



**Vulnerability, Safety,
Honesty & Mental Health
in the Local Assembly**

Vulnerability, Safety, Honesty & Mental Health in the Local Assembly

Presented by: Caleb Simonyi-Gindele,
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April 21-22, 2018

**Walnut Street Gospel Hall
213 Walnut Street
Saugus, MA 01906**

www.saugusgospelhall.com

Resources & Contact Information

OnlyYouForever: our marriage and counselling website. Over 180 articles and podcasts on a wide variety of marriage topics.

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Oversight Today: primarily written for overseers with a goal to equip local shepherds to help their flock navigate contemporary challenges. If you help others, please sign up for my mailing list on this site.

<https://oversight.today>

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Feel free to connect with me on Facebook or follow me on Instagram

Conference outlines and audio will be available at
www.saugusgospelhall.com

Saturday Schedule

1:00pm - Session 1: What Makes an Assembly Loving?

Loving one another is something that we all know we need to do. But how do we actually do that on a day-to-day basis? Moreover, how do we show love in the context of struggles (like mental health or addictions) that are difficult to understand?

2:30pm - Session 2: What Makes an Assembly Safe?

We rarely discuss safety in an assembly. Yet we all know the flesh brings strife and sometimes even division. We will identify the key sins to watch out for and the virtues that God calls us to display instead. How do we respond to everything from addicts to struggling parents in a way that makes it safe for them to come forward and ask for help?

4:00pm - Session 3: What Makes an Assembly Genuine?

We love WYSIWYG in others: What you see is what you get. Our Lord Jesus Christ was like that. And yet we often struggle with really showing ourselves: who we are, what we actually believe, and how to be authentic. We will learn how to normalize human struggle, de-stigmatize mental health issues and manage the impact social media has on our families.

5:00pm - Dinner

6:00pm - Session 4: What Makes an Assembly Approachable?

Mental health issues are on the rise — despite the ongoing stigma surrounding them. How can we help one another acknowledge and navigate these issues? We'll look at anxiety, depression, addictions, self-harm and how to support one another through these difficult challenges.

7:15pm - Q&A Session

8:30pm - Hymn Sing

Kevin & Mary Procopio's home at 1 Ironworks Way, Saugus MA 01906

Sunday Schedule

10:00 am - Lord's Supper

12:00 pm - Gospel Meeting - David Zuidema

12:30 pm - Lunch

1:30pm - Session 5: What Makes an Assembly Resilient?

The gospel is at the core of assembly truth. And faith is not just for unbelievers. How do we apply these great truths to assembly practice in our contemporary world? We'll see how divine truth is profoundly relevant to the unique challenges of our generation.

Session 1: What Makes an Assembly Loving?

1 John 4:7-21

1. Why Love Matters
 - a. God is Love
 - b. Our Love Proclaims God's Love

2. Sin, the Flesh and Brokenness
 - a. Soul Winning vs. Soul Healing
 - b. Is Brokenness a Biblical Concept?
 - c. Christ as Healer

3. How to Respond to One Another in Love
 - a. We Love Because He Loves
 - b. The (Loving) Fatherhood of God
 - c. His Love Equips Us to Love

Notes

Session 2: What Makes an Assembly Safe?

Ephesians 4:21-5:4

1. What is “Safety”?
2. Things We Do Individually That Tell Others They Are Not Safe
 - a. Bitterness
 - b. Wrath & Anger
 - c. Clamour
 - d. Evil Speaking
3. Things We Do Corporately That Tell Others They Are Not Safe
 - a. Insensitive Words
 - b. The Standards We Impose
 - c. The Image We Project
4. How to Create Safety
 - a. Do You Have Realistic Expectations?
 - b. How Sacrificial Love Keeps Us Safe

Safety + Love = Room for Genuineness

Notes

Session 3: What Makes an Assembly Genuine?

1 Peter 1:22 “an unfeigned love of the brethren”; Colossians 3:12-13

1. What is Vulnerability?
 - a. Why is Vulnerability Frightening?
 - b. Why Hasn't Vulnerability (Typically) Been a Normal Part of Assembly Life?
 - c. Our Lord Was Vulnerable

2. Authenticity Follows from Vulnerability
 - a. Putting Off the Old Man and Putting on the New
 - b. We Need to Talk About Our Struggles

3. Are Authenticity & Vulnerability Actually Biblical Ideas?

4. Ways to Model Vulnerability
(more on perfectionism: <http://oyf.link/148>)
 - a. Let Go of Perfectionism
 - b. Openly Verbalizing Our Struggles
 - i. Mental Health
 - ii. Other Distress
 - c. Be Willing to Say, “I Don't Know”
 - d. Just Be Human

5. Ways to Model Authenticity
 - a. In Our Relationships
 - b. Be Clear About Our Identity
 - c. Faith in Christ's Completed Work

Notes

Session 4: What Makes an Assembly Approachable?

James 2:1-13

1. The Life of Faith is an Impartial Life
 - a. Hold the Faith
 - b. The Sin of Partiality

2. Why We Need the Poor (Not Vice Versa)
 - a. The Poor are Rich in Faith
 - b. Buy of Me Gold Tried in the Fire
 - c. An Approachable Assembly

3. Being Born Again Is Just the Start

4. The Importance of Educating Yourself

5. How to Approach Various Issues
 - a. Mental Health
 - i. Antidepressants/Meds
 - b. Trauma
 - c. Relational Help
 - d. Addictions
 - e. Self-Harm

6. When to Refer Out

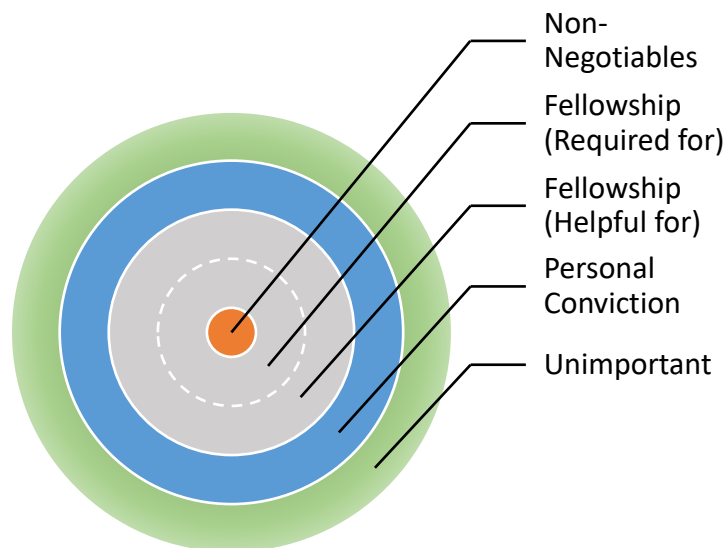
7. What Makes an Assembly Approachable?

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Session 5: What Makes an Assembly Resilient?

Matthew 15:1-9; Titus 1:9-11

1. Truth vs. Application
2. The Right Grip on the Right Object
 - a. The Bulls-Eye Model (diagram below)
 - b. 3 Measures of the Importance of Doctrine
 - c. Guidelines for Evaluating Convictions
 - d. 3 Realms of Application
 - e. What Does God Value?
3. A Solid Grasp of the Gospel
 - a. Performance Based Christianity
 - b. Sanctification by Works
4. Faith as a Way of Life



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CASTING

all

YOUR CARE

UPON HIM

FOR HE CARES
for you