

Transform -Health and Wellness

Minister Dwayne Douglas, Minister Tony Jones, Deacon Joseph Miller

The bible teaches that wellness is a multidimensional concept encompassing.

1-Physical

Our bodies are so important that the Lord calls them temples of God.

1 Corinthians 3:16-17 “Do you not know that you are the temple of God and that the Spirit of God dwells in you?

If anyone defiles the temple of God, God will destroy him for the temple of God is holy, which temple you are.

God wants us to take care of our bodies, because He knows that we can be happier, and better people if we are healthy”

1 Corinthians 6:19-20 says you are not your own; you were bought with a price. Therefore, honor God with your bodies.

We can Honor or praise God when we are sick or not feeling well.

2-Emotional It is not foreign to God for humans to have emotions in life, as Jesus famously wept. John 11:35 over the death of Lazarus (who He later brought back to life).

We must realize that God gave us ways to handle all our emotions. Happiness, sorrow, worry should be brought to God in Prayer. Philippians 4:6-7 “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 heart and minds through Christ Jesus.

1-Positive Galatians 5:22-23

- a. Love
- b. Kindness
- c. Gentleness
- d. Joy

2- Christian must wear

- a. Tender mercies
- b. Meekness every day
- c. Forgiving
- d. Loving everyone as Jesus has done for us all.

e. Strong, courageous (not afraid). Fear holds our emotions hostage

In the face of fear God encouraged Joshua to be strong and courageous. The only fear we should have, if any, is the fear of God.

3-Mental

Romans 12:1-2 “And do not be conformed to this world, but be transformed by the renewing of your mind, that may prove what is that good and acceptable and perfect will of God.

1. Fear 2 Timothy 1:7 “For God has not given us a spirit of fear, but of power and of love and of a sound mind”

2. Fear not, for I am with you; Be not dismayed, for I’m your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand’.

3. Matthew 6:34 “Therefore do not worry about tomorrow will worry about its own things. Sufficient for the day is its own trouble.

4-Spiritual Health

Our Spiritual Health is important and can be achieved through a relationship with Christ.

1- Proverbs 4:23 “Keep your heart with all diligence. For of it springs the Issues of life.

2- Psalm 19 David says God’s word revived the soul, It makes the simple wise and the heart rejoice.

3- Luke 18 Jesus teaches that people should always pray and never lose heart, it is your heart that draws us to God and keeps us fit for our spiritual journey.

4- A healthy heart treasures God’s word and is hungry for it.

5- If our heart is healthy, it will help us to have body and

Healthy emotions. And also, healthy mental and be full of Joy and peace and not fearing nothing know God is always with us.

Here are the people in the bible who struggled with mental health

1. Hannah, who longed for a baby (1 Samuel 1:1-20) *“In her deep anguish Hannah prayed to the Lord, weeping bitterly. Yet in her sorrow and desperation, Hannah doesn’t give up—she keeps seeking the Lord and worshiping him.*

2. Elijah, who reached burn out (1 Kings 19)

3. Job, who lost everything - (Job 1:3) Job is stripped of all his material possessions and family. He’s served God faithfully all his life, and yet in one awful day he loses everything; 11,000 animals, all of his servants, and, worst of all, his seven sons and three daughters. Can you imagine his deep sorrow and confusion? ([Job 2:7](#)). His wife and three closest friends, who are meant to be comforting him, instead suggest that Job has done something to earn God’s wrath. Imagine that; you’ve lived a

“blameless and upright” life, and now, the people closest to you have the gall to suggest that you must deserve what you’re going through.

4. David, who felt all the feels. Throughout David’s journey, we get glimpses into his mental state, and many of his psalms paint the picture of a man struggling with feelings of depression and hopelessness. *“I am worn out from my groaning,”* he says in [Psalm 6:6](#). *“All night long I flood my bed with weeping and drench my couch with tears.*

5. Jonah, Who Wanted His Life to End (Jonah 4)
Twice he asks God to end his life, saying, *“It would be better for me to die than to live”* ([Jonah 4:3](#)). When God asks him if it’s right to be so angry, he responds: *“It is. And I’m so angry I wish I were dead”* (v. 9).

6. Jesus, Whose Sweat Was Like Blood (Luke 22:41-44) Fear and anxiety are two emotions we’ve all felt. But have you ever been so worried and anxious that your sweat becomes like blood on your skin? That’s what Jesus experienced as he prayed in the Garden of

Gethsemane the night before his crucifixion. The gospel writers describe Jesus as *“deeply distressed and troubled”*, and Matthew writes that Jesus tells Peter, James, and John—who were with him in the garden—that he is *“overwhelmed with sorrow to the point of death”* ([Matthew 26:38](#)). Luke even describes Jesus’ sweat *“like drops of blood falling to the ground”* ([Luke 22:44](#)) So what can we learn from Jesus’ final hours in the garden? We learn that fear, anxiety, and other difficult emotions are a normal part of the human experience—even for Jesus.

7. We Aren’t Alone in Our Struggle

We hope that by taking a look at some of these Bible characters who struggled with their mental health, we can all be encouraged to know that we’re not alone. Countless men and women of faith who have gone before us have wrestled with the same things we do today.