

### Teaching Points

1. Man in his broken state is compared to a ravaged city.
2. Genetics, the environment, and choices all impact brain and body health.
3. God has engineered mankind for renewal, restoration, and repair.
4. The Bible provides tools for improving mental, physical, and spiritual health.

### INTRODUCTION:

God uses the things we can see to help us understand those things which we cannot see to teach us important truths. Romans 1:20. The Bible provides powerful evidence of our need for God; His amazing love for man; and His plan of restoration for body, mind, and spirit.

#### **1. Man in his broken state is compared to a ravaged city.**

“A person without self control is like a city that is broken down, and without walls.” Proverbs 25:28 uses a literal city to describe a mental state. The picture is one of a city with 2 problems— internal weakness and general defenselessness—few inner resources and little power to protect itself. Hurricane Katrina is an example.

#### **2. Genetics, the environment, and choices all impact brain and body health.**

The brain that has been ravaged by stress, bad habits and addictions, negative thinking and depression is in need of renewal, restoration, and repair.

Hereditary tendencies; environmental influences; poor choices—any or all of these factors can break down the brain’s resources and defenses, leaving it broken and powerless.

#### **3. Your brain is engineered for renewal, restoration, and repair.**

“Experiences, thoughts, actions, and emotions actually change the structure of our brains.”

John Ratey, MD *User’s Guide to the Brain*.

Behavioral and lifestyle choices build a better brain, better habits, better health, and a better life—for good! These are the key pieces:

**Environment:** The internal environment of how you think and the external environment you surround yourself with are critical for achieving and maintaining positive change.

**Lifestyle:** Lifestyle choices are the foundation of mental, physical, and spiritual strength.

**Connections:** Your associations and interests have a profound shaping effect on your values and goals. Knowing that God’s power and guidance are available gives courage and power for the journey.

**Managing Stress:** You need practical strategies to tap into when confronting challenges and stress.

**Assessment:** It is always important to work closely with your physician or healthcare provider; lifestyle changes may reduce or eliminate the need for certain medications over time. Medicine or medical procedures may be essential.

#### **4. Creating a connection with God improves mental, physical, and spiritual health.**

You can achieve growth, change, and success; God’s power, promises, and plan are available to you. Psalm 139; Colossians 1:11; Isaiah 40:31.