

# Bright Tomorrows

*Reflecting the Compassion of Jesus Christ to Those with Mental Health Concerns*

## **From Boulders to Knapsacks**

**By Jim Grinnell**

*(Reprint from 2003)*

If you're like me, you want to help people, but have grown somewhat suspicious of some people's claims to need help. Recently, while reading Dr. Henry Cloud and Dr. John Townsend's book, *Boundaries*, the authors discuss what the Scripture calls "The Law of Christ." This law is the law to "love one another," as Christ has loved us (John 13:34). In Galatians 6:2, the apostle Paul says that to fulfill that law, we must "bear one another's burdens." Three verses later, however, we also read that "each one shall bear his own load." How do we know when to help bear our neighbor's legitimate burden, and when helping diminishes the person's opportunity for greater personal responsibility? How do we know when helping helps, and when helping hurts?

Cloud and Townsend answer this question by describing the meanings of the Greek words for "burden" and "load." The word "burden" means "excess weight," or too much for one person to carry. "These burdens are like boulders. They can crush us. We shouldn't be expected to carry a boulder by ourselves! It would break our backs! We need help with the boulders – those times of crisis and tragedy in our lives." On the other hand, the Greek word for "load" means "cargo," or "the

burden of daily toil." The authors write: "This word describes the everyday things we all need to do. These loads are like knapsacks. Knapsacks are possible to carry. We are expected to carry our own. Problems arise when people act as if their "boulders" are daily loads, and refuse help, or as if their 'daily loads' are boulders they shouldn't have to carry. The results of these two instances are either perpetual pain or irresponsibility."

**Mental illness is  
a boulder!  
We shouldn't be  
expected to carry  
a boulder  
by ourselves!**

Mental illness is a boulder! When a person is weighed down with chronic depression, unmanageable mood swings, crippling paranoia and anxiety, obsessive behaviors that defy logic or experience a loss of the ability to discern reality from unreality, that person needs others to help them "bear their burden." Bright Tomorrows

is working hard to help people turn their boulders into knapsacks, and thus fulfill the law of Christ!

JIM GRINNELL is the Vice-President of Bright Tomorrows, a pastor and Licensed Marriage and Family Therapist. He attended ORU where he obtained a Master of Divinity degree and later OSU where he obtained a Master of Science degree in Family Relations. Jim is also certified as a sex therapist with the American Board of Christian Sex Therapists and a certified sex addiction specialist with IACSAS (International Association of Clinical Sex Addiction Specialist).

## MISSION STATEMENT

Bright Tomorrows is committed to mobilizing churches to better serve those with mental health concerns. Our daily mission is to reflect the compassion of Jesus Christ by assisting those struggling with mental illness and promoting mental health.

## Jeremiah 29:11

"For I know the plans I have for you," declares the LORD, "plans for wholeness and not for evil, plans to give you hope and a future."

## BOARD OF DIRECTORS

**Tim Reside**  
President

**Jim Grinnell**  
Vice President

**Nancy Reside**  
Secretary-Treasurer

**Tim Peterson**  
Board Trustee

**Jay Hoffman**  
Board Trustee

## Grateful Notes

Tim & Nancy, you are an inspiring couple—we look up to your marriage and hope to never stop learning from you. — Support Group Participants

Tim and Nancy—your story should inspire anyone about what it takes to stay committed to each other through "sickness and in health!" — Dr. Michael Smalley, Smalley Institute

*Bright Tomorrows, thank you for continuing to serve up informing and inspiring bi-monthly breakfast seminars for ministry leaders. — A Ministry Leader*

*I heard you on the Dr. Michael Smalley podcast and was so excited that someone that has faith is talking about Bipolar Disorder. It made my heart happy. Thank you! — A Podcast Listener*

*We love you guys and believe in what you're doing. We're glad to be able to help support your important work. — A Financial Supporter*

Tim and Nancy, we are so thankful you listened to the Lord in your life and bravely have given hope to many who have suffered in darkness and even shame. — A Friend of Ministry

# MISSION UPDATE REPORT

**BARNA RESEARCH** President, David Kinnaman, in 2016 reported that in 3,000 interviews with pastors and youth pastors, most pastors (57%) and youth pastors (64%) admitted they have struggled with porn, either currently or in the past. 93% of pastors and 94% of youth pastors stated that they believed pornography to be a much bigger or somewhat bigger problem in the church than it was in the past. (Source: <https://www.barna.com/the-porn-phenomenon/>)

**BT** decided to facilitate discussions with ministry leaders on this important topic of concern. On June 28th, **Brett Hendrix**, Licensed Minister, Board Certified Pastoral Counselor, and Executive Director of Changing Lanes Ministries, was our guest breakfast seminar presenter. His presentation and topic for discussion was entitled **Addressing Pornography and Sexual Integrity in the Church**.

**BT** broadened the discussion by making it the theme of its third annual **Caring for Your**

**Congregation's Mental Health Seminar** at Asbury United Methodist Church with **William Struthers, PhD**. His presentation was entitled **Digital Sexuality: What Pastors Need to Know**. Dr. Struthers is Professor of Psychology at Wheaton College. Drawing upon his research interests in the neural mechanisms that underlie behavioral arousal and the processing of novel environments, he reviewed the theological, cultural and mental health factors related to pornography/cybersex with an emphasis on pastoral care issues. Dr. Struthers also facilitated a question and answer session. He is the author of **Wired for Intimacy: How Pornography Hijacks the Male Brain**.

**BT** offered a special breakfast seminar on August 21st entitled **Helping Children and Families Impacted by Trauma**. Oklahoma has one of the highest rates of children with multiple "Adverse Childhood Experiences" such as abuse or neglect. **Chris Giles**, LMFT, was our presenter. Chris (together with his wife) is on staff at Christian Family Institute and serves as the Community Outreach Coordinator meeting with pastors and Church staffs. He demonstrated how the Church can bring hope and healing for these children and their families. Extensively trained in TBRI he shared his experience with Trust Based Relational Intervention.

**BT Breakfast Seminars for Ministry Leaders Are FREE!** (check BT website for details)

**BT PODCAST:** On August 14, Dr. Michael Smalley of the Smalley Institute, interviewed Tim Reside about his life experiences with mental illness and the impact on his and Nancy's marriage and their two children. Tim's daughter, Rachele Renee Carrillo, was able to join her Dad in that conversation. (check BT website – "Articles / Videos")

## OPPORTUNITIES FOR SUPPORT



**Tim & Nancy Reside**

**BT is supported only by good-will donations.**

*Would you prayerfully consider supporting our ministry as we assist those with mental health challenges?*

To make donations online please visit...  
[www.brighttomorrows.org](http://www.brighttomorrows.org)

**All donations are tax-deductible.**





# HELPING PEOPLE TURN THEIR BOULDERS INTO KNAPSACKS

Entering their 18th year with Bright Tomorrows, Tim and Nancy Reside remain committed to helping people with mental health concerns and challenges “turn their boulders into knapsacks.” They do this by offering ongoing support, as consultants and coaches, that reflects the compassion of Jesus Christ.

As a couple who have lived with Tim’s bipolar disorder since 1979, when Tim experienced his first mental health breakdown, they recognize that for one experiencing a diagnosis of mental illness, it can be frightening and the cause of great sadness and/or anger. They know that it can be equally traumatic for family and friends learning that their loved one has a mental illness.

One licensed professional counselor and ministry leader stated: “I have referred numerous individuals, couples, and families to the Resides for personal consultation and to their support group. They provide comfort, encouragement, and hope borne out of their

personal experience. Tim has learned to manage his illness—relying on his strong faith, his insatiable desire to read and learn, and a humble willingness to listen to those he loves and trusts. We are very fortunate to have this couple sharing their wisdom and experience with our community.”

One of the ways that Tim and Nancy help people turn their boulders into knapsacks is by facilitating two curriculum-based support groups from September-May. The faith-based and hope-affirming Christian materials used are clinically accurate. One of these support groups is designed for adults with a bipolar disorder or a depression diagnosis—it meets on the 1st & 3rd Thursday evenings of each month. The other group meets on the 2nd & 4th Thursday evenings and is designed for family and friend support-givers of persons with mental health challenges—not limited to bipolar disorder or unipolar disorder (depression). For more information on these services, check out our Bright Tomorrows website.

## CONNECT WITH US

### **BRIGHT TOMORROWS**

5630 South Boston Avenue  
Tulsa, Oklahoma 74105-7725



918.744.5761 *(Information Only)*



[treside@brighttomorrows.org](mailto:treside@brighttomorrows.org)



[www.brighttomorrows.org](http://www.brighttomorrows.org)

### **Bright Tomorrows Support Group (BTSG)**

*(Adult Bipolar & Depression Support Group)*

**1st & 3rd Thursdays at 7 P.M.**

### **Bright Tomorrows Family Group (BTFG)**

*(Family & Friend Support Givers Group)*

**2nd & 4th Thursdays at 7 P.M.**

These Christian Support Group Meetings take place September thru May at Asbury United Methodist Church, 6767 South Mingo in Tulsa, OK. For meeting descriptions, a detailed map and complete driving directions, please visit our website.

*To receive a digital copy of this free newsletter please e-mail us or visit our website. If you prefer postal delivery, please provide us with your mailing address. Feel free to share this newsletter with friends and family.*