

Our Prayer for 2026: Dear Father, Help us to gather to proclaim Christ, and please use every LMAP member to play a part in bringing 20 people to faith in Jesus in each of our ministries and congregations across the year. To your glory. AMEN.

Distress & Hope Bible Talk Series Break-up

Purpose of the Series: To encourage our church family: We can have deep and abiding hope in the Lord Jesus even in the midst of the distress, uncertainty and unjust circumstances which are often associated with Mental Health.

Marketing Title of Series: Distress and Hope

Series Champion: Liv Bush

The Purpose of this Document:

- To instruct the **Gathering Leader, Kids Spot Speaker, Band Leader, Song Chooser and Preacher** in shaping each church gathering as whole – so that we intentionally draw out what we are looking at in the Bible each week. It will also mean, that particular features which complement what we do as a church, are addressed.
- To assist **Growth Group Leaders and Friday Youth Leaders** (and other ministry leaders) to arrange their program most logically and effectively to work in with the Bible Talk Series. And further to point to resources which can be used to lead groups well.
- To help the **Gathering Planners** (i.e. those who organise the rosters), **AV Ministry Team, Social Media,** and **Office** to have the information that they need to do the roles that they do most fruitfully and efficiently.



Talk No.	Preachers <i>(note: Master is the Google Drive Version)</i>	Passages	Reading	Talk Title <i>(marketing friendly)</i>	Talk Topic/Focus/Purpose	Comment/Outline	Gathering Googly <i>(feature/consideration)</i>
<i>This block preached at MT Riv 9am, Blaxland 10.30am & 4.30pm (from 31st May to 28th June)</i>							
1. 31 st May 2026 CMS Mission Sunday	MR9: KDN MR9 Kids Spot: CMS Mission Spot BL10.30: KDN BL4.30: KDN	OT: Genesis 1-2 Psalm: 8 Nehemiah 9 NT: Hebrews 2:5-18 Colossians 1	OT: Psalm 8 NT: Hebrews 2:5-18	Image Bearers	Central theme: We are creatures of dust, made in the image of God, for relationship. <i>Purpose: I want the listener to know that we are integrated, whole, beloved children of God.</i>	Song Suggestions: <ul style="list-style-type: none"> • NEW SONG IDEA: Abide (Dwell Songs) • Rejoice • All Creatures of our God and King • Crown him with many crowns • Christus Victor 	Mission Focus: CMS Mission Spot (> JH)

					<p><i>Areas of mental wellbeing to consider: All humans have inherent worth and dignity. Therefore, there is no room for stigma in the church.</i></p>	<ul style="list-style-type: none"> ● How Deep the Father's Love for Us ● The Love of the Father <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● To value all people as made in the image of God with inherent worth and dignity. ● CMS Sunday Prayer (see below) ● Our CMS Missionaries ● The CMS Lasting Hope Appeal 	
<p>2. 7th June 2026</p> <p>Kings Birthday Long Weekend</p>	<p>MR9: KDN & JH MR9 Kids Spot: Holiday Club (GO)</p> <p>BL10.30: KDN & JH</p> <p>BL4.30: KDN & JH</p>	<p>OT: Psalm 23, 27, 84, 139 NT: Matthew 1: 21-25 Colossians 1: 15-23 Hebrews 4:14 – 5:10</p>	<p>OT: Psalm 139 NT: Hebrews 4:14 – 5:10</p>	<p>Presence</p>	<p>Central Theme: God is present in all circumstances in our life.</p> <p><i>Purpose: I want the listener to know that God knows them deeply, and empathises with them. Where the circumstances of our lives and emotions shift, He is constant.</i></p> <p><i>Areas of mental wellbeing to consider: Anxiety and depression and the emotional changes that accompany these. We need to be ready to offer support and referral as needed.</i></p>	<p>NOTE: Kings Birthday Long-Weekend</p> <p>Song Suggestions:</p> <ul style="list-style-type: none"> ● NEW Song Idea: Abide (Dwell Songs) ● Kids Song: Jesus Strong and Kind ● Before the Throne of God Above ● The Lord is my Salvation ● Indescribable ● Won My Heart <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● those experiencing mental health challenges would know that God is present and cares for them. ● For the King and governments and all in authority 	<p>Lord's Supper: BL10.30am (KDN)</p>

<p>3.</p> <p>14th June 2026</p> <p>MARS Mission Sunday</p>	<p>MR9: KDN & OB MR9 Kids Spot: Hugh Chilton</p> <p>BL10.30: KDN & OB</p> <p>BL4.30: KDN & OB</p>	<p>OT: Psalm 6, 22, 42, 43, 69, 88 Job 10; Lamentations 3; NT: Matt 5: 1-12, 26: 36 - 46, 27:45-55; Romans 8: 18-29</p>	<p>OT: Psalm 42 NT: Matt 26: 36-46</p>	<p>Lament</p>	<p>Central Theme: We can express our deepest distress to God, and in turning to him we can find hope. Jesus is both our <i>mediator</i> and our <i>model</i> in this.</p> <p><i>Purpose: I want the listener to know that they can turn towards God in their distress. He welcomes our cries of anguish, and because of Jesus we are no longer separated from God. There will be a brief, frank, and sensitive reference to suicide</i></p> <p><i>Area of Mental wellbeing to consider: We need to be aware of those who experience thoughts of suicide and mental health conditions such as PTSD, and be ready to offer support and referral as needed</i></p>	<p>Song Suggestions:</p> <ul style="list-style-type: none"> ● Rock of Ages ● It Is Well With My Soul ● Consider Christ ● No Other Name <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● a prayer of lament on behalf of all those in our church and community who live with mental ill-health. ● MARS Mission ● Refugees and those displaced around the World 	<p>Mission Focus: MARS (BL4.30pm > NA)</p>
<p>4.</p> <p>21st June 2026</p>	<p>MR9: KDN & JH MR9 Kids Spot: Holiday Club (??)</p> <p>BL10.30: KDN & JH</p> <p>BL4.30: KDN & JH</p>	<p>OT: Psalm 133 NT: Romans 12: 1-21 Ephesians 4: 1-16 1 John 4: 7-21</p>	<p>OT: Psalm 133 NT: Romans 12: 1-21</p>	<p>Family</p>	<p>Central Theme: the church is family, and as brothers and sisters we support each other in the struggles of mental ill health</p> <p><i>Purpose: I want the listener to know that there is a pastoral role we can all play in caring for each other and supporting each other to access other types of help.</i></p> <p><i>Area of Mental wellbeing to consider: making referrals to mental health services wisely, being equipped to care for each other.</i></p>	<p>Song Suggestions: (Try only having ‘collective noun songs’: we, our, us)</p> <ul style="list-style-type: none"> ● The Love of the Father ● Here We Stand ● The Chorus of the Saved ● We Declare ● Creation Awaits <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● Those who work in mental health - nurses, psychiatrists, social workers and counsellors. ● For Church families around the mountains in proclaiming Jesus 	<p>Mission Focus: LMAP Women’s Retreat (>Naomi N)/Base Camp (>PH)</p>
<p>5.</p>	<p>MR9: KDN</p>	<p>OT: Psalm 17 Isaiah 25 - 26</p>	<p>OT: Psalm 17</p>	<p>Hope</p>	<p>Central Theme: Hope is ultimately found in Jesus.</p>	<p>Song Suggestions:</p>	

28 th June 2026	MR9 Kids Spot: Holiday Club (Vincent W) BL10.30: KDN BL4.30: KDN	NT: 2 Corinthians 5:1-10 1 Peter 1:3-12 Revelation 21: 1-7	NT: Revelation 21: 1-7		<p><i>Purpose: I want the listener to know that we have sure hope of eternity with God, free of distress and suffering. We can also see the goodness of God in the here and now, through His Word, His people, and appropriate mental health care.</i></p> <p><i>Area of Mental wellbeing to consider: because we have hope in the goodness of God now and into eternity, we are free to seek support and relief from our mental health challenges, without solely relying on or hoping in biological and medical understandings of mental ill health.</i></p>	<ul style="list-style-type: none"> ● NEW SONG IDEA: Abide (Dwell Songs) ● Come and Reign ● It Was Finished Upon That Cross ● In Christ Alone ● Christ is Mine Forevermore ● Hymn of Heaven <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● To be assured of the hope we have in Christ into eternity. And be convicted of the presence and goodness of God in the land of the living, the deep resources of biblical lament, the support from our brothers and sisters in Christ, and the dignity of all human beings. ● Holiday Club Opportunities/invitations 	Mission Spot: LMAP Holiday Club (>RC)
Talk No.	Preachers <i>(note: Master is the Google Drive Version)</i>	Passages	Reading	Talk Title <i>(marketing friendly)</i>	Talk Topic/Focus/Purpose	Comment/Outline	Gathering Googly <i>(feature/consideration)</i>
<i>This block preached at Glenbrook 9am, 10.30am & 6pm (from 26th July to 23rd Aug)</i>							
1. 26 th July 2026	GB9: KDN <i>(livestreamed)</i> GB9 Kids Spot: ?? GB10:30: KDN GB10.30 Kids Spot: ?? GB6: KDN	OT: Genesis 1-2 Psalm: 8 Nehemiah 9 NT: Hebrews 2:5-18 Colossians 1	OT: Psalm 8 NT: Hebrews 2:5-18	Image Bearers	<p>Central theme: We are creatures of dust, made in the image of God, for relationship.</p> <p><i>Purpose: I want the listener to know that we are integrated, whole, beloved children of God.</i></p> <p><i>Areas of mental wellbeing to consider: All humans have inherent</i></p>	<p>Song Suggestions:</p> <ul style="list-style-type: none"> ● NEW SONG IDEA: Abide (Dwell Songs) ● Rejoice ● All Creatures of our God and King ● Crown him with many crowns ● Christus Victor ● How Deep the Father's Love for Us ● The Love of the Father 	<p>Promote Square One Conf (>RC)</p> <p>Kids Church T3 starts back (GBam)</p>

	<i>(Bible Talk recorded for Church Central)</i>				worth and dignity. Therefore, there is no room for stigma in the church.	Prayer Points to include: <ul style="list-style-type: none"> To value all people as made in the image of God with inherent worth and dignity. Other LMAP Gatherings 	
2. 2 nd Aug 2026 MTC Mission Sunday	GB9: KDN & JH <i>(livestreamed)</i> GB9 Kids Spot: MTC Mission Spot GB10:30: KDN & JH GB10.30 Kids Spot: MTC Mission Spot GB6: KDN/JH <i>(Bible Talk recorded for Church Central)</i>	OT: Psalm 23, 27, 84, 139 NT: Matthew 1: 21-25 Colossians 1: 15-23 Hebrews 4:14 – 5:10	OT: Psalm 139 NT: Hebrews 4:14 – 5:10	Presence	Central Theme: God is present in all circumstances in our life. <i>Purpose: I want the listener to know that God knows them deeply, and empathises with them. Where the circumstances of our lives and emotions shift, He is constant.</i> <i>Areas of mental wellbeing to consider: Anxiety and depression and the emotional changes that accompany these. We need to be ready to offer support and referral as needed.</i>	Song Suggestions: <ul style="list-style-type: none"> NEW Song Idea: Abide (Dwell Songs) Kids Song: Jesus Strong and Kind Before the Throne of God Above The Lord is my Salvation All Things Indescribable Won My Heart Prayer Points to include: <ul style="list-style-type: none"> those experiencing mental health challenges would know that God is present and cares them. Moore College 	MTC Mission Profile (NA)
3. 9 th Aug 2026	GB9: KDN & OB <i>(livestreamed)</i> GB9 Kids Spot: ?? GB10:30: KDN & OB GB10.30 Kids Spot: Lord's Supper GB6: KDN & OB	OT: Psalm 6, 22, 42, 43, 69, 88 Job 10; Lamentations 3; NT: Matt 5: 1-12, 26: 36 - 46, 27:45-55; Romans 8: 18-29	OT: Psalm 42 NT: Matt 26: 36-46	Lament	Central Theme: We can express our deepest distress to God, and in turning to him we can find hope. Jesus is both our <i>mediator</i> and our <i>model</i> in this. <i>Purpose: I want the listener to know that they can turn towards God in their distress. He welcomes our cries of anguish, and because of Jesus we are no longer separated from God. There will be a brief, frank, and sensitive reference to suicide</i>	Song Suggestions: <ul style="list-style-type: none"> Rock of Ages It Is Well With My Soul Consider Christ No Other Name Prayer Points to include: <ul style="list-style-type: none"> a prayer of lament on behalf of all those in our church and community who live with mental ill-health. 	GB9am BBQ Bfast GB10.30 Lord's Supper (KDN)

	<i>(Bible Talk recorded for Church Central)</i>				<i>Area of Mental wellbeing to consider: We need to be aware of those who experience thoughts of suicide and mental health conditions such as PTSD, and be ready to offer support and referral as needed</i>	<ul style="list-style-type: none"> Those grieving 	
4. 16 th Aug 2026	<p>GB9: KDN & JH <i>(livestreamed)</i> GB9 Kids Spot: Lord's Supper</p> <p>GB10:30: KDN & JH GB10.30 Kids Spot: ??</p> <p>GB6: KDN & JH <i>(Bible Talk recorded for Church Central)</i></p>	<p>OT: Psalm 133 NT: Romans 12: 1-21 Ephesians 4: 1-16 1 John 4: 7-21</p>	<p>OT: Psalm 133 NT: Romans 12: 1-21</p>	Family	<p>Central Theme: the church is family, and as brothers and sisters we support each other in the struggles of mental ill health</p> <p><i>Purpose: I want the listener to know that there is a pastoral role we can all play in caring for each other and supporting each other to access other types of help.</i></p> <p><i>Area of Mental wellbeing to consider: making referrals to mental health services wisely, being equipped in caring for each other.</i></p>	<p>Song Suggestions: (Try only having 'collective noun songs': we, our, us)</p> <ul style="list-style-type: none"> The Love of the Father Here We Stand The Chorus of the Saved We Declare Creation Awaits <p>Prayer Points to include:</p> <ul style="list-style-type: none"> Those who work in mental health - nurses psychiatrists, social workers and counsellors. For Church families around the mountains to be proclaiming Jesus Give thanks for the LMAP Women's Retreat 	GB9am Lord's Supper (NA)
5. 23 rd Aug 2026 BCA Mission Sunday	<p>GB9: KDN <i>(livestreamed)</i> GB9 Kids Spot: BCA Mission Spot</p> <p>GB10:30: KDN GB10.30 Kids Spot: BCA Mission Spot</p> <p>GB6: KDN <i>(Bible Talk recorded for Church Central)</i></p>	<p>OT: Psalm 17 Isaiah 25 - 26 NT: 2 Corinthians 5:1-10 1 Peter 1:3-12 Revelation 21: 1-7</p>	<p>OT: Psalm 17 NT: Revelation 21: 1-7</p>	Hope	<p>Central Theme: Hope is ultimately found in Jesus.</p> <p><i>Purpose: I want the listener to know that we have sure hope of eternity with God, free of distress and suffering. We can also see the goodness of God in the here and now, through His Word, His people, and appropriate mental health care.</i></p> <p><i>Area of Mental wellbeing to consider: because we have hope in the goodness of God now and into eternity, we are free to seek support</i></p>	<p>As this is BCA Sunday it would be appropriate to either start the gathering or include in the prayer the First Nations Recognition prayer (see below)</p> <p>Song Suggestions:</p> <ul style="list-style-type: none"> NEW SONG IDEA: Abide (Dwell Songs) Come and Reign It Was Finished Upon That Cross In Christ Alone Christ our Hope in Life and Death 	Mission Profile: BCA (>David Thompson)

					<p><i>and relief from our mental health challenges, without solely relying on or hoping in biological and medical understandings of mental ill health.</i></p>	<ul style="list-style-type: none"> ● Christ is Mine Forevermore ● Hymn of Heaven <p>Prayer Points to include:</p> <ul style="list-style-type: none"> ● To be assured of the hope we have in Christ into eternity. And be convicted of the presence and goodness of God in the land of the living, the deep resources of biblical lament, the support from our brothers and sisters in Christ, and the dignity of all human beings. ● BCA Mission (see prayer below) ● First Nations Prayer (see below) 	
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Key: MR = LMAP Mt Riv; BL = LMAP Blaxland; GB = LMAP Glenbrook; KDN = Ken Noakes; RC = Rachael Connor; PH = Paul Hallam; NL = Nick Lindeback; JH = Julie Haddon; GO = Gail Oakey; NA = Neil Atwood; TO = Trevor Oakley; JSh = Josh Schroder; OB = Olivia Bush; JB = Jared Bartlett; JE = Jake Evans; GBH = Gary Haddon; AC = Andrew Cox; DSw = Dave Swan; PC = Phil Coghlan; JLav = John Lavender; KR = Kevin Russell; DC = Dave Catto; BCA = Bush Church Aid; MTC = Moore Theological College; CMS = Church Missionary Society; DLS = Daylight Savings; YA = Young Adults; MARS = Mountains Anglican Refugee Support; CBM = Western Sydney Uni AFES Group.

Gathering Leader & Preacher:

- To help make your role as the Gathering Leader as effective as possible - go to ‘[LMAP Gathering Support](#)’ ([here](#)). This is a one stop shop to help you with resources to construct a meaningful and organised Sunday Gathering.
- Take special note of the suggestions in the ‘Gathering Googly’ column. This detail should be kept in mind as you lead or preach.
Gathering leaders, *if scheduled into the elvanto plan*, you will need to make arrangements to incorporate this aspect into the gathering.
- Please note there is a visual Powerpoint template which we would prefer that you used so that we have some consistency across what we display (and so that we avoid some traps e.g. colours that cannot be seen, text too small, fonts too difficult, text which covers set logos, livestream split screen requirements etc.). This template exists on the LMAP Gathering Support Site (as mentioned above) - and can be emailed to you on request (admin@lmap.org.au).

Resources (for the benefit of Growth Group Leaders and Preachers):

- *The Mental Health and Pastoral Care Institute* <https://mentalhealthinstitute.org.au/?v=8bcc25c96aa5> – resources, factsheets, recordings and upcoming events centred around a Christian understanding of pastoral care and mental health. A good introduction.
- *Down Not Out* by Chris Cipollone – a mix of lived experience and theological insight. A good introduction.
- *Mental Health and Your Church A Handbook for Biblical Care* by Helen Thorne and Dr Steve Midgley - sections introducing different types of mental ill health and practical steps for caring well for each other.
- *Finding Lost Words: The Churches Right to Lament* edited by Geoff Harper and Kit Barker – a more technical series of essays on Lament in the Psalms.
- *Wayfarers: A Christian Approach to Mental Health Care* by Warren Kinghorn– a more technical read on a Christian approach to mental health care including history, theology, philosophy and psychiatry.
- *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop - a guide to expressing sorrow and pain to God through lament, finding solace and trust in His grace during life’s darkest moments. It looks at lament in general and then specifically at some of the lament Psalms as well as Lamentations.

Bible Studies (for the benefit of Growth Group Leaders):

- Julie Haddon *Distress & Hope* (5 Studies - with Leaders Notes and Participant Booklets) available on Church Central Online and ‘LMAP Gathering Support’

A Prayer for CMS (to use on Sunday 31st May - which is CMS Sunday)

God of love, whose will it is that everyone should be saved, bless the Church Missionary Society and those who have gone out in its fellowship to preach, to teach and to heal. Guard, guide and use them; Raise up more people in your worldwide church to pray and to work, to care and to understand, to give to you and to go for you, that your church may grow, your will be done, your kingdom come, and your glory be revealed: through Jesus Christ our Lord. Amen

Prayer in Acknowledgement of Country (to use at the beginning of our Gathering or to include in the Prayer on Sunday 23rd Aug – which is BCA Sunday)

Our Lord and loving heavenly Father, we acknowledge that you are Creator of all that is. We acknowledge that in your Providence you gave custodianship of the land upon which we meet to the Dharug and Gundungurra people. We acknowledge with sorrow the painful history between the Aboriginal people and the later settlers of this land, and we pray that you may work between us for the réconciliation that is the gift of your Son, our Lord Jesus Christ, in whose name we pray. Amen.

A Prayer for BCA (to use on Sunday 23rd Aug - which is BCA Sunday)

Lord our God, help us to remember those who live in isolated and remote parts of our land.

We ask you to strengthen and encourage all whose ministries are supported by The Bush Church Aid Society. Refresh them in times of discouragement and loneliness and call others to stand with them in the task of making Christ known.

Grant that, through the ministry of the Word, through caring service and by support for young people, the message of your redeeming gospel may be proclaimed and accepted by the people of our land. We ask these things through Jesus Christ our Lord. Amen