



*Pastor's Francis Update*

*Sunday, May 14, 2023*

## **Mothers and Mental Health**

**By: Steve Jones, FEB Canada President**

Steve here...

What do motherhood and adolescent mental health have in common? Apparently, quite a bit.

Dr. Lisa Miller is a clinical psychologist who has been studying the close relationship between spirituality or religious values and health, particularly mental health.

She has specifically studied mother-teenage daughter relationships where both share a religious belief. She has discovered that if the shared spirituality reached back into the daughter's formative years, there was an 80% protective chance of emotional illness among families who are high-risk for depression. She claims that spiritually-connected teens are 40% less likely to abuse alcohol or other substances, 80% less likely to engage in unprotected sex, and 60% less likely to suffer from depression than teens who are not spiritually oriented. She writes "In the long run, we think religiosity will confer a protective effect against all kinds of disorders."

Her work has focused on the cognitive effects and even neuro-physiological effects of religiosity among teenagers. This is certainly not my field, but I found the doctors' conclusions fascinating.

### **Mother's Day**

This Sunday, we honour and celebrate our mothers and grandmothers. Their role in raising up the next generation of adolescents is so critical — absolutely essential.

The apostle Paul in 2 Timothy 2:2 (ESV) says, "What you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also."

The Apostle Paul trained Timothy, who trained others who would continue the process to succeeding generations. Christian parents are in the work of disciple-making.

Patek Philippe, the Swiss luxury watchmaker, is more than 180 years old. The company is Geneva's oldest independent family-owned watch manufacturer, and its long-term perspective is reflected in its iconic slogan: "You never actually own a Patek Philippe, you merely look after it for the next generation." This can be said for the Gospel as well. God has entrusted it to us to pass it on to the next generation. Paul wrote, "I have fought the good fight, I have finished the race, I have kept the faith." (2 Timothy 4:7 ESV) The Gospel is a trust which God has given to us to pass on to others and down to the next generation.

What a tremendous privilege and responsibility Christian mothers have to pass on the faith to their children. Let's celebrate their work this Sunday.