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Stigma & Belief

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Struggling
with God
Mental Health &
Christian Spirituality

Christian Spirituality

'Stigma in churches is ... partly about what we imagine 'fulness of life' to be? ... What is 'abundant life'? And how do our ideas of what 'abundant life' looks like shape our response to others – and ourselves – when things go wrong or are difficult? Another way of asking the question is this: is our idea of the life that Jesus gives us, or invites us into, spacious and generous enough to include the whole of human circumstances?' (my emphasis)

Stigma & Belief



'Abundant life with God clearly cannot be turned into a life of ease, comfort or happiness. Jesus encourages his disciples to take their cross and follow him. Jesus speaks of both fulness of life and bearing one's cross; these two things highlight the paradox of the life of faith; it can be abundant at the same time as challenging and full of pain.' (my emphasis)

Struggling with God, p34

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