

Spiritual Warfare: Renewing Our Minds | Week 3 - Resources in The Battle**Big Idea**

In the battle for our minds, God has given us both spiritual and mental health resources.

Scripture

Genesis 2:7, Mark 12:30, 1 Corinthians 15:20-22, John 14:16-18, and John 14:26-31

Points to Keep In Mind

1. In Genesis 2:7, we find first that God forms man's body from the dust of the ground and then breathes life into the body. This shows our humble beginning and our 100 percent dependence on God for life. The body only comes to life when God gives us a spirit. When God forms and breathes into the person, it is only then that the man becomes a living being. So together, the two, body and spirit, become a living being. They're pictured as a unified whole.
2. The words "heart, soul, mind, and strength" in Mark 12:30 do not describe the separate parts of a whole person but are a way of speaking to add emphasis. The point isn't that they are different; they are all parts of the same thing, a holistic human with body and spirit. This is who we are and who we have always been. Loving God with your heart involves your emotions and affections. It's about having a genuine passion and devotion for God and feeling deeply connected to Him emotionally. Loving God with your soul is loving Him with your innermost self and acknowledging Him as the source of your identity and purpose. Loving God with your mind engages your intellect. It's about seeking to know God more deeply by studying His Word to grow in God's wisdom. Strength is found in our physical abilities to serve and honor God with our talents and resources to bring Him Glory and help people find their way back to Him.
3. Adam's role as the first human highlights the reality of sin and death that we all inherit. In contrast, Christ's resurrection signifies the victory over sin and death when we put our faith and trust in Jesus. Jesus' ministry and resurrection involved his whole body and spirit and serve as a model for how we are to do the same in the ministry Jesus gives us.
4. We need help with both our spiritual and mental health. They are meant to work together. If you are struggling with any problem, large or small, include both body and spirit. When you see a mental health professional, address the problem spiritually by praying and sharing your struggles in the church community. And vice versa. We often need professional mental health services to come alongside the complex issues we each face in our lives in addition to seeking help spiritually. Jesus came to save body and spirit, so let's be sure to include both in the battle of our minds.

Additional Questions and Resources

visit communitychristian.org/nextsteps

1. Have you considered getting baptized? communitychristian.org/baptism
2. Find out more about having a YOU+ conversation by visiting communitychristian.org/you/
3. If someone is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/support