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Journey Toward Mental Wellness
A Guide for Talking to Your Congregation
WEEK 1 • IN SEARCH OF MENTAL WELLNESS

Theme

Defining mental health

Scripture

Psalm 80:1-7, 17-19

Hymn Selections:

Advent

- “Come, Thou Long-Expected Jesus”
  United Methodist Hymnal #196
- “O Come, O Come, Emmanuel”
  United Methodist Hymnal #211
- “Let All Mortal Flesh Keep Silence”
  United Methodist Hymnal #626

Alternative

- “Guide Me, O Thou Great Jehovah”
  United Methodist Hymnal #127
- “It Is Well with My Soul”
  United Methodist Hymnal #377
- “Sweet Hour of Prayer”
  United Methodist Hymnal #496

Sermon Notes
WEEK 2 • JOURNEYING TOGETHER IN SOLIDARITY

Theme

Nonjudgmental and compassionate listening

Scripture

Psalm 126: 1-6

Hymn Selections:

Advent

- “Blessed Be the God of Israel”
  United Methodist Hymnal #209

- “O Come, O Come, Emmanuel”
  United Methodist Hymnal #211

- “Lift Up Your Head, Ye Mighty Gates”
  United Methodist Hymnal #213

- “When God Restored Our Common Life”
  The Faith We Sing #2182 (musical setting of Psalm 126)

Alternative

- “He Leadeth Me: O Blessed Thought”
  United Methodist Hymnal #128

- “The Gift of Love”
  United Methodist Hymnal #408

- “Blessed Be the Tie That Binds”
  United Methodist Hymnal #557

- “When God Restored Our Common Life”
  The Faith We Sing #2182 (musical setting of Psalm 126)

Sermon Notes
WEEK 3 • JOURNEYING TOGETHER TOWARD HOPE

Theme

Active hope

Scripture

Isaiah 61: 1-4, 8-11

Hymn Selections:

Advent

- “Hail to the Lord’s Anointed”
  United Methodist Hymnal #203

- “O Come, O Come, Emmanuel”
  United Methodist Hymnal #211

- “Lo, How a Rose E’er Blooming”
  United Methodist Hymnal #216

Alternative

- “Hail to the Lord’s Anointed”
  United Methodist Hymnal #203

- “For the Healing of the Nations”
  United Methodist Hymnal #428

- “Lord, Whose Love Through Humble Service”
  United Methodist Hymnal #581

Sermon Notes
ADVENT/ORDINARY TIME • SERVICE OF DARKNESS AND LIGHT

Theme
Invites congregants to acknowledge their grief and struggles, giving space for mental health challenges to be named, accepted, and blessed

Scripture
Multiple readings

Hymn Selections:

Advent
- O Come, O Come, Emmanuel, vs. 1-2
  United Methodist Hymnal #211
- O Come, O Come, Emmanuel, vs. 6-7
  United Methodist Hymnal #211
- O Little Town of Bethlehem, vs. 1
  United Methodist Hymnal #230

Alternative
- Sweet Hour of Prayer, vs. 1-2
  United Methodist Hymnal #496
- Sweet Hour of Prayer, vs. 3
  United Methodist Hymnal #496
- Great Is Thy Faithfulness, vs. 1
  United Methodist Hymnal #140

Sermon Notes
Naming Trauma and Practicing Resilient Love

A Lenten Sermon Guide and Toolkit
LENT 1 • WHAT IS TRAUMA?

Theme

Recognizing and naming trauma

Scripture

Mark 1:9-15

Hymn Selections:

- “Lord, Who throughout These Forty Days”
  United Methodist Hymnal #269
- “When Jesus Came to Jordan”
  United Methodist Hymnal #252
- “We Meet You, O Christ”
  United Methodist Hymnal #257

Sermon Notes
LENT 2 • WHAT IS RESILIENCE?

Theme

Defining resilience and resilient love

Scripture

Mark 8:31-38

Hymn Selections:

• “Where He Leads Me”
  United Methodist Hymnal #338

• “Take Up Thy Cross”
  United Methodist Hymnal #415

• “Nearer, My God, to Thee”
  United Methodist Hymnal #528

Sermon Notes
LENT 3  •  TRAUMA, RESILIENCE, AND ECONOMIC HARDSHIP

Theme

Trauma of economic hardship

Scripture

John 2:13-22

Hymn Selections:

• “God, Who Stretched the Spangled Heavens”
  United Methodist Hymnal #150

• “Christ for the World We Sing”
  United Methodist Hymnal #568

• “Lord, Whose Love Through Humble Service”
  United Methodist Hymnal #581

Sermon Notes
Theme

Relational trauma

Scripture

John 3:14-21

Hymn Selections:

• “For the Healing of the Nations”
  United Methodist Hymnal #428

• “Great Is Thy Faithfulness”
  United Methodist Hymnal #140

• “Blest Be the Tie That Binds”
  United Methodist Hymnal #557
LENT 5 • TRAUMA, RESILIENCE, AND ENVIRONMENTAL INSECURITY

Theme
Trauma of environmental insecurity

Scripture

Hymn Selections:
- “How Can We Name a Love”
  United Methodist Hymnal #111
- “I Sing the Almighty Power of God”
  United Methodist Hymnal #152
- “God of the Sparrow God of the Whale”
  United Methodist Hymnal #122

Sermon Notes
LENT 6 • TRAUMA, RESILIENCE, AND DIVISIVENESS

Theme

Trauma of communal divisiveness

Scripture

Luke 19:28-42

Hymn Selections:

- “Hosanna, Loud Hosanna”
  United Methodist Hymnal #278

- “Let There Be Peace on Earth”
  United Methodist Hymnal #431

- “Help Us Accept Each Other”
  United Methodist Hymnal #560

- “God of Grace and God of Glory”
  United Methodist Hymnal #577

Sermon Notes
GOOD FRIDAY • A SERVICE OF TENEBRAE

Theme

Trauma of communal violence

Scripture

Multiple readings

Hymn Selections:

- What Wondrous Love Is This, vs. 1-2
  United Methodist Hymnal #292

- Were You There, vs. 1-2
  United Methodist Hymnal #288

- Were You There, vs. 3-4
  United Methodist Hymnal #288

- Were You There, vs. 5
  United Methodist Hymnal #288

Sermon Notes
EASTER • GOD'S RESILIENT ANSWER TO CYCLICAL TRAUMA

Theme

Resurrection as God's resilient response to all that threatens our ability to live abundantly together

Scripture

Luke 24:1-12

Hymn Selections:

• “Christ the Lord Is Risen Today”
  United Methodist Hymnal #302

• “He Lives”
  United Methodist Hymnal #311

• “Christ Is Alive”
  United Methodist Hymnal #318

• “Because He Lives”
  United Methodist Hymnal #364

Sermon Notes
Tending the Civic Soil
A Worship Resource for Election Season

A Faith In Democracy Project by
THE NEIGHBORING MOVEMENT
United Methodist Health Ministry Fund
WEEK 1 • FOCUS ON THE SOIL

Theme

Invites the congregation to look below the surface of our communities to the civic “soil”

Hymn Selections:

- “I Sing the Almighty Power of God”
- “Morning Has Broken”
- “God, Who Stretched the Spangled Heavens”

Scripture

Matthew 13:1-9, 18-23 NRSV

Sermon Notes
WEEK 2 • PLANT FOR INTERDEPENDENCE

Theme
Valuing and strengthening relationships with our neighbors

Scripture
First Corinthians 3:1-9

Hymn Selections:
- “For the Beauty of the Earth”
- “God Who Stretched the Spangled Heavens”
- “Help Us Accept Each Other”
- “Draw the Circle Wide”

Sermon Notes

CONNECTING FAITH AND HEALTH • A SERMON-PLANNING WORKSHOP
WEEK 3 • EAT WHAT’S IN SEASON

Theme

The role of the church during voting season

Scripture

Esther 4:12-17 NRSV

Hymn Selections:

• “God, Who Stretched the Spangled Heavens”
• “God of Love and God of Power”
• “Here I Am, Lord”

Sermon Notes
**WEEK 4 • AFTER THE HARVEST**

**Theme**

Considering the need for reconciliation after an election

**Scripture**

Genesis 2:4b-9, 15-22 NRSV
Second Corinthians 5:11-17 NRSV

**Hymn Selections:**

- “God, Who Stretched the Spangled Heavens”
- “Come, Ye Thankful People Come”
- “For the Healing of the Nations”
- “Sent Forth by God’s Blessing”

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

A Sermon Guide and Toolkit

United Methodist Health Ministry Fund
WEEK 1 • BELONGING IN THE TEMPLE OF GOD

**Theme**

Explores emotional health in relation to Paul’s teaching that the Christian community is the temple of God

**Scripture**

1 Corinthians 3:1-10, 16-19a

**Hymn Selections:**

- “Ask Ye What Great Thing I Know”
  United Methodist Hymnal #163
- “Blest Be the Dear Uniting Love”
  United Methodist Hymnal #566
- “Christ for the World We Sing”
  United Methodist Hymnal #568
Week 2 • Dwelling in the Temple of God

Theme

Addresses physical health as an individual and communal endeavor as Christians are called to use our bodies to glorify God.

Scripture

1 Corinthians 6:12-14, 19-20

Hymn Selections:

- “How Can We Name a Love”
  United Methodist Hymnal #111
- “Take My Life, and Let It Be”
  United Methodist Hymnal #399
- “And Are We Yet Alive”
  United Methodist Hymnal #553

Sermon Notes
WEEK 3 • COMMUNITY IN THE TEMPLE OF GOD

Theme

Social health means loving God and loving neighbor by glorifying God while also actively seeking not to be a stumbling block to our neighbors.

Scripture

1 Corinthians 10:23-11:1

Hymn Selections:

• “Blest Be the Tie That Binds”
  United Methodist Hymnal #57

• “Help Us Accept Each Other”
  United Methodist Hymnal #560

• “One Bread, One Body”
  United Methodist Hymnal #620

Sermon Notes
WEEK 4 • LOVING IN THE TEMPLE OF GOD

Theme

Exploring spiritual health as the cultivation of love as the church cooperates in using our gifts to grow and act as the Body of Christ in the world

Scripture

1 Corinthians 12:12-27
1 Corinthians 13:1-3

Sermon Notes

Hymn Selections:

- “Many Gifts, One Spirit”
  United Methodist Hymnal #114
- “The Gift of Love”
  United Methodist Hymnal #408
- “Christ, from Whom All Blessings Flow”
  United Methodist Hymnal #550
Wrapped in God’s Embrace:
Maternal Health, Flourishing, and Building Communities of Care

A Sermon Guide and Toolkit
WEEK 1 • MARY, MOTHER OF JESUS

Theme

Introduces Mary’s birth story in the Gospel of Luke as a window into postpartum health and the supports women need in the first hours, days, and weeks of motherhood.

Scripture

Luke 2:1-10 NRSV

Hymn Selections:

• “For the Beauty of the Earth”
  United Methodist Hymnal #92
• “What Child Is This”
  United Methodist Hymnal #219
• “O Little Town of Bethlehem”
  United Methodist Hymnal #230

Sermon Notes
Theme

Centers around the Canaanite Woman and the work of mothers as advocates for the well-being of the family

Scripture

Matthew 15:21-28 NRSV

Hymn Selections:

- “For the Beauty of the Earth”
  United Methodist Hymnal #92
- “Hail to the Lord’s Anointed”
  United Methodist Hymnal #203
- “Where Charity and Love Prevail”
  United Methodist Hymnal #549
- “Help Us Accept Each Other”
  United Methodist Hymnal #560
WEEK 3 • THE WIDOW OF ZAREPHATH, MOTHER OF A SON

Theme

We witness how God guides Elijah, the Widow of Zarephath, and her son to form a community of care in the midst of hardship and crisis.

Scripture

1 Kings 17:8-24 NRSV

Hymn Selections:

- “For the Beauty of the Earth”
  United Methodist Hymnal #92
- “Lord Whose Love through Humble Service”
  United Methodist Hymnal #581
- “Blest Be the Tie that Binds”
  United Methodist Hymnal #557
- “When Love Is Found”
  United Methodist Hymnal #643

Sermon Notes
We return to Mary the Mother of the adult Jesus who, as a grown child, shows the fruit of secure attachment in early childhood.

Scripture

Mark 3:19b-21, 31-35
John 19:25b-27

Hymn Selections:

- “For the Beauty of the Earth”
  United Methodist Hymnal #92

- “The Gift of Love”
  United Methodist Hymnal #408

- “Our Parent, by Whose Name”
  United Methodist Hymnal #447

- “When Love Is Found”
  United Methodist Hymnal #643
Let the Little Children: The Body of Christ and Childhood Health and Well-Being

A Sermon Guide and Toolkit
WEEK 1 • LET THE LITTLE CHILDREN COME

Theme

We establish the foundation for how and why Jesus welcomes and embraces children as part of God’s kingdom

Scripture

Mark 10:13-16

Hymn Selections:

- “Jesus Loves Me! This I Know”
  United Methodist Hymnal #191
- “Tell Me the Stories of Jesus”
  United Methodist Hymnal #277
- “All Things Bright and Beautiful”
  United Methodist Hymnal #147

Sermon Notes
WEEK 2 • LET THE LITTLE CHILDREN LIVE

Theme

Jesus’ healing of the spirit-possessed boy in Luke’s Gospel serves as a lens through which we explore how the church can tend to the physical health of children

Scripture


Hymn Selections:

• “Jesus Loves Me! This I Know”
  United Methodist Hymnal #191

• “Jesus’ Hands Were Kind Hands”
  United Methodist Hymnal #273

• “Lord, I Want to Be a Christian”
  United Methodist Hymnal #402

Sermon Notes
We explore childlikeness as necessary for entering the kingdom of heaven and necessary to how we exercise power for children’s mental health concerns.

Matthew 18:1-6

Hymn Selections:

- “Jesus Loves Me! This I Know”
  United Methodist Hymnal #191
- “We Are the Church”
  United Methodist Hymnal #558
- “Children of the Heavenly Father”
  United Methodist Hymnal #141