



Finding Jesus in the Storm: The spiritual lives of people with mental health challenges

John Swinton

Divinity, Theology and Religious Studies

Research output: Book/Report › Book



Abstract

People living with mental health challenges are not excluded from God's love or even the fullness of life promised by Jesus. Unfortunately, this hope is often lost amid the well-meaning labels and medical treatments that dominate the world of mental health today. In *Finding Jesus in the Storm*, John Swinton makes the case for reclaiming that hope by changing the way we talk about mental health and remembering that, above all, people are people, regardless of how unconventionally they experience life. This means accepting the reality and ramifications of suffering while also affirming that there is more to humanity than cells and synapses.

Finding Jesus in the Storm is a call for the church to be an epicenter of compassion for those experiencing depression, schizophrenia, bipolar disorder, and related difficulties. Part of this compassion means breaking free of the assumptions that often accompany these diagnoses, allowing for the possibility that people living within unconventional states of mental health might experience God in unique ways that are real and perhaps even revelatory. In each chapter, Swinton gives voice to those experiencing the mental health challenges in question, so readers can see firsthand what God's healing looks like in a variety of circumstances. The result is a book about people instead of symptoms, description instead of diagnosis, and lifegiving hope for everyone in the midst of the storm.

ORIGINAL LANGUAGE	English
PLACE OF PUBLICATION	Grand Rapids
PUBLISHER	William B Eerdmans Publishing Company
NUMBER OF PAGES	245
ISBN (PRINT)	978-0-8028-7372-9
PUBLICATION STATUS	Published - 22 Sep 2020

Keywords

mental health

practical theology

qualitative research

theological method

Fingerprint

Dive into the research topics of '*Finding Jesus in the Storm: The spiritual lives of people with mental health challenges*'. Together they form a unique fingerprint.



Spiritual Life

ARTS & HUMANITIES

Jesus



Mental Health

ARTS & HUMANITIES

Compassion

Jesus ARTS & HUMANITIES	Compassion ARTS & HUMANITIES
Bipolar Disorder ARTS & HUMANITIES	Reader Question ARTS & HUMANITIES
Schizophrenia ARTS & HUMANITIES	Love of God ARTS & HUMANITIES

[View full fingerprint >](#)

Profiles



John Swinton

Theology and Religious Studies
School of Divinity, History & Philosophy Divinity - Chair in Divinity and Religious Studies

Cite this



Swinton, J. (2020). *Finding Jesus in the Storm: The spiritual lives of people with mental health challenges*. William B Eerdmans Publishing Company.



Powered by Pure, Scopus & Elsevier Fingerprint Engine™ © 2020 Elsevier B.V.

We use cookies to help provide and enhance our service and tailor content. By continuing you agree to the [use of cookies](#)

[The University of Aberdeen data protection policy](#)

[About web accessibility](#)

Finding Jesus in the Stor has been added to your Cart. Add gift options. Buy used John Swinton is professor of practical theology and pastoral care at the University of Aberdeen, Scotland, and founding director of the Centre for Spirituality, Health, and Disability at Aberdeen. His other books include Spirituality and Mental Health Care, Resurrecting the Person, and From Bedlam to Shalom. Product details. Item Weight : 12.8 ounces. The question of whether the historical Jesus was in good mental health has been explored by multiple psychologists, philosophers, historians, and writers. The first to openly question Jesus' sanity was French psychologist Charles Binet-Sanglé, the chief physician of Paris and author of the book La Folie de Jésus. This view finds both supporters and opponents. Physical, mental, family, and employment challenges; natural disasters; and other matters of life or death are but some of the examples of the storms that we will face in this life. When faced with these storms, we often experience feelings of despair or fear. Although many people indeed believe in Jesus Christ, the key question is whether we believe Him and whether we believe the things that He teaches us and asks us to do. Perhaps someone might think, "What does Jesus Christ know about what is happening to me? How does He know what I need to be happy?" Come and help others find the refuge that they so yearn for. Come and stay with us in this refuge, which will help you resist the storms of life. There is no doubt in my heart that if you come, you will see, you will help, and you will stay.