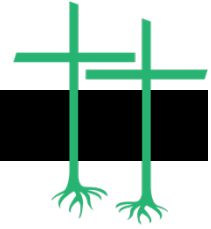


# ROOTS TRANSFORMATION TEAM

## A Holistic Approach to Inner Transformation



### Week 2

*What is our understanding of body, soul, and spirit? How does a person live by the Spirit and not by the flesh? How do we help a person apply the gospel to their entire life?*

#### □ Understanding Body, Soul, and Spirit.

- **Are we two parts? Three parts? Four parts? AAAHHH!!!**
  - A lot of Bible teachers emphasize that we are comprised of three parts: Body, soul, and spirit. These three words are found together in only one passage:
    - **1 Thessalonians 5:23–24** – May God himself, the God of peace, sanctify you through and through. May your whole **spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup>The one who calls you is faithful, and he will do it.
  - If we're going to base a doctrine off of only one scripture, why do we choose these *three* parts instead of the *four* parts Jesus mentioned?
    - **Mark 12:30** – Love the Lord your God with all your **heart** and with all your **soul** and with all your **mind** and with all your **strength**.
      - (this question is only intended to make us think)
      - In western cultures, we think of “lists” (like these) as being distinct items from each other. In eastern cultures—like the one in which the Bible was written—lists are often used for emphasis, sometimes containing synonyms or overlapping concepts that together convey a single point.
      - In this passage, Jesus is not offering a teaching about how many parts humans are made of. He is simply saying to love God in every way possible, with your whole self.
      - The same can be said of Paul's list of “body, soul, and spirit.”
  - Most often, Scripture emphasizes only two parts: spirit and body (or “flesh”).
    - **Matthew 26:41** – Watch and pray so that you will not fall into temptation. The **spirit** is willing, but the **flesh** is weak.

- **John 3:6** – **Flesh** gives birth to **flesh**, but the **Spirit** gives birth to **spirit**.
- **1 Corinthians 7:34** – . . . An unmarried woman or virgin is concerned about the Lord’s affairs: Her aim is to be devoted to the Lord in both **body** and **spirit**. . . .
- **2 Corinthians 7:1** – Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates **body** and **spirit**, perfecting holiness out of reverence for God.
- **1 Peter 4:6** – For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the **body**, but live according to God in regard to the **spirit**.

○ **Are soul and spirit the same thing?**

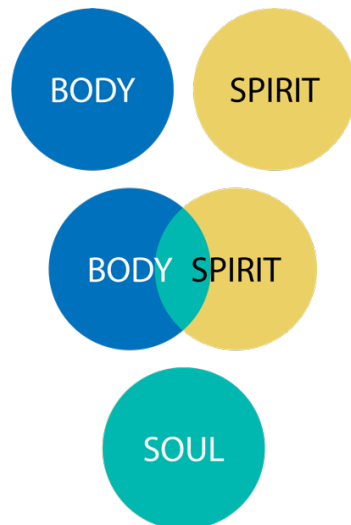
- Some have popularly taught that the soul is the “mind, will, and emotions” while the spirit is something else.
- One problem with this definition is that it cannot be found anywhere in Scripture. Another problem is that a careful study of the word “spirit” finds spirits thinking (mind), deciding (will), and feeling (emotions):
  - A spirit can be **stubborn** (Deuteronomy 2:30)
  - A spirit can be **bitter** (1 Samuel 30:6)
  - A spirit can be **in anguish** (Job 7:11)
  - A spirit can be **deceitful** (Psalm 32:2)
  - A spirit can be **crushed/brokenhearted** (Psalm 34:18)
  - A spirit can be **willing to serve God** (Psalm 51:12, Matthew 26:41)
  - A spirit can be **humble** (Psalm 51:17, Isaiah 66:2)
  - A spirit can be **embittered** (Psalm 73:21)
  - A spirit can **grow faint** (Psalm 77:3, 142:3, 143:4)
  - A spirit can **ask questions** (Psalm 77:6)
  - A spirit can be **faithful** (Psalm 78:8)
  - A spirit can be **proud** (Proverbs 16:18)
  - A spirit **longs for God’s presence** (Isaiah 26:9)
  - A spirit can be **wayward** (Isaiah 29:24)
  - A spirit can be **distressed** (Isaiah 54:6)
  - A spirit can be **misguided and misleading** (Ezekiel 13:3)
  - A spirit can be **troubled** (Daniel 7:15)
  - A spirit can **rejoice in God** (Luke 1:47)
  - A spirit can **serve God** (Romans 1:9)
  - A man’s spirit **knows his thoughts** (1 Corinthians 2:11)
  - A spirit can be **gentle** (1 Corinthians 4:21)
  - A spirit can **pray and sing** (1 Corinthians 14:14-15)

- Scripture does not clearly outline any differences between soul and spirit, but some believe the author of Hebrews may have drawn a distinction:
  - **Hebrews 4:12** – For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.
    - Admittedly, this verse could simply be another instance of an eastern list, not intending to draw a distinction but more making a point about the precision of God’s word.
    - Since “joints and marrow” are different things, one could reasonably assume that “soul and spirit” are meant as different things as well. That said, is there much of a difference between “thoughts and attitudes”? This is not a strong passage for making the point, but it is worth consideration.
- Perhaps a better passage to help us think about this is in Proverbs:
  - **Proverbs 20:27** – The human spirit is the lamp of the Lord that sheds light on one’s inmost being.
    - According to this verse, there seems to be a difference between your “human spirit” and your “inmost being.”
    - The literal Hebrew rendering of the words translated “inmost being” could be “all the inward parts of the belly.”
      - “All (*kol*) emphasizes the entirety of the measured thing, of one’s innermost parts (*hadrê-bāten*, lit. ‘chambers of the belly’; see 18:8; 20:29), an Egyptian expression to denote the human heart as the hidden place where in the deepest layer of human existence the truth about a person is to be found.” (Waltke, Bruce K. *The Book of Proverbs: Chapters 15–31 in The New International Commentary on the Old Testament*. Vol. 2. Wm. B. Eerdmans Publishing Co., 2005. p.158.)
    - In other words, one could say the human spirit illuminates the inner life of the physical person.
    - And that brings us to an important understanding of the word “soul”:

○ **What is the soul?**

- Both the ancient Greek (*psychē*) and ancient Hebrew (*nephesh*) concepts of the “soul” were generally what is called “functional holism” or “holistic dualism.” In other words, “the person is viewed as essentially a psychosomatic unity.” (Travis, S.H. “Psychology.” *Dictionary of the Later New Testament & Its Developments*. Gen. eds. Ralph P. Martin & Peter H. Davids. InterVarsity Press, 1997. pp.984–985.)
  - The term “holistic dualism” implies that we are two parts that operate as one unified being.
  - The term “psychosomatic” comes from two Greek words meaning mind and body. Therefore a “psychosomatic unity” would be a single being, comprised of both material and immaterial aspects.
- To put it another way, the “person” was understood to be one, complete unified being. ***Body and spirit together are considered a soul.***
  - **Genesis 2:7, ASV** – . . . God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.
    - God formed man from dust (body)
    - Breathed in the breath of life (spirit)
    - And the result was a living being (soul)
  - “God ‘breathed the breath of life’ into Adam and he became a ‘living soul’ (Gen. 2:7); Adam is *living* clay, as opposed to ordinary clay (Gen. 3:19). This life principle can ebb and flow; one may fear for one’s soul (Ezek. 32:10), risk one’s soul (Judg. 5:18), or take one’s soul (1 Kings 19:4). ‘Soul’ may refer to an individual person: Leah bore sixteen ‘souls’ (children) to Jacob (Gen. 46:18). For a Hebrew, ‘soul’ indicated the unity of a human person; Hebrews were living bodies, they did not have bodies. . . .  
“In the NT, ‘soul’ retains its basic Hebrew field of meaning. Soul refers to one’s life: Herod sought Jesus’ soul (Matt. 2:20); one might save a soul or take it (Mark 3:4). Death occurs when God ‘requires your soul’ (Luke 12:20). ‘Soul may refer to the whole person, the self: ‘three thousand souls’ were converted in Acts 2:41 (see Acts 3:23).” (Neyrey, Jerome H. “Soul.” *Harper’s Bible Dictionary*. Gen. ed. Paul J. Achtemeier. HarperCollins Publishers, 1985. pp.982–983.)
  - As James put it, “the body without the spirit is dead” (James 2:26). But as long as your spirit remains united with your physical body, you are a living being—a soul.

- To put it another way, if your **body** is a blue circle and your **spirit** is a yellow circle, then your **soul** is the green circle that comes from the two being united.



- “When God first created man He formed him of dust from the ground, and then breathed ‘the breath of life’ into his nostrils. As soon as the breath of life, which became man’s spirit, came into contact with man’s body, the soul was produced. Hence the soul is the combination of man’s body and spirit.” (Watchman Nee. *The Spiritual Man: in Three Volumes*. Vol. 1. Christian Fellowship Publishers, Inc., 1968. p.23.)
- **Throughout the New Testament, the word “soul” is often used in reference to a fully integrated human being.** For example:
  - **Matthew 26:38** – Then he said to them, “My **soul** is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”
    - Jesus was experiencing emotions in His spirit that were felt physically, even to the point of sweating blood.
  - **Luke 1:46–47** – And Mary said: “My **soul** glorifies the Lord <sup>47</sup> and my spirit rejoices in God my Savior...
    - Immediately after Elizabeth proclaimed blessing over Mary and her baby, recognizing that she was carrying “the Lord” in her womb, Mary’s spirit began to rejoice, and this was felt in her body. Her whole soul glorified the Lord.

- **1 Peter 1:9** – for you are receiving the end result of your faith, the salvation of your souls.
  - The end result of our faith is more than spiritual salvation. We will receive resurrection bodies and live eternally as fully-integrated souls. This embodied eternity is what sets apart Christianity from many other world religions.
- **1 Peter 2:11** – Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.
  - Sinful desires wage war against our entire being—both body and spirit.
- **1 Peter 2:25** – For “you were like sheep going astray,” but now you have returned to the Shepherd and Overseer of your souls.
  - Jesus does not only oversee our spirit or our body. He oversees our entire being.

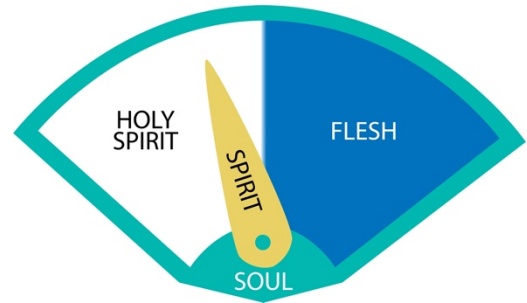
While the above is the most common way to understand the soul, it should be noted that the Bible writers did have some occasional variance in their use of the term.

- “‘Soul’ (*psyche*) refers to physical life in Revelation 12:11. More commonly it denotes the center of personality, the inner person in its capacity to direct one’s life and relate to God (Heb 6:19; 1 Pet 1:21; 2 Pet 2:8; Rev 18:14). It is therefore the object of salvation (Jas 1:21; 5:20; 1 Pet 1:9; cf. Heb 10:39; 13:17). But again this is an aspect, not a part, or personality. *Psychē* clearly represents the whole person in 1 Peter 3:20, 1 Peter 4:19, and 2 Peter 2:14.” (Travis, S.H. “Psychology.” *Dictionary of the Later New Testament & Its Developments*. Gen. eds. Ralph P. Martin & Peter H. Davids. InterVarsity Press, 1997. p.985.)
- **All words should be understood and interpreted within their context.**
  - If a biblical writer uses the word “soul” in a way that makes the most sense as referring to only the inner life, then that is most likely what was meant. But always check to see if the word makes more sense in reference to the entire being.

□ **Living According to the Spirit**

- **Romans 8:5–8** – Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup>The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup>The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. <sup>8</sup>Those who are in the realm of the flesh cannot please God.

- The “soul” is your entire being, both physical and spiritual. As a believer, the Holy Spirit dwells in you. Your spirit makes decisions between either living according to the Holy Spirit or living according to the desires of your flesh (seeking comfort, pleasure, circumstantial happiness, etc.).
- At all times, your human spirit is either agreeing with the Holy Spirit or agreeing with your flesh.



- When your human spirit agrees with the Holy Spirit, your thoughts become “life and peace.”
- When your human spirit agrees with your flesh, you can only produce death (sin, brokenness, destruction).



- **Those who have the Holy Spirit** make personal judgment calls (at all times) about whether or not to obey the Holy Spirit. **Those who do not have the Holy Spirit**, however, can only comprehend a life lived for selfish reasons. Even their good deeds are because they personally want to do them for one reason or another. Only the Christian understands doing the opposite of what you want to do in order to please the Spirit.

- **1 Corinthians 2:14–16** – The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. <sup>15</sup>The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, <sup>16</sup>for,

“Who has known the mind of the Lord  
so as to instruct him?”

But we have the mind of Christ.

- **Galatians 5:13–25** – You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. <sup>14</sup> For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” <sup>15</sup> If you bite and devour each other, watch out or you will be destroyed by each other.

<sup>16</sup> So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

<sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit.

- **Note the difference between “acts” (v. 19) and “fruit” (v. 22).**

- “Acts” take effort while “fruit” is effortless.

- When *your* spirit partners with *your* flesh the only strength available to your soul is your own.



- When *your* spirit partners with *God’s* Spirit, suddenly your soul is empowered and energized to do things that would be impossible on your own.



#### □ **A Holistic Approach to Complete Freedom and Wholeness (*shalom*):**

- **Shalom**

- The Hebrew word שָׁלוֹם (*šālôm* / *shalom*) means completeness, soundness, welfare, and peace.

- It indicates completeness and wholeness in every area of life, including one’s relationship with God, neighbors, and nations.” (Wilkins, Michael J. “Matthew.” *Zondervan Illustrated Bible Backgrounds Commentary*. Vol. 1 of 4. Gen. ed Clinton E. Arnold. Zondervan, 2002. p.35.)



- God aims to bring us to real completeness—total wholeness in our **soul**, which involves both our **spirit** and our **body**.
  - This will certainly happen after all the end-times events play out. That time will also include *shalom* in our external circumstances as we live in a perfect “New Earth.”
  - Until that time, Jesus has provided for personal *shalom*—both spiritually and physically. And that *shalom* can sometimes even extend into our relationships and circumstances as other people receive the gospel.
- **All problems are “soul” problems**
  - Since you are one unified being, any problem you experience in life is a “soul problem.” Physical issues can affect your thoughts and emotions. Negative emotions can affect your health. Everything we experience in one area impacts us in all areas. We are unified beings
    - Rather than thinking of the soul as the “mind, will, and emotions” (as many teach), think of the soul as the mind, will, and emotions of your human spirit as they operate within the context of a human body.
  - **In this view:**
    - Emotional problems are soul problems, felt in both the body and spirit.
    - Relational problems are soul problems, with both physical and spiritual ramifications.
    - Financial problems are soul problems because they affect your whole life—primarily in the physical realm but also in the area of spiritual concern or worry.
    - Even physical problems are soul problems, partly because your body is one component of your soul and partly because your spirit has to wrestle with discouragement, fear, and despair.
- **Most people try to fix soul-problems from the outside in.**
  - We feel depressed, so we eat a gallon of ice cream.
  - We feel insecure, so we buy expensive things.
  - We feel inadequate, so we strive to perform for accolades.
  - We feel lonely, so we turn to addictions and sinful habits.
  - We feel out of control, so we try to manipulate others.
  - We feel frustrated, so we turn to empty recreation.
- **The gospel fixes soul problems from the inside out.**
  - While circumstances may not change, our response to those circumstances does. We then find ourselves better positioned to address those circumstances.



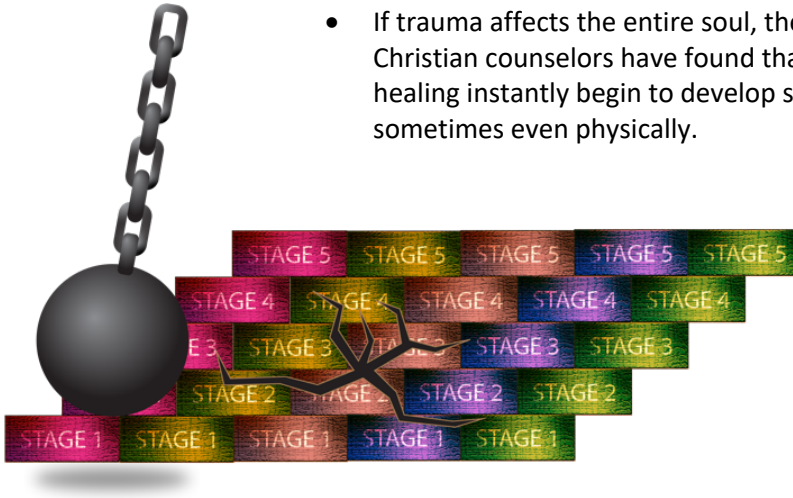
- **This holistic model influences how you counsel others.**
  - Rather than merely giving advice about behaviors to change or circumstances to address, a Christian friend knows that lasting change only comes through personal transformation.
  - **“Practical advice” is helpful in only two circumstances:**
    - (1) as an immediate “band-aid” to fix a pressing situation so the person becomes free to focus on personal transformation.
    - (2) as training or character development *after* a person has experienced transformation and needs to learn new ways of living.
  - At no time should external advice replace the pursuit of internal transformation.
- **This also influences how we understand and discern trauma and its effects in other people’s lives, or even in our own.**
  - *The following analogy was developed by John and Paula Sandford of Elijah House Ministries. I learned it at a conference taught by Rob and Kathy Fetveit.*



- Every person is developing in multiple ways: physically, cognitively, emotionally, spiritually, socially, etc.
- **Each of these areas of development could be depicted as a series of steps or stairs, each step representing a particular stage of development.**
- But since we are complete, unified beings, we can picture these areas of development tightly stacked next to each other as one, unified “wall” (see next page).



- If trauma happens in a person’s life, the cracks generally don’t only affect one area of development. They tend to spread to other areas as well.
  - This is why a person who was physically abused is often emotionally stunted or spiritually struggles with trusting God, etc.
  - Sometimes an adult behaves at the age where trauma happened in their life. When an adult acts like a toddler or a pre-teen, it’s probably a good idea to consider that there may have been a traumatic experience at that time of their life.
  - Sometimes trauma causes such a psychological fracture in a person that they develop split personalities. Sometimes a repressed personality—usually that of a young child—will emerge during ministry. This fractured piece needs to encounter Jesus so they no longer need to hide in the person’s psyche and can be integrated once again.



- If trauma affects the entire soul, then healing must as well. Many Christian counselors have found that people who experience spiritual healing instantly begin to develop socially, emotionally, cognitively, and sometimes even physically.

\*\*\* Even though every problem is a “soul” problem, and even though body and spirit comprise the soul, these three words (body, soul, and spirit) are useful in discussing how we think about solving the problems in our lives and in the lives of others. \*\*\*

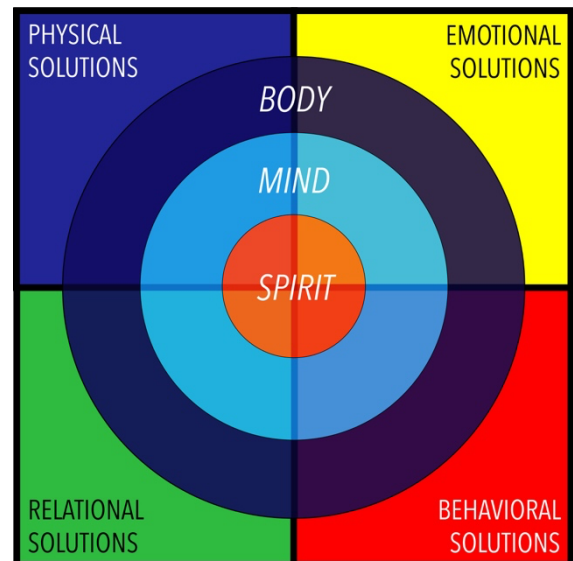
Building off Watchman Nee’s depiction of body, soul, and spirit, the following graphic will be used to discuss **physical**, **emotional**, **relational**, and **behavioral** solutions for helping someone move toward present-day wholeness (*shalom*) in their body, soul, and spirit:

## PUTTING IT ALL TOGETHER

### □ In this part of the teaching...

- **BODY** refers to those aspects of the soul that are primarily addressed in the physical realm.
- **MIND** refers to those aspects of the soul that are immaterial but still pertain to the natural realm—habits, skills, and purposefully developed mindsets.
- **SPIRIT** refers to those aspects of the soul that require right relationship with God and faith in the message of the gospel to have lasting freedom.

\* Note that this portion of the teaching is *not* trying to make an assertion about how many parts a person is comprised of. We are simply identifying three aspects of the human life—physical, immaterial but natural, and spiritual. Then we are seeking physical, emotional, relational, and behavioral solutions for each.



## Physical Solutions toward *Shalom*:

- **SPIRIT: Apply the gospel to generational identity**
  - Generational sins and curses are **not** part of the New Covenant.
    - **Jeremiah 31:29–31** – “In those days people will no longer say, ‘The parents have eaten sour grapes, and the children’s teeth are set on edge.’ <sup>30</sup> Instead, everyone will die for their own sin; whoever eats sour grapes—their own teeth will be set on edge. <sup>31</sup> “The days are coming,” declares the Lord, “when I will make a new covenant with the people of Israel and with the people of Judah.”
  - Jesus did not identify with His earthly genealogy but with His heavenly genealogy.
    - **Mark 3:31–35** – Then Jesus’ mother and brothers arrived. Standing outside, they sent someone in to call him. <sup>32</sup> A crowd was sitting around him, and they told him, “Your mother and brothers are outside looking for you.”  
<sup>33</sup> “Who are my mother and my brothers?” he asked.  
<sup>34</sup> Then he looked at those seated in a circle around him and said, “Here are my mother and my brothers! <sup>35</sup> Whoever does God’s will is my brother and sister and mother.”
  - We are invited to the same lifestyle—identifying not with our earthly genealogy but with our heavenly genealogy.
    - **John 1:12–13** – Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— <sup>13</sup> children born not of natural descent, nor of human decision or a husband’s will, but born of God.
- **MIND: Organizational training and help / addressing addictions / budget / etc.**
  - **Habits start in the mind. What are the lies we have believed that fuel this behavior?**
    - Some people are overwhelmed by the accumulated disorganization in their lives and don’t know where to start.
    - Some know how to manage their lives but don’t actually want to (perhaps because of depression or something else).
    - Others were simply never taught the skills needed to maintain their lives in an orderly way.



- **Similarly, addictions are fueled by mental and emotional issues.**
  - While there are certainly drugs that produce a chemical dependency, the fact that people become addicted to *non-addictive* activities, foods, and drugs, seems to indicate that addiction is an issue much larger than mere physiology.
  - **Addiction** here refers to an obsessive use of a non-essential, non-beneficial stimulus—a craving for it when it is unavailable and notable, negative, physical and/or psychological symptoms when that stimulus is withdrawn.
    - The term “non-essential” eliminates healthy food, water, sleep, and other components of a healthy lifestyle from this list.
    - The term “non-beneficial” eliminates healthy activities such as Bible reading, prayer, exercise, socializing, and the like.
    - **If you’re not sure whether or not you’re addicted to something, give it up for a month.**
  - What is the pain the person is trying to escape or avoid?
  - What lie is the person believing that makes them think “escape” or “avoidance” is the best option?
  - What does God want to say and do about those issues?
- **Budgeting**
  - It may also be necessary to help someone organize their finances.
  - This could include:
    - Writing a budget with them
    - Helping them plan a strategy to eliminate debt
    - Praying through inner transformation on issues related to unhealthy financial habits and mindsets

**BODY: Physical healing / health & hygiene / addiction detox / etc.**

- **Physical Healing**
  - Some issues require physical healing before a person is in complete rest and wholeness (*shalom*).
  - Chemical imbalances, digestive issues, chronic pain, head injuries, and more can all affect a person’s attitude, temper, and self-control.
  - Until a person is healed, it is important to remember that the Holy Spirit in us is more powerful than our bodies, so love, patience, and self-control are indeed possible.



- **Health & Hygiene**

- Some people were never taught good health and hygiene habits.
- You may need to help them reorganize their diets and daily hygiene routines.

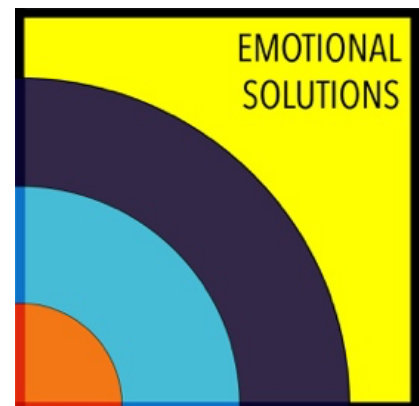
- **Addiction Detox**

- Those who are leaving addictions behind will likely go through a difficult detox period.
  - Pray that God works a miracle and the person experiences no withdrawal symptoms (this has happened many times).
  - Let the person know that if they experience no symptoms, that's God's mercy. But if they do, that's God helping them determine never to return to their addiction.

- **Emotional / Cognitive Solutions toward Shalom:**

- **SPIRIT: Apply the gospel to unrighteous beliefs**

- Unrighteous beliefs are anything out of line with the truth God knows.
  - The main area to address is **what a person thinks about their own identity**. Truth is found in the Scriptures and in knowing Jesus intimately.
  - We also need to address **what a person thinks about others**.
  - Many also need to correct any **untrue thoughts or ideas they believe about God**.
- The beliefs we form out of our experiences (whether right or wrong) will produce expectations for the future. These expectations lead to behaviors, which produce new experiences. These new experiences, affected by our behaviors, tend to reinforce the beliefs that led to them.
  - **When the beliefs we form are righteous**—in line with God's thoughts on the matter—our expectations become hope-filled and faith-based. This causes us to behave from a place of rest and trust, which leads to new experiences where God shows Himself faithful and strong.
  - **When the beliefs we form are unrighteous**—out of line with God's thoughts on the matter—our expectations become despair-filled and self-focused. This causes us to behave selfishly (in self-preservation, insecurity, fear, anxiety, and control), which leads to new painful experiences.



- The best way to break the cycle of negative experiences is to break the cycle of unrighteous beliefs.
- This requires a revelation of truth, which happens through experiences with God that form new beliefs, create new expectations, and change the behaviors we use to engage in new experiences in the world.
- Unrighteous beliefs can be identified and changed to righteous beliefs through exposure to the truth.
  - “Passive” truth-exposure comes from being in a place where truth is being spoken—like a church or with godly friends.
    - This is the slow method. Changes will happen over time if your heart is open, but truths relevant to your life will only come sporadically and infrequently, if at all.
  - “Active” truth-exposure comes from deliberate conversations with godly people, purposeful Scripture study, and time spent prayerfully dialoguing with God.
    - This is the fast method. Changes will happen quickly as you maintain a humble and hungry heart before the Lord.
  - All unrighteous beliefs need to be identified, renounced, and replaced with an affirmative truth statement.
    - This can look as simple as saying, “Oh my! I never realized that. This is so true!”
    - This can also look more systematic:
      - “I see that my belief that \_\_\_\_\_ is out of line with God’s righteous truth.”
      - “I renounce the lie that \_\_\_\_\_.”
      - “I see now that the truth is \_\_\_\_\_.”
    - Share your truth-discovery with a mature Christian who you trust. If your understanding is still skewed, they can help point you in a better direction.
- **MIND: Emotional management / Develop a prayerful thought life / etc.**
  - **Emotional Management**
    - While certain practical techniques (like taking a deep breath, going for a walk, or counting to ten) can be helpful remedially, they are *coping mechanisms*, not *transformation*. More is available to the Christian.



- Teach people to identify emotional “triggers” and process them with the Lord.
- Help people learn to trust the Holy Spirit to fuel their emotions more than their circumstances do.
  - Help them to choose to live in the Spirit rather than the flesh.
    - No matter the emotional pain a person is experiencing, health looks like experiencing it *with* the Holy Spirit. It’s not “escaping the pain.” It’s living present in the moment, actively inviting the Holy Spirit to participate in the situation with you.
  - Remind them that the Bible doesn’t provide excusable reasons to sin. Sin is sin, even when it’s a sensible response to a complicated world.
    - For example, fits of rage are sinful and unbefitting of a believer. While a fit of rage might be understandable when someone is grieving, scared, experiencing overwhelming stress, etc., that does not make rage acceptable.
    - This fact tells us that the Holy Spirit is powerful enough to strengthen us against our physiological impulses, granting us self-control (Galatians 5:22–23).
- **Explain and demonstrate a prayerful thought life:**
  - *“When I’m trying to figure something out, I talk to the Lord about it.”*
  - *“When I’m planning or dreaming, I direct my thoughts to the Lord and ask for wisdom and insight.”*
  - *“When I’m happy, I direct my heart toward the Lord in gratitude.”*
  - *“When I’m upset, I turn my heart to the Lord for comfort.”*
  - *“There is no moment when I permit myself to shut Jesus out of my thoughts, which forces me to be attentive to His heart and voice at all times—whether being entertained, studying, socializing, working, playing, etc.”*
- **BODY: Consuming & engaging in art / stress coaching / etc.**
  - **Consuming & engaging in art**
    - Good artwork—whether musical, visual, edible, etc.—is nourishing to the soul.
    - Art gives you materials that fuel your inner life. The music, entertainment, and artwork that you allow your heart to enjoy will directly impact your thinking, emotions, attitude, etc.
    - Creativity is part of the image of God. Practice it.



- **Adrenaline and cortisol need to be used, not left in the body.**
  - Go for a walk or engage in other physical exercise.
- **Typical stress responses can be managed and lowered, even if stressful circumstances don't change.**
  - Develop a routine of regular exercise, healthy eating, and a proper amount of sleep each night.
  - Be deliberate about "sabbath"—resting purposefully.
  - Foster quality friendships where the load of stress is lightened by practical help, a sense of humor, and shared enjoyable experiences.
  - Find at least one Christian friend who will listen to your stresses, encourage you, and pray for you.
  - Take up a hobby that is relaxing for you.
  - Spend time in nature.
  - Turn worry into prayer. Take time to thank the Lord for His goodness and remind yourself that He is your Father and He loves you.
  - Spend time worshipping the Lord or meditating on relevant Scripture.
  - Seek professional Christian counseling if needed.
- **Some life circumstances are legitimately stressful. Stress is not sin, but it is damaging to your mind and body if not addressed.**
  - When you find yourself feeling stressed, practice some of the tips above. Ask the Lord if the stress you're experiencing is reasonable (in which case there is nothing to change) or unreasonable (in which case something needs to change).
    - Unreasonable stressors include:
      - Not resting properly
      - Saying "yes" to too many things
      - Fear, worry, and doubt
      - If you're too busy to pray, you're too busy.
  - The main problem is not stress itself but prolonged periods of unbroken, unmitigated stress.
    - Sometimes life circumstances place us into a position where stress levels are frequently elevated. The solution here is not to say "oh well" or to feel guilty for things outside your control.
  - **No one else is responsible for your own emotional health.** For that reason, it is important for your own sake to seek ways to alleviate stress, even when circumstances are outside your control.



□ **Relational Solutions toward *Shalom*:**

○ ***SPIRIT*: Apply the gospel to inner wounds**

- While “unrighteous beliefs” (discussed above) deal with the facts we believe in our minds, “inner wounds” are often believed at a heart-level and are firmly attached to emotional pain that still affects us.
- When a small stimulus produces an outsized emotional reaction, it is evidence of an inner wound.
- **Inner wounds come from trauma, neglect, and painful experiences from your past or present.**
  - Inner wounds produce unrighteous beliefs (see above) that affect our relationships with friends, family, coworkers, authority figures, strangers, and even God.
  - **The difference between unrighteous beliefs and inner wounds is whether or not a painful memory is attached.**
- “New experiences tend to confirm what was believed in the original event instead of reinterpreting or augmenting it. If my original experience was one of being abandoned, I might interpret this experience with a belief that says, ‘I have been abandoned because there is something wrong with me.’ This thought will produce emotions such as insecurity, self-hate, fear or rejection, and abandonment. When a new experience arises where I find myself alone again, I will begin with this same thinking and emotional response. I might say, ‘See, there is something wrong with me.’ Even if I learn new truth cognitively, such as, ‘God loves me and would never abandon me,’ it has little or no impact on the original, experiential belief that ‘I am all alone.’ I may be able to quote the Scripture, ‘I am with you always’ (Mt 28:20) and yet still feel alone.” (Smith, Edward M. *Healing Life’s Deepest Hurts: Let the Light of Christ Dispel the Darkness in Your Soul*. Regal Books, 2002. p.70.)

• **Remember:**



- “Applying the gospel to inner wounds” happens experientially through genuine encounters with the Father’s love and the truth of Jesus.
- **NOTE:** *All victims are also sinners who need to repent.*

- “Our memories themselves do not need to be healed, since they are merely the containers of information. Rather, it is the false interpretations contained in our memories that need to be healed or corrected. . . . [People] cannot change experience with data; we can change experience only with experience.”  
(Smith, Edward M. *Healing Life’s Deepest Hurts: Let the Light of Christ Dispel the Darkness in Your Soul*. Regal Books, 2002. p.69.)
- The following are a list of basic principles detailed by Dr. Edward M. Smith, a Christian, pastoral counselor:
  - **Principle 1:** My present emotional pain is rarely caused by my present situation. . .
  - **Principle 2:** Everything we know, feel, or are mentally aware of has its roots in a first-time experience. . .
  - **Principle 3:** If we try to resolve our present pain and conflict without resolving our historical lie-based woundedness, we will at best find only temporary relief. However, if we find healing for our past, we can redeem our present. . .
  - **Principle 4:** The negative emotion we currently feel is an “echo” of the past, providing an opportunity and an open window for the exposure of the lies in the wounds of our lives. . .
  - **Principle 5:** For emotional healing, we need to identify three basic elements: the present emotional pain, the original memory container, and the original lie(s). . .
  - **Principle 6:** If we believe a lie, it may as well be the truth, because the consequences will be much the same. . .
  - **Principle 7:** To be free of the lies we believe, we must first identify . . . them rather than suppress, deny, or denounce them. . .
  - **Principle 8:** In order to be free we must come to realize how utterly bound we are to the lie and how helpless we are, apart from the Spirit of Christ setting us free, in overcoming its debilitating grip on our lives. . .
  - **Principle 9:** Neither we nor anyone else can talk us out of the lies we believe. We will be free only when we receive the truth from the One who is the Truth. . .
  - **Principle 10:** When we know the truth experientially (when we receive truth from God in our memory experience) we can walk in genuine maintenance-free victory in these areas of our life. . .
  - **Principle 11:** In times of crisis or in emotionally charged situations, our experiential knowledge (the beliefs we hold that we have learned through experience) overrides our logical truth (cognitive truths such as memorized Scripture verses). . .
  - **Principle 12:** If a person sins he will experience emotional pain in his life at some point. . .
  - (Smith, Edward M. *Healing Life’s Deepest Hurts: Let the Light of Christ Dispel the Darkness in Your Soul*. Regal Books, 2002. pp.31–35.)

- Similar to the solution for unrighteous beliefs, the solution here is a new experience with Jesus.
  - This can look like an encounter with the Lord (vision, dream, sensation, revelation, etc.) that impacts you more deeply than the former experience.
  - Some people experience “seeing” Jesus in their painful memories, saying or doing something that reframes the entire experience.
  - The goal here is a personal encounter with Jesus in which He directly ministers to the wounded place in the heart, no matter what that looks like. Pray toward that end.
  - “We can change data with data, but it requires experience to change experience.” (Smith, Edward M. *Healing Life’s Deepest Hurts: Let the Light of Christ Dispel the Darkness in Your Soul*. Regal Books, 2002. p.85.)
- **MIND: Social skills training / relational coaching / etc.**
  - **Social skills training**
    - Shy people sometimes need advice about how to be more outgoing or how to initiate conversation.
    - Some people with conditions like high-functioning autism might benefit from specific instructions about how to engage in various social scenarios.
    - All ages need outside help from time to time. Children need to learn manners and how to make and keep friends, teens need to learn how to associate with the opposite sex in a healthy way, young adults often need relationship or marital advice.
    - These things are difficult to teach without spending substantial time with someone, observing their behavior, pointing things out, and modeling appropriate interactions. (We call this “discipleship”!)
  - **Relational coaching**
    - Sometimes more intensive or formal relationship coaching is needed, such as marriage counseling, conflict mediation, and professional counseling.
- **BODY: Engage in a healthy, nurturing house church / form gospel friendships**
  - **House Church or Small Groups**
    - Simply attending a large church meeting will not sufficiently meet this need. Regular personal interaction with other believers is necessary.

- House churches are places where people can be real with each other about struggles, confess sins, discuss their walks with the Lord, and offer and receive prayer.
  - A healthy house church environment includes:
    - Worship
    - Relational Intimacy
    - Scripture study
    - Open discussion
    - A “family” culture
    - Spiritual gifts
    - Generosity toward one another
    - Prayer with and for each other
    - Friendship outside the meeting
  - Some people don’t receive enough healthy, appropriate human touch, and the house church is a healthy environment for family-level affection—hugs of greeting, handshakes, pats on the back, and laying hands in prayer all nurture the soul.
- **Form gospel friendships**
- Consider the friendships you currently have. Are you being more influenced by your friends, or are your friends being more influenced by you?
    - If your friends are mature Christians, you want to be influenced by them until you become a mutual benefit to each other.
    - If your friends are immature Christians, you want to influence them until you become a mutual benefit to each other.
    - If your friends are lost, you want to influence them until they come to salvation.
    - If your lost friends are negatively influencing you (pulling you away from God), you likely need to end those relationships until you mature more in your faith.

### Behavioral Solutions toward *Shalom*:

- **SPIRIT: Address any demonic influence**
  - Demons influence behavior and health by exerting spiritual pressure on the flesh.
  - Demons only have as much influence as an individual grants them.
  - Drive out demons in the name of Jesus.
  - Remember that deliverance ministry is ministry to a person, not to a demon. Pay attention to the person and show genuine love and care for them while casting out the demon.



- Be careful not to inflict fear in the person, which can give the demon a firmer grip.
- Minister in the nature of Jesus, not only His power.
- Do not give the demon permission to make a puppet out of the person. Tell them to be quiet if they manifest.
- Remember that your authority is not based on the volume of your voice but on the fact that you are seated with Christ in the heavenly realms.
- *More details will be given in our future teaching on deliverance ministry.*

○ **MIND: Identity in Christ & living “by grace through faith” / proper scheduling**

▪ **Identity in Christ**

- Righteous behavior comes from righteous thinking—trusting the Lord to live through you in His abilities.
- Help people learn to live “in the Spirit” rather than “in the flesh.”
- A certain amount of soul-rest comes from knowing you are loved and accepted by God, and you don’t need to perform to win His approval.



▪ **Proper scheduling**

- Give your soul enough margin in your schedule to rest and recharge.
- Develop a proper “to-don’t” list.
  - Learn your purpose and calling. What did God design you for? What are your natural talents and resident spiritual gifts?
  - If you find that 70% of what you do in life is what you feel like you were meant to do, and 30% of what you do is things you are “tolerating,” you are very likely within the zone of what God called you to do.
  - If it’s reversed—if 70% of what you do is things you’re tolerating while 30% or less is things you feel you’re meant to do—it’s time to prayerfully think about making changes to the activities of your life.
  - Knowing your purpose helps you to organize both your to-do list and your to-don’t list.
  - Don’t allow guilt or feelings of obligation to put things on your to-do list that should be on your to-don’t list.



○ **BODY: Rest, recreation + change neural pathways via new habits and hobbies**

▪ **Healthy rest is restorative.**

- The kind of rest God wants for your life is not merely ceasing from activity. God wants your times of rest to refresh you. Sometimes this comes through relationally engaging other people, sometimes this comes through personal times of prayer, and sometimes through healthy fun.
- The concept of “sabbath” is intended to teach you to trust the Lord to protect you and provide for you. Failure to rest indicates that we aren’t trusting God but are trusting our own efforts (whether for our own righteousness, finances, or anything else). Purposeful rest teaches you to trust the Lord.
  - Any rest that isn’t teaching you to trust the Lord isn’t accomplishing the goal the Lord intended when He instituted the idea of sabbath rest.

▪ **Recreation is spiritual.**

- It’s important to do things that nourish your soul (rather than leaving you feeling drained and empty).
- Your sense of humor is not a material thing, but it needs to be “in the Spirit” and not “in the flesh.”

▪ **Decisive Christian habits:**

- Generosity
- Thanksgiving
- Rejoicing
- Singing / Praising
- Dancing
- Fellowship
- Confession

▪ **Additional habits worth working on:**

- Proper sleep
- Proper diet
- Proper hygiene
- Proper exercise

**MINISTRY TOOLS ASSOCIATED WITH THIS LESSON:**

- ☐ **MINISTRY TOOL 16:** Healing Ministry
- ☐ **MINISTRY TOOL 13:** Renouncing and Replacing

