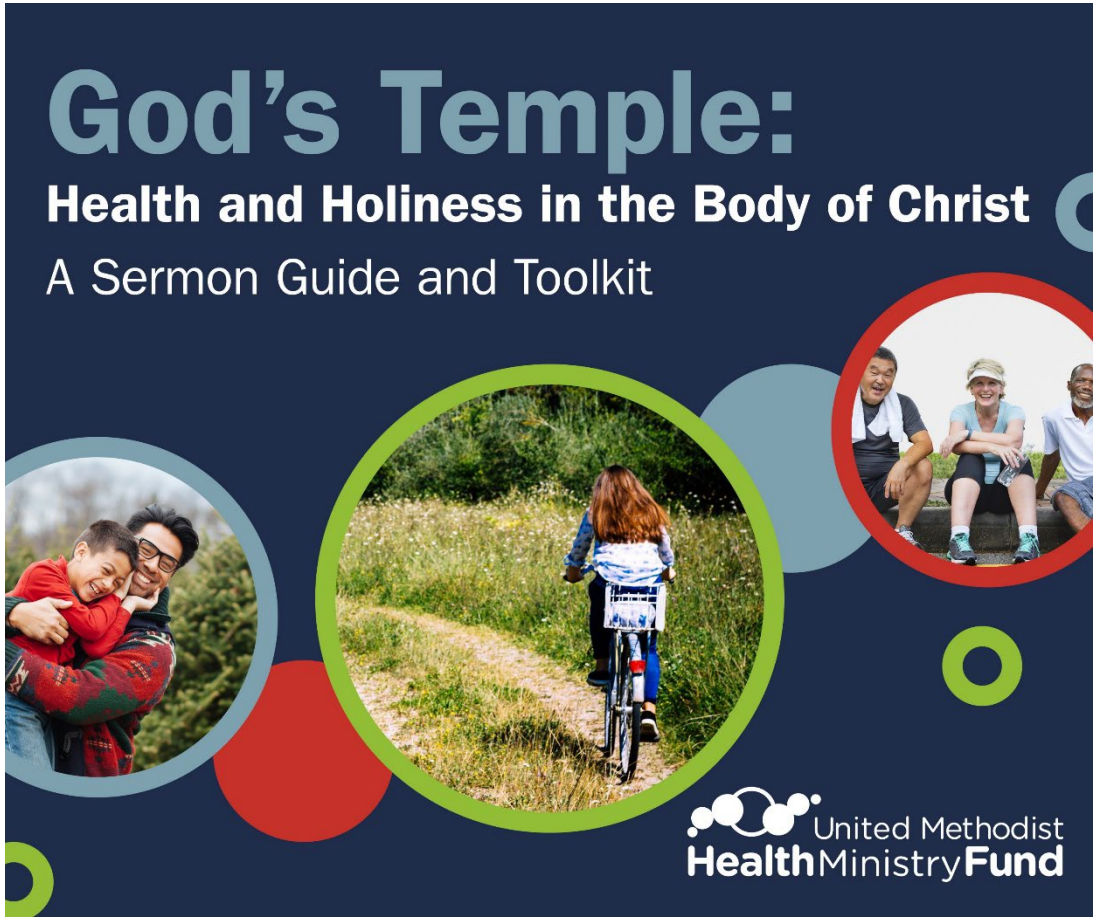
Check in with yourself. You are in a safe space and are in control.

- Recognize that you are having an emotional reaction as soon as it begins to appear in your body.
- Consider whether the emotion is related to fear, anger, or sadness. See if you can determine what triggered the emotion.
- Know that your feelings are valid, and that you have the power to choose how you react.

Tending the Civic Soil

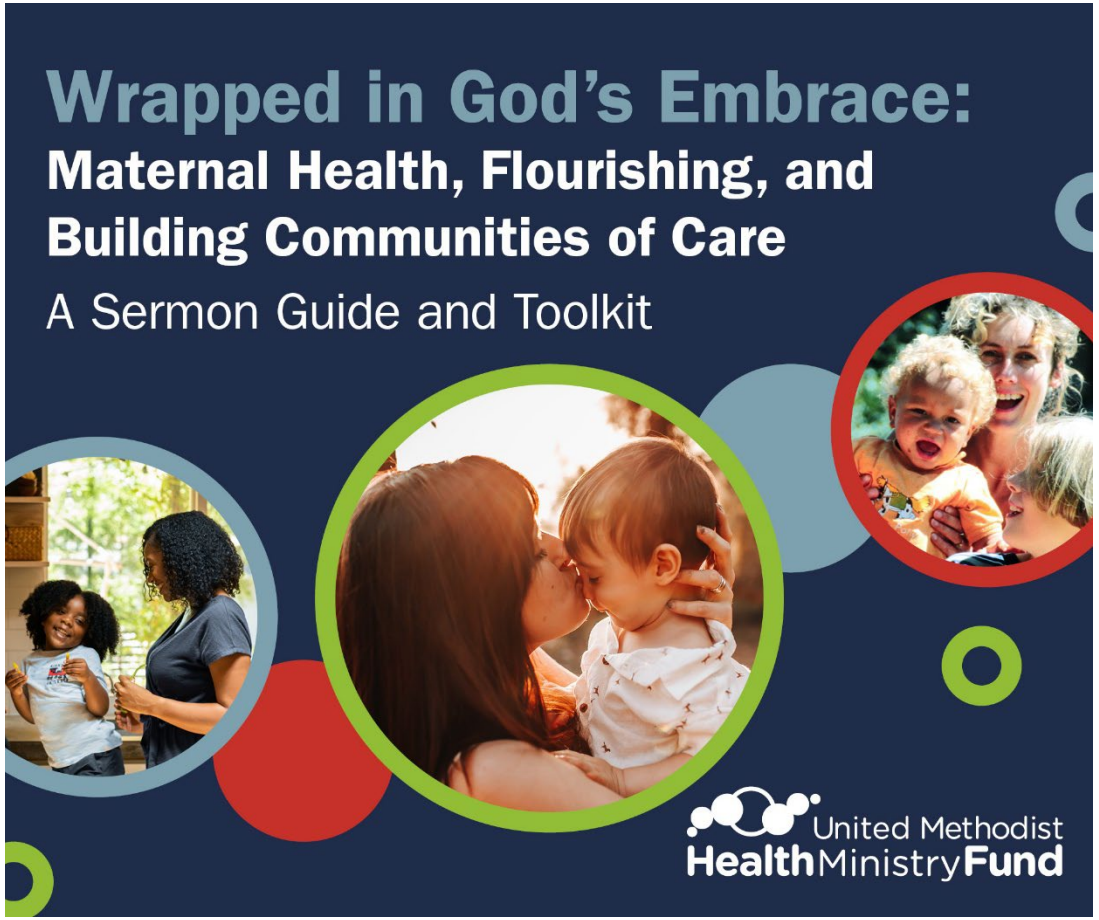
- Season: Ordinary time
- Theme: Healthy Civic Soil
  - Focus on the Soil
  - Plant for Interdependence
  - Eat What is in Season
  - After the Harvest
- Length: 4 weeks

God’s Temple: Health and Holiness in the Body of Christ



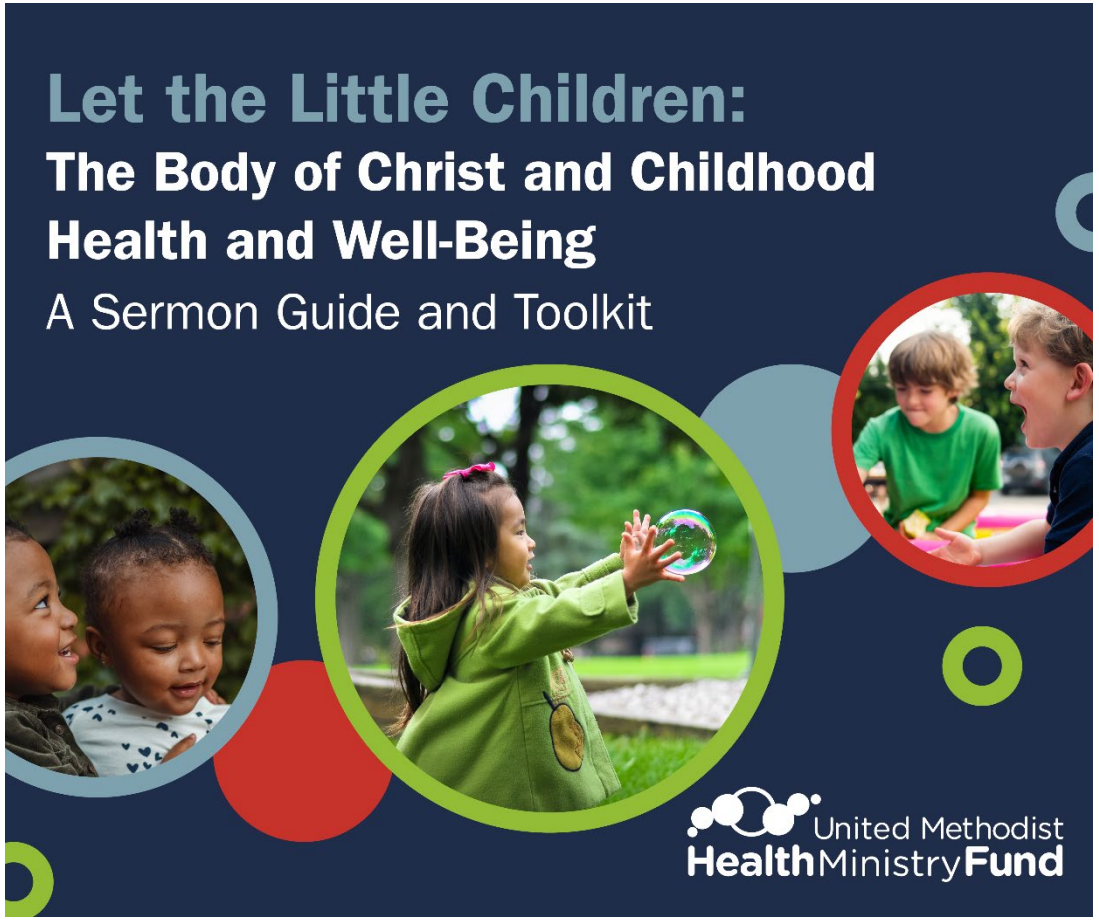
- Season: Ordinary time
- Theme: What it means to be healthy emotionally, physically, socially, and spiritually
- Length: 4 weeks

Wrapped in God's Embrace: Maternal Health, Flourishing, and Building Communities of Care



- Season: Ordinary time
- Theme: Taking a different approach to biblical motherhood through encounters with Mary the Mother of Jesus, the Canaanite Woman, and the Widow of Zarephath
- Length: 4 weeks

Let the Little Children



- Season: Ordinary time
- Theme: Children's place in God's kingdom and supporting the physical and mental health of children
- Length: 3 weeks