

Sunday, February 11, 2024

Whole Spirit Soul Body

Open to 1 Thes 5 [quickly]

1 Thessalonians 5:23-24 GW "May the God who gives peace make you holy in every way. May he keep your **whole** being—**spirit, soul, and body**—blameless when our Lord Jesus Christ comes. The one who calls you is faithful, and he will do this."

New series Whole (Spirit Soul Body)

Jesus ministry is to the whole person.

Our Whole Being is:

- **Body (Gk Somatic)** - the physical part.
- **Soul (Psyche)** - the mind, emotions and will.
- **Spirit (Pneuma)** - the eternal part that allows us connection with God & Spiritual things
- **Social/Relational (Socio) life.** - 4th inseparable external aspect, *connected to Soul*

These are inseparable and all effect each other. Jesus didn't ignore any part and neither should we. We often focus on one and ignore the others or have the wrong focus. I.e. believing physical healing requires physical (medical) solution or (spiritual enough) a supernatural one..

80% of physical issues are effected or caused by soul issues (soul pain, wounds, distress), which ironically our physical condition effects our soul (rest, nutrition, wellness, etc.)

Ex. Anxiety and stress can cause high blood pressure and heart problems

By design _ God leads the spirit _ spirit leads the soul, the soul leads the body through which we physically interact with the natural world and others. Fallen nature flips it around...

Think about it... the natural world effects us through our body, which impacts our mind (thoughts), then emotions then our will (choices), which effects our spiritual life especially our connection to God. All effected by and effect our relationships.

This is why we need Jesus!and the Holy Spirit in us! 2 Corinthians 5:17 (new)

Jesus needs to minister to our WHOLE BEING, AND we must understand that HE spiritually works through natural means as much or more than what we would consider spiritual.

Ex. He repeatedly taught about right relationship. What do broken relationships do to our soul? Our bodies?

Ex. “Transformed by the renewing of our minds” (thinking) was encouraged to impact how we related to others and knowing God’s will (spiritual)

ADDRESS SOUL HEALTH - Mental Health is the medical and cultural term, but it is very broad. Despite the age-old stigma that “mental” issues meant you are crazy, insane, requiring a mental hospital or being incapable of functioning in society. Today, the stigma is not only changed, but now it seems everyone has or needs a diagnosis to identify or explain their behavior.

The church has been slower in accepting mental health issues, again assuming you have sin or just don’t have enough faith.

Godly People can have soul health issues,

Examples: Elijah, King Saul, David, Jeremiah, Hannah.... Me (grief)

Dangerous Christian Myth 1: If we’re spiritual enough, disciplined enough, we won’t have problems in our soul and body.... Just need to have enough faith and do the work. Or we neglect our wellness in the name of serving, providing...

Myth 2: Soul issues (mental health) are either a result of sin or demonic influence. They can be, but often are not! They can be biological (i.e. hormones, nutrition, chemical imbalance), trauma or life event related (Proverbs 13:12 “hope deferred makes the heart sick”), fatigue or lack of sleep, generational, thought/belief related, addictions (biological and physiological and can be spiritually generational) and more.

Myth 3: Mental Health is science, not spiritual, so it’s separate from God

Myth #4 - God doesn’t care, is indifferent to our mental health

Some would disagree, but when we get saved, our soul still has issues that need Jesus’ ...the freedom and regeneration of our soul still has to be worked out. And, our bodies are still subject to the natural world and..yes, are dying, which obviously can in turn effect our soul health. **It is our soul that packs the baggage:**

Our flesh & the enemy (even as a religious spirit) try to keep in the dark or bound:

- Denial - not my problem, if I ignore it will go away, it's not real
- Minimization - not a big deal, not that bad, I can handle it
- Blaming - not my fault, it's people, it's family, it's my condition...if only _____ then I'd _____

Keys to getting whole

I. Assess and Be honest with yourself, especially the hard parts

*it's ok to not be ok! Maverick City song "Gods love leaves room to say I'm not ok)

Your struggle is not a sign that God left you or doesn't care - Psalm 88

The best place to see is in Gods presence

Don't let shame, embarrassment, condemnation keep you from your help

II. Don't do life alone, especially the hard parts

A. Needing help, needing others is not a sign of weakness...it's wisdom!

Pastors even need pastors or counselors

We all need live-giving relationships - REAL

III. Don't do it without Jesus, especially the hard parts

Jesus' ministry, and our ministry, it to minister to the whole person. For each of us, we are to bring our WHOLE BEING into alignment with God. Even our bodies, even our emotions, event our mental health....

Psalm 23 GW "The Lord is my shepherd. I am never in need. He makes me lie down in green pastures. He leads me beside peaceful waters. **He renews my soul.**

'Jesus was moved with compassion...HE CARES ABOUT OUR WHOLE BEING - SPIRIT, SOUL, BODY and our relationship with God and others

Jesus took ALL of our iniquity upon himself so that we would have victory and our WHOLE BEING would be WHOLE and we would love one another.

Jesus came to set us free, give us life, make us whole... AND so we don't have to be under or manage afflictions, but be victorious, even when we're faced with struggles!

Communion