

Mood Disorder Share and Prayer Support Group

Grace Baptist Church Bowie MD

Our MISSION

Glorify God by serving those who suffer from a mood disorder (such as anxiety, bipolar, depression, PTSD, or schizophrenia) and those who care for them.

Our PURPOSE

We purpose to connect people suffering with a mood disorder with God and with us as followers of Jesus **and to encourage them** to find comfort, hope, and purpose in life.

Our PILLARS

1. We believe that those struggling with a mood disorder should **not suffer alone**, but seek help from others. "Share each other's burdens (Galatians 6:2 NLT)."
2. We believe that those struggling with mood disorders can **find hope** to overcome hopelessness, in spite of their diagnosis and feelings. "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11 NIV)."
3. We believe that **God cares** and is ready to help all those who call upon Him. "Everyone who calls on the name of the LORD will be saved (Romans 10:13 NLT)."
4. We believe that **God uses prayer**, and not medicine only, to bring healing and health. "The prayer offered in faith will make the sick person well; the Lord will raise them up (James 5:15 NIV)."
5. We believe that everyone has been made in the **image of God** and has a greater **identity** than any disorder or diagnosis. Then God said, "Let us make human beings in our image, to be like us (Genesis 1:26 NLT)."
6. We believe that God can transform us by **renewing our minds** to learn healthy responses to what we suffer from mood disorders or from caring for someone struggling with a disorder. "Be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God (Romans 12:2 NKJ)."
7. We believe in **speaking the truth in love** (Ephesians 4:15), and only saying things that build up, not belittle, embarrass, or demean anyone. "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen (Ephesians 4:29 NIV)."
8. We believe that what is shared in a meeting must remain **confidential**; we are committed to not disclosing any personal information with anyone outside our group. "Therefore, rid yourselves of... slander of every kind (1 Peter 2:1 NIV)."
9. We believe that God can even use our painful struggles with mood disorders for good (Romans 8:28) to **help others**. "God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us (2 Corinthians 1:4 NLT)."

EXPECTATIONS
Dos and Don'ts of the
Mood Disorder Share & Prayer Support Group

What we DO

1. We voluntarily share our feelings and experiences with others attending the meeting.
2. We encourage everyone to participate by sharing, discussing the topic, and praying for one another.
3. We respect everyone's privacy, by not disclosing personal information of other people with those in, or outside of, our meetings.
4. We encourage everyone to develop friendships with those of their own gender (men with men and women with women) outside the group meetings.
5. We encourage both those struggling with a mood disorder and those trying to provide care for someone with a disorder to share in the meeting so we can all learn from one another.
6. We will refer those wanting help with counseling to the pastoral staff or to licensed professional Christian counselors.
7. We seek to complement the efforts of medical professionals by providing spiritual support to promote health and healing.
8. We respect everyone as incredibly valuable to God and to us.

What we DO NOT DO

1. We do not require or coerce anyone to share.
2. We do not require or coerce anyone to pray.
3. We do not provide counseling.
4. We do not provide medical care or medicine.
5. We do not provide legal advice.
6. We do not judge or condemn the actions of any participant.
7. We do not disclose what we learn about each other to anyone outside the support group.
8. We discourage members from spending time privately (1 on 1) with other members of the opposite gender outside of our support group meetings.