



# Berea Goshen Report

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## Are you mentally healthy?

We have heard a lot about mental health lately

from the natural and medical viewpoint but not necessarily from the spiritual viewpoint. What does it mean to be mentally healthy from a scriptural perspective? In order to answer that question, **we must talk about the nature of Man because mentality is a part of that nature.**

But before we get to that let us clarify that **when the Bible uses the word “man” it is talking about both genders,** except where the context is clear that we are talking about male man. The translators should have made that clear by always capitalizing the letter “M” in “man” to indicate that fact.

In **Genesis 5:1-2 God called both male and female man “Adam” to establish that point.** It was the male man that called the female man “woman” in **Genesis 2:23**. It was not God. It was also the male man that called female man “Eve” in **Genesis 3:20**. It was not God.

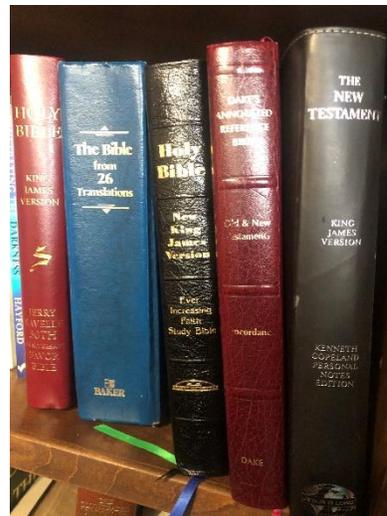
Note, however, that **the pronouns he, him and his as well as the phrase “sons of God” can be used to refer to both genders of Man** biblically without denigrating female man because female man was made from male man. **Genesis 2:21.**

So, what is the nature of Man? To know that we have to turn to the nature of God because God created Man in His image and likeness according to **Genesis 1:26-27**. In **John 4:24** Jesus tells us that God is **a** Spirit not **the** Spirit. That is because there are two other classes of spirits besides God and Man is one of them. There is also the class of spirits

called angels, both good angels and bad angels, which the Bible calls evil spirits.

While we are at it, let us also make clear that according to the Bible, **God is not “Spirit,” like some religions teach, He is a Spirit.** God is not Spirit, in the sense of being an amorphous force out there without definite character or nature and unclassifiable. No, the God of the Bible is, not are, three persons in one with each of the three having a definite separate personality, and yet being one with the other two persons in the Trinity!

**Hebrews 12:9** tells us that God is the Father of **spirits,** that is, that God created the other classes of



spirits. Of the two other spirit beings, one is in God’s category (Man) and the other is not, that is, the Devil and demons. **To be in God’s category is to have the authority, under God, to shape and fashion your world with words!** The

devil does not have that authority. He has to get you to use your words against yourself! Do not let him talk you into shooting yourself in the foot!!

**So, what is the nature of Man? Man is a spirit, he has a soul and he lives in a body!**

**2 Thessalonians 5:23** says “I pray your whole **spirit, soul** and **body** be preserved blameless.” **Romans 12:1-2** also confirms the three-part nature of Man.

**Your Soul, in turn, is made up of your Intellect (or mind), your Will, your Emotions and your Imagination.** The Intellect is the part of your soul that calculates, reasons, evaluates, or assesses things that you are dealing with. It is **your thinker**. Your Will is the part of your soul that makes decisions. It is **your decision maker**. Your Emotions are the part of your soul that **express your feelings**.

Your Imagination is your **image-maker, picture-taker**. It is the part of your Soul that looks out into the future and paints a picture of the images of your expectations, or the devil's expectations that he would like for you to make your own. Your imagination is in full-blown **devil-mode** when you worry! On the other hand, your imagination is in full blown **God-mode** when you meditate God's promises or His word!

Your mentality is bound up in the four parts of your Soul therefore **mental health is Soul health**, that is, Intellect-Will-Emotions-and-Imagination health!

What does that mean? **It means this: To what extent are the analysis and the calculations of your intellect in line with the Scriptures. To what extent have you set your will to obey God. To what extent are your emotions governed by the Word of God? Finally, it means when you look 10 years or 20 years out, to what extent do you see your life playing out according to the Scriptures?**

The American Psychiatric Association (APA) has said that mental illnesses are health conditions involving changes in **emotions, thinking** or behavior. I do not know if the APA has those three words in order of importance but by virtue of Biblical revelation knowledge, which is superior to scientific knowledge, it is clear from the Scriptures that **the thinking part comes first before the emotions or behavior**.

Proverbs 23:7 **says that as a Man thinks in his heart, so is he**. Thinking always precedes behavior or emotion. To be impulsive just means that you spend way too little time **thinking** before acting. **It is impossible to act before you think!** Thinking is done by your **Intellect** which is the most important part of your Soul. Your **Emotions**, your **Will** and your **Imagination** are greatly affected by what you think the situation is, whether it is, in fact, that way or not!

Biblical mental health therefore begins with your **thinking**. To be **mentally healthy is to have one's Soul...beginning with the Intellect, that is, your thinking...governed by the Word of God, rather than by the stimuli of the senses (sight, hearing, tasting, smelling, feeling.)**

God gave the senses to us to help us **navigate** life on this planet. The senses are not to **dictate** to us what we are to do or not do! If you **hear** the ticking of a bomb, you are supposed to use that information to get out of there. If you **smell** natural gas in the kitchen, you know to turn the stove off and get the leak fixed ASAP. If you **see** a car speeding towards you as you are walking across the street you know to stop and let it pass. That would not be the time to assert your rights as a pedestrian, whatever the color of the traffic lights at the intersection! You may not be navigating life successfully, in very short order!

But, just because it smells good or looks good does not mean that you should eat it. That is precisely what got Adam and Eve in trouble and consequently released the Curse on the earth! **Genesis 3:6.**

**The senses are not to tell you what your day is going to be like, or how your children/nephews are going to turn out, or whether you are going to die before you turn fifty like all of the males in your family, or whether you have enough money saved up for retirement, or that you cannot be healed because you feel pain in your body! The WORD of God is supposed to tell you that!**

**Being mentally healthy means having the Word of God dictate to you rather than the circumstances.** Smith Wigglesworth, the English faith giant, reportedly used to say, **"I don't ask my body how I feel, I tell it how I feel!"**

2025!

*Still The YEAR OF FLOURISHING!*

**Berea Goshen Church**  
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