

The Power of bad - How to fight fear with faith

Glynn Harrison: Seminar 1

HOW TO USE THIS RESOURCE

This seminar is the first in a series of four. You can watch the seminars on your own or with your church, small group, youth group or friends. The questions/reflections provided may help you discuss and work through how to apply what you've learnt to your own life.

WATCH THE VIDEO:

[Seminar 1:](#)

<https://www.youtube.com/watch?v=TQex6ffviXc&t=2916s>

SEMINAR OUTLINE

A recent global survey reported that people are split roughly 50/50 over the question of whether religion does more harm than good. What factors may be important in the link between religion, health and well-being? And, specifically, what does the evidence show about the mental health benefits, as well as the potential harms, associated with Christian faith?

QUESTIONS

1. How did Sigmund Freud's views contribute to the idea that Christians and Christianity are toxic?
 2. What about woke culture can Christians agree with? What do we disagree with?
 3. According to the data, what is the relationship between faith and mental health?
 4. What role can the church play in adding to people's sense of well-being?
 5. Why are decentring activities good for us?
 6. What measures can we take to make it harder for abuse to happen in church?
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REFLECTION/PRAYER

- What decentring activities do you already do? What else could you try?
- Try an 'awe walk' with a friend.
- How has this lecture equipped you to engage with people who say Christianity is harmful?
- Praise God that we are made in his image, that we matter and what we do has value and contributes to his Kingdom. But let's be even more thankful for the gospel which releases us from a preoccupation with self and invites us to look to the source of self, the eternal God, who is beauty and truth and who loves us and wants us to be part of a far better story: his story.