



Below is an excerpt of a testimony from a Minds Renewed support group member:

"Minds Renewed has been such a blessing to me and all the people who have been part of it. . . . It is so unique: a place for us to be honest about the battles that rage within us and get unconditional love and acceptance. We encourage one another and give each other hope. . . . We talk about new scientific findings, new medicines. . . what things can help lift depression. . . . But, always accompanying every meeting we refocus on God: His Word, His omnipotence, His sovereignty, His love, His faithfulness. His ability to grow us into what He wants us to be despite (and even because of) our illness; He alone can replace our faulty internal recordings about ourselves. . . with the truths about who we are as His adopted children. He can take us beyond what meds, and doctors and science can do, so that all those around us can see what a powerful God He is."

"...but those who hope in the Lord will renew their strength." Isaiah 40:28-31 (NIV)

RESOURCES

- ◆ The **Starting a Minds Renewed Ministry** manual is available. The objective of this manual is to assist individuals, churches and other organizations in developing a Minds Renewed Ministry. The manual can also be used for discipleship and helping individuals obtain good overall health. Call or go to **hvmi.org** for more information.
- ◆ The Minds Renewed staff will also work with church leadership to tailor a seminar, support group or other type of ministry that would best meet the Interwoven Health and/or mental health needs of that particular church.
- ◆ Go to **hvmi.org** and click on Minds Renewed under ministries, for more information on:
 - ◆ Support groups
 - ◆ Special Events
 - ◆ Recommended books



Minds Renewed

under the leadership of

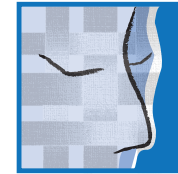


H*VMI™

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Minds Renewed

Sharing Christ's love by helping people obtain overall health and addressing mental health issues.

*Addressing Mental Health Issues can be devastating...
...but it can also be a time of personal growth.*



Handi*Vangelism Ministries International™

A Ministry of Compassion since 1973

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IDENTIFYING

Mental health conditions such as depression, bipolar illness, schizophrenia... can be very devastating and, if left untreated, can become life threatening.

Mental illnesses:

- ◆ are painful physically, mentally, emotionally and spiritually
- ◆ stretch and sometimes break relationships with loved ones
- ◆ make it difficult for people with mental health conditions and their loved ones to share feelings and support each other.

Because they don't know how to react to the pain, well-meaning friends and family sometimes respond with words or actions that hurt rather than comfort and support.



*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18 (NIV)*



SEARCHING

People addressing mental health issues often ask spiritual questions about life's significance, seeking answers to the deepest questions of life:

- ◆ *Why? Why me?*
- ◆ *Where is God?*
- ◆ *What kind of God...?*
- ◆ *Is there meaning in all this?*

Individuals who have mental health conditions have often learned destructive coping skills associated with their illness and other life problems. People with mental health issues also often hold wrong beliefs that cause them to make poor choices. These factors can exacerbate a mental health condition.

*"Pour out your hearts to him, for God is our refuge."
Psalm 62:8b (NIV)*

ENCOURAGING

Minds Renewed Exists:

- ◆ To help people obtain overall health (Interwoven Health). Interwoven Health is the health of every aspect of an individual: the physical, mental, emotional and spiritual that was knit together by God (*Psalms 139:13*).
- ◆ To support and encourage people addressing mental health issues personally or with a loved one. Minds Renewed comes alongside personal counselors or doctors by offering:
 - ◆ Spiritual support
 - ◆ Supplying referrals & resources
 - ◆ Seminars
 - ◆ Support groups
 - ◆ Special events
- ◆ To teach coping skills and scientific truths based on God's Word.
- ◆ To assist churches in reaching out to people who have mental health issues.

"He will encourage the fainthearted, those tempted to despair."

Isaiah 42:3b (TLB)

