

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 Glenbrook 9am, 10.30am & 6pm (from 8th November to 6th December)</i>							
1. 8 th Nov 2026 Defence Sunday	GB9:KDN <i>(livestreamed)</i> GB9 Kids Spot: Vision Sunday Response GB10:30: KDN GB10.30 Kids Spot: Vision	OT: Genesis 1-2 Psalm: 8 Nehemiah 9 NT: Hebrews 2:5-18 Colossians 1	OT: Psalm 8 NT: Hebrews 2:5-18 Suggestion: Have Liv Bush do a Book Review on	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: • 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	GB9am B/fast

	Sunday Response GB6: KDN <i>(Bible Talk recorded for Church Central)</i>		'Mental Health for your Church' by Thorne and Midgley		<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>	Prayer Points to include: - To value all people as made in the image of God with inherent worth and dignity. - Other LMAP Gatherings [In light of Remembrance Day] Our Defence Force personnel (past and present) - including Defence Force Chaplains. - Give thanks for Square One Camp (this weekend) – our year 3-6 group)	
2. 15 th Nov 2026 LMAP Xmas Launch	GB9: KDN & JH <i>(livestreamed)</i> GB9 Kids Spot: XMAS Launch GB10:30: KDN & JH GB10.30 Kids Spot: Xmas Launch GB6: KDN/JH <i>(Bible Talk recorded for Church Central)</i>	OT: Psalm 23, 27, 84, 139 NT: Matthew 1: 21-25 Matt 6:25-34 Colossians 1: 15-23 Hebrews 4:14 – 5:10	OT: Psalm 139 NT: Hebrews 4:14 – 5:10 Running plan: OT reading: Ps 139 Talk 1a (KDN) Talk 1b (JH) Song: The Lord is my Salvation NT reading: Heb 4:14-5:10 Talk 2a (KDN) Talk 2b (JH)	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: - 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: - those experiencing mental health challenges would know that God is present and cares them. - LMAP Christmas Opportunities	LMAP Christmas Launch Profile (PH) GB10.30 Lunch
3. 22 nd Nov 2026	GB9: KDN & OB <i>(livestreamed)</i> GB9 Kids Spot: Square One Recap GB10:30: KDN & OB	OT: Psalm 6, 22, 42, 43, 69, 88 Job 10; Lamentations 3; NT: Matt 5: 1-12, 26: 36	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</i>	Song Suggestions: - Rock of Ages - It Is Well With My Soul - Consider Christ - No Other Name	

	GB10.30 Kids Spot: Square One Recap GB6: KDN & OB <i>(Bible Talk recorded for Church Central)</i>	- 46, 27:45-55; Romans 8: 18-29			<i>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> <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>	Prayer Points to include: • a prayer of lament on behalf of all those in our church and community who live with mental ill-health. • Those grieving • <i>[Noting that it is the UN Day for the elimination of violence against women this week]</i> Survivors of Domestic Abuse Prayer (see below) • Christmas Events	
4. 29 th Nov 2026	GB9: KDN & JH <i>(livestreamed)</i> GB9 Kids Spot: ?? GB10:30: KDN & JH GB10.30 Kids Spot: ?? GB6: KDN & JH <i>(Bible Talk recorded for Church Central)</i>	OT: Psalm 133 NT: Romans 12: 1-21 Ephesians 4: 1-16 1 John 4: 7-21	OT: Psalm 133 NT: Romans 12: 1-21 Conversational Q&A Style Talk (bar stools needed)	Family	Central Theme: the church is family, and as brothers and sisters we support each other in the struggles of mental ill health <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> <i>Area of Mental wellbeing to consider: making referrals to mental health services wisely, being equipped in caring for each other.</i>	Song Suggestions: (Try only having 'collective noun songs': we, our, us) • The Love of the Father • Here We Stand • The Chorus of the Saved • We Declare • Creation Awaits Prayer Points to include: • Those who work in mental health - nurses psychiatrists, social workers and counsellors. • For Church families around the mountains to be proclaiming Jesus • Our LMAP Leaders - Kids/Youth/Young Adults/Adults/Senior Adults	Lord's Supper (GB6 > KDN)
5. 6 th Dec 2026	GB9: KDN <i>(livestreamed)</i> GB9 Kids Spot: Lord's Supper	OT: Psalm 17 Isaiah 25 - 26 NT:	OT: Psalm 17 NT: Revelation 21: 1-7	Hope	Central Theme: Hope is ultimately found in Jesus.	Song Suggestions: • NEW SONG IDEA: Abide (Dwell Songs)	Lord's Supper (GB9 >NA & GB10.30 .KDN)

	GB10:30: KDN GB10.30 Kids Spot: Lord's Supper GB6: KDN (Bible Talk recorded for Church Central)	2 Corinthians 5:1-10 1 Peter 1:3-12 Revelation 21: 1-7			<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> <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>	● It is Well with my Soul (Note: Bible Talk will finish with this) ● Come and Reign ● It Was Finished Upon That Cross ● In Christ Alone ● Christ our Hope in Life and Death ● Christ is Mine Forevermore ● Hymn of Heaven Prayer Points to include: ● 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. ● Christmas Invitations and Events	
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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.
- *The Anxious Generation – How the great rewiring of childhood is causing an epidemic of mental illness* by Jonathan Haidt – this would be a helpful and revealing read for Parents of kids and youth and our LMAP Youth Leaders.

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

- Julie Haddon & Olivia Bush *Distress & Hope* (5 Studies - with Leaders Notes and Participant Booklets) available on Church Central Online (<https://churchcentralonline.com/wp-content/uploads/2026/05/distress-and-hope-bible-studies.pdf>) and 'LMAP Gathering Support'

A prayer for the Survivors of Domestic Abuse *(to use on Sunday 22nd Nov – Note: the UN Day for the Elimination of Violence Against Women is on 25th Nov)*

Loving God,

Today we acknowledge with sorrow the harm many experience because of domestic abuse. We grieve that although you created us for loving relationships, our relationships can be distorted and dishonoured through the sin of violence.

We pray for women, children and men who suffer as a result of experiencing violence in their own homes. Please bring healing and hope to these victim survivors of domestic abuse. We pray for those who perpetrate violence against their spouses and children. We ask they will cease to cause harm to those they are to supposed to love and protect and will instead repent of their sin, and seek to be restored to faithful living under Christ.

Father, help our churches be safe havens for those who have experienced violence and abuse; where they can find comfort and healing in a loving community ruled by you, our just and merciful God.

Father we long for the day of Jesus return and that heavenly home where we will dwell with you – in true safety, without fear, in loving relationship with you and one another.

Amen.