

Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



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SERIES: THE PURPOSE AND FUNCTION OF THE BODY

Lesson #8

“A HEALTHY BODY STARTS WITH A HEALTHY MIND”

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SCRIPTURE: *A merry heart does good, like medicine. But a broken spirit dries the bones. (Proverbs 17:22)*

OPENING STATEMENT: Much of what goes on in the body is the result of what you are thinking. Fear makes your heart race. Love makes your stomach flutter and a job interview makes your feel nervous and shaky. Psychologist, William Backus writes that the entire body is wired to a communication system that is linked to the soul, body and spirit. Dr. Backus also believes that disease always has more than one cause. There is a strong connection between what people believe and their physical health. Three people can experience a physical trauma and have a completely different reaction.

- Person #1: Is on his way into a store and slips and falls on the icy sidewalk. He says to himself: “Please don’t let the store close before I can get up and get myself together. I have to be more careful!”
- Person #2: Also falls on the ice and says: “Call 911! I just know I broke something. I’ll probably be crippled for the rest of my life.”
- Person #3: Also falls on the same patch of ice and says: “I am so stupid for falling down. I deserve whatever comes from this fall.”

What we say within our hearts will ultimately affect our health and well-being. *For as a man thinks in his heart, so is he. (Proverbs 23:7)*

3 WAYS YOUR MIND CAN HELP TO KEEP YOUR BODY HEALTHY:

1. **Develop a healthy thought life:** *Whatever things are just, pure, lovely, good report, virtuous and praiseworthy, think on these things. (Philip. 4:8 Paraphrased)* Keep a positive mind-set. Begin to see your glass as half-full and not half-empty. Read the word of God and rehearse His promises to supply all of your needs. Find a prayer partner who will stand with you and encourage your heart. Stay away from negative entertainment, conversations, people and places. If you live in a negative environment, find something positive to offset the negative – Bible study, prayer, worship, sports, friends and family who make you laugh.

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Pray about and think about how you would desire your life to be. When you have goals in place, you have less time to fall prey to sickness. *The light of the eyes rejoices the heart, and a good report makes the bones healthy. (Proverbs 15:30)*

- 2. Learn how to de-stress:** *Be angry and do not sin. Don't let the sun go down on your wrath, nor give place to the devil. Ephesians 4:26-27. For I, the LORD your God, will hold your right hand, saying to you, 'Fear not, I will help you.'* (Isaiah 41:13) Nothing can be more stressful than anger and fear. Anger about a real or imagined injustice can send shock waves through your body and disturb the function of every vital organ. Your muscles will tighten, your stomach will be in knots and your breathing is restricted. Finding a way to manage your anger is essential to remaining healthy. Be sure to pray before you speak and think before you act. If your anger is causing a problem in your life, come up with a plan for managing your anger. With God's help you can conquer your feelings. Fear is usually associated with something that is threatening, but has not yet occurred. It is the valley of the SHADOW. A shadow makes everything appear larger than it really is. Stand on God's promises. Speak the word of God out loud and the demons will tremble. When you have done all you can to stand...stand! *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7)*
- 3. Forgive and Forget:** *"If you have anything against anyone, forgive, that your Father in heaven may also forgive you...But if you do not forgive, neither will your Father in heaven forgive your trespasses. (Mark 11:25) Bless those who persecute you; bless and do not curse. (Romans 12:14 – See Psalm 109:17)* Unforgiveness (there is no such word) is like a festering disease. It starts in the soul and works its way into the spirit and body. The manifestation of cancer, asthma and ulcers can often be traced to rejection, abuse, divorce or some injustice. When you allow your mind to rehearse an offense over and over again, it will grow stronger and like a boiling pressure cooker it will eventually explode into a disease or a violent act. God says that vengeance belongs to him. (Romans 12:9). God recognizes that we are not designed to handle retribution when we are wronged. It will only leave us feeling ashamed, guilty and unfulfilled – not to mention other consequences. Forgiveness is never a single act. Even if the person is dead or gone, it begins in the heart. Refuse to allow the event of the past to control your emotions. When the thought comes up, ask the Lord to set you free and give you the peace that passes all understanding. Remember, God is a just God. *Confess your trespasses to one another, and pray for one another that you may be healed. James 5:16.*

DISCUSSION TIME:

1. The Bible says that confession is good for the soul. Talking about your inner-feelings can bring healing to your mind and your body. Complete the following statement: It makes me sick when I think about_____.
2. Complete the following statement: I feel good when I think about_____.

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