

Responses from the participants in Lilongwe discussing the theme "Crisis on Identity and Emotional Well-being," structured according to the three questions they addressed:

### **1. What is the role and place of the church in Malawi in responding to the Crisis on Identity and Emotional Wellbeing?**

- The church is viewed as a pivotal entity in guiding members towards understanding their identity through the teachings of the Bible and helping them manage their mental and emotional well-being. Participants highlighted the church's responsibility to offer discipleship and educational programs that address these personal aspects, along with creating platforms for intellectual and social interaction to combat isolation exacerbated by technology.

### **2. What are three practical steps that the church in Malawi can take to respond to the Crisis on Identity and Emotional Wellbeing?**

- **Discipleship Programs:** Introduce or enhance discipleship programs that focus on teachings about identity in Christ and coping mechanisms for mental health, as described in Biblical contexts.
- **Promote Physical Activities:** Encourage physical activities as part of the church programs to aid in improving mental health and overall emotional well-being.
- **Facilitate Interaction Platforms:** Develop and maintain platforms that encourage social interactions among church members to reduce feelings of isolation and promote a sense of community and belonging.

### **3. What are three practical steps that your church community can take to respond to the Crisis on Identity and Emotional Wellbeing?**

- **Guidance and Counselling through Home Cells:** Utilise small group settings within the church, like home cells, to foster closer relationships where members can discuss personal struggles and receive spiritual and emotional support.
- **Vocational Training for Self-Discovery:** Provide vocational training to help individuals discover and develop their talents and skills, which can lead to better self-awareness and personal development.
- **Community-Based Mental Health Initiatives:** Organise community-wide mental health talks and workshops that are open to the public, not just church members, to address widespread issues of mental health and provide support and resources to a broader audience.

These steps reflect an integrated approach where the church not only addresses spiritual and religious needs but also plays a crucial role in enhancing personal development and emotional stability through education, community involvement, and promoting a supportive and inclusive environment.

