

Mental Health Seminar 2021

Messages to Remember

1. You are good.
2. You sin, but you are more than your sin.
3. Take ownership of your thoughts.

Claim Your Faith / Reclaim Your Faith

1. Daily Challenge: Pray The Prayer Below
2. Weekly Challenge: Attend Sunday Mass
3. Monthly Challenge: Attend Confession

Thomas Merton's Prayer for Discernment

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."

—*"The Merton Prayer" from Thoughts in Solitude Copyright © 1956, 1958 by The Abbey of Our Lady of Gethsemani.*

Video for the Day: <https://watch.formed.org/videos/session-2-mental-health>

Discussion Questions: Set 1

1. The gal in the video talks about some difficulties she faced, including her parents' divorce and her father's cancer diagnosis. Notice how the things that happen in our lives impact our mental health. What are some of your most joyful memories? What are some of your most difficult memories?
2. Is God trustworthy? Is Christian faith worth pursuing when life is so hard?
3. Anxiety can manifest as thinking and thinking about things that may not be true. Do you ever find yourself believing things about you or the world that are not true?
4. Integrated: body, mind, and soul all need to be attended to. As a doctor helps heal the body, as the psychiatrist helps heal the mind, so does our Lord & his priests heal the soul.
5. The gal mentions it is hard to separate what my mind is doing from who I am. Have you ever felt that way?
6. One in four experience mental health difficulties: think of the people in your life struggling with mental health. How can you support them?

Announcements

1. Updates, Announcements, Resources: www.hffdl.org/hs
2. Among Us Youth Group: 7-8:30pm at Sacred Heart Church, Thursday Nights (except 1st Thursday)
 - Counts as a class or seminar make-up
 - Text @amongusy to 81010 to sign up for text reminders
3. High School Holy Hour: 7-8pm at Sacred Heart Chapel, Friday Nights
 - Counts as a class or seminar make-up
 - Text @hsformat to 81010 to sign up for text reminders
4. Next Class:
 - 9th & 10th Grade: 11/7, 4-5:30pm at Sacred Heart School
 - Confirmation, Session A: 10/24, 10am-2pm at Holy Family
 - Confirmation, ALL: October Sponsor/Candidate Activity-Sponsor's Choice

Discussion Questions: Set 2

1. Life gives us enough suffering. Are we being attentive to God when the suffering happens?
2. Do you find it easy or hard to turn to God when things get hard?
3. Suffering unites or pulls us closer to Christ. Look at the cross. Suffering is really hard, because when you're in it you don't have the consolation of seeing a broader community. The Church has a robust sense that faithfulness and suffering often go together. A lot of the saints experienced (or ministered to) illness. If we are called to be saints, how are we called to respond to suffering?
4. Flourishing involves a healthy spiritual, physical, emotional, and social life. Human flourishing brings glory to God. Are you flourishing in your life?