

## Sunday School February 19, 2017 - Session Eight

### I. Health

A. Made up of three parts - Body, Soul, Spirit

B. As such health entails three aspects - **physical, mental, spiritual**

#### 1. First is spiritual health = primary importance

- a) Salvation - perfects spirit = spiritual health
- b) Sanctification - perfects the soul = mental health
- c) As we walk in sanctification - brings health to the body - physical health
- d) If we are not walking in spiritual health, then everything breaks down.
- e) As we become spiritually healthy - affects all other areas because this connects us to God who is the author of all life

**Proverbs 3:1-8**, *“My son, do not forget my teaching, but let your heart keep my commandments, <sup>2</sup> for length of days and years of life and peace they will add to you. <sup>3</sup> Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. <sup>4</sup> So you will find favor and good success in the sight of God and man. <sup>5</sup> Trust in the Lord with all your heart, and do not lean on your own understanding. <sup>6</sup> In all your ways acknowledge him, and he will make straight your paths. <sup>7</sup> Be not wise in your own eyes; fear the Lord, and turn away from evil. <sup>8</sup> It will be healing to your flesh and refreshment to your bones.”*

**Luke 11:34** *“Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.”*

**Matthew 5:29** *“If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”*

**Luke 12:5** *“But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him.”*

**Psalms 36:9**, *“For with you is the fountain of life; in your light do we see light.”*

**Romans 6:4**, *“We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.”*

**Romans 8:11**, *“If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus[a] from the dead will also give life to your mortal bodies through his Spirit who dwells in you.”*

**Psalms 69:29**, *“But I am afflicted and in pain; let your salvation, O God, set me on high!”*

**Proverbs 14:27**, *“The fear of the Lord is a fountain of life, that one may turn away from the snares of death.”*

**1 Thessalonians 5:23-24**, *“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> He who calls you is faithful; he will surely do it.”*

## **2. Second = Mental**

- a) Definition = when the soul is in full submission to and agreement with the Spirit
- b) Free and abundant in our minds
- c) What are some ways to be mentally unhealthy
  - (1) Fear/Worry/Anxiety
  - (2) Anger/Bitterness
  - (3) Shame/regret
  - (4) Grief/loneliness
  - (5) Jealousy/envy/discontent
  - (6) Depression
  - (7) Lust - not just sexual, could be for things, or accolades etc.
  - (8) Spiritual dullness or darkness - apathy
  - (9) OCD, hoarding, and many other things

d) Causes of mental un-wellness

**(1) Carnal mind - mind controlled by the flesh**

**Romans 1:21-23**, *“For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. <sup>22</sup> Claiming to be wise, they became fools, <sup>23</sup> and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.”*

**Romans 1:28**, *“And since they did not see fit to acknowledge God, God gave them up to a debased mind to do what ought not to be done.”*

**Romans 8:5-7**, *“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup> For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot.”*

**2 Corinthians 4:4**, *“In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.”*

**Ephesians 4:18**, *“They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.”*

**Philippians 3:19**, *“Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things.”*

**James 1:7-9**, *“For that person must not suppose that he will receive anything from the Lord; <sup>8</sup> he is a double-minded man, unstable in all his ways.”*

**(2) Enemy using emotions to control and manipulate us to work his agenda**

**2 Timothy 2:26**, *“and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.”*

**2 Corinthians 2:11(NIV)**, *“In order that Satan might not outwit us. For we are not unaware of his schemes.”*

**Ephesians 6:11 (NIV)**, *“Put on the full armor of God, so that you can take your stand against the devil’s schemes.”*

**1 Peter 5:8**, *“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”*

**2 Timothy 3:5-7**, *“having the appearance of godliness, but denying its power. Avoid such people. <sup>6</sup> For among them are those who creep into households and capture weak women, burdened with sins and led astray by various passions, <sup>7</sup> always learning and never able to arrive at a knowledge of the truth.”*

**(3) Physical issues - hormone/chemical imbalances, birth defects and handicaps**

e) The prescription for mental health is submission to the Spirit and the Word

(1) Repentance and renewing the mind

**Ephesians 4:22-24**, *“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

**Ephesians 6:16-17**, *“ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God,”*

**Colossians 3:2**, *“Set your minds on things that are above, not on things that are on earth.”*

**James 4:8**, *“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.”*

**1 Peter 1:13**, *“Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.”*

**Romans 12:1-2**, *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup> Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

**1 Corinthians 2:16**, *“For who has understood the mind of the Lord so as to instruct him?” But we have the mind of Christ.”*

**2 Corinthians 10:5**, *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”*

(2) Dependence upon the Holy Spirit

**1 Thessalonians 5:23-25**, *“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> He who calls you is faithful; he will surely do it.”*

**Zechariah 4:6**, *“...Not by might, nor by power, but by my Spirit, says the Lord of hosts.”*

**1 Corinthians 2:12**, *“Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.”*

**Romans 4:17**, “as it is written, “I have made you the father of many nations” —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

**Psalm 61:1-4**, “Hear my cry, O God, listen to my prayer; <sup>2</sup> from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, <sup>3</sup> for you have been my refuge, a strong tower against the enemy. <sup>4</sup> Let me dwell in your tent forever! Let me take refuge under the shelter of your wings!”

**Psalm 63:1-2**, “O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. <sup>2</sup> So I have looked upon you in the sanctuary, beholding your power and glory.”

(3) Wisdom from God for specifics

**James 1:5** *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*

**Hebrews 4:12**, “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

**Romans 11:33**, “Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!”

**Ephesians 1:7-9**, “In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, <sup>8</sup> which he lavished upon us, in all wisdom and insight <sup>9</sup> making known[a] to us the mystery of his will, according to his purpose, which he set forth in Christ”

**Colossians 2:3**, “in whom are hidden all the treasures of wisdom and knowledge.”

**Colossians 3:16**, “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”