

# **RESTORATION**

... exploring how the transforming power of God's love can restore our emotional and mental health

## **History and Purpose**

The idea of Restoration originally came from a group of Christians working at Crossways Community in Tunbridge Wells. They joined with others whose desire was also to explore how more help could be given to people living in the wider community experiencing a variety of difficulties which might affect their emotional well-being. Members of the Steering Group had also experienced God's healing, restoring power in their lives and have used these experiences to promote a wider understanding of emotional and mental health issues. They also seek to offer support which recognises the brokenness of each person and the capacity for God's transforming power to restore each of us to wholeness.

## **Guiding Principles**

- ✚ God loves us all and wants us to receive healing and to grow in our creativity and gifts.
- ✚ The love of Jesus is freely offered.
- ✚ Different expressions of spirituality are to be respected.
- ✚ People have a variety of needs and experiences.
- ✚ Throughout life we *all* experience both positive and negative aspects of mental well being.
- ✚ All of us are both able and need to give as well as to receive.
- ✚ Most healing takes place over time as we gain insight and self-acceptance.

## **Resources**

Restoration is developing a range of resources:

- ✚ Short courses for churches to run, to help people learn more and build up confidence to look at their emotional health in the perspective of God's love.
- ✚ An induction programme for volunteers working with those who have mental health difficulties.
- ✚ A meeting place to encourage Christians already involved in pastoral care or ministry to those with mental health difficulties.
- ✚ Mental Health Awareness talks.
- ✚ Prayer Support.
- ✚ Relevant literature.

## **The First Course**

The first course has been designed to help people gain a greater understanding of how the world teaches us to have false images of ourselves and how God can restore these images. Over the eight weeks there will be teaching of topics such as Self Perception, Our Perception of God, Breaking the Mould, and Taking Risks. Each session contains teaching which will also include some practical / creative activity, time for reflection, individual prayer if requested and a meal. Time is also allowed for people to mix and talk informally as well.

## **Interested?**

If you would like any further information about Restoration please contact us at the address below:

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c/o Crossways Community,  
8 Culverden Park Road,  
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