

## Theme 4: Emotional and Psychological Struggles

### What is the role and place of the church in Sekiwunga in responding to the crisis of Emotional and Psychological Struggles?

- **Prayer and fasting:** The church must play a central role in praying and fasting for individuals facing emotional and psychological struggles, seeking divine intervention on their behalf.
- **Teach trust in God:** By providing spiritual guidance, the church can help individuals place their trust in God, reminding them that He is capable of lifting any burden, including mental and emotional distress.
- **Encouragement and community support:** The church should provide emotional support, encouraging those facing challenges and assuring them that their struggles are manageable through faith in God.

### Question 2: What are three practical steps that the church in Uganda can take to respond to Emotional and Psychological Struggles?

1. **Organise prayer meetings:** As a nation, the church should initiate regular prayer meetings to pray for individuals facing mental health challenges, helping them to find peace and healing through prayer.
2. **Counselling and outreach:** The church should leverage radio, TV, and other platforms to reach those who may not physically attend church, providing counselling and support for their emotional and psychological needs.
3. **Intercession for those with suicidal thoughts:** The church should intercede for individuals experiencing suicidal thoughts or severe depression, believing that through prayer, God will provide deliverance.

### Question 3: What are three practical steps that your church community can take to respond to the crisis of Emotional and Psychological Struggles?

1. **Commit to prayer and intercession:** The church should commit to praying regularly for the emotional and psychological healing of those within the community, particularly in areas known for high levels of distress.
2. **Door-to-door evangelism and counselling:** Through door-to-door evangelism, the church can reach individuals who are struggling silently and provide them with emotional support and spiritual guidance.
3. **Organise counselling sessions and conferences:** The church should hold regular counselling meetings and conferences where both believers and non-believers can come together to discuss their struggles and receive guidance and support.

This reflects the participants' belief that the church must provide both **spiritual** and **practical support** for those experiencing emotional and psychological difficulties, emphasising the power of prayer, teaching trust in God, and offering tangible outreach and counselling.

