



NEW COVENANT CHURCH

IMAGO DEI

(The Image of God)

My Mind & The Mind of Christ

*And the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.*

Philippians 4:7

*For who has known the mind of the Lord
that he may instruct Him? But we have the mind of Christ.*

1 Corinthians 2:16

BRYAN HUDSON, D.Min.

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Philippians 4:7,

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Having the **mind of Christ** means sharing the plan, purpose, and perspective of Christ, and it is something that all believers possess.

The believer lives a life under God's influence

The Bible has a lot to say about the mind.
However, **the mind is not the brain.**
This is a misconception that needs to be
overcome.

The Bible says nothing specifically about **mental health**.

The Bible talks about **health**, but does not differentiate what parts of the body or one's life need to be healthy.

God's concept of healing is the total person, spirit, soul, and body

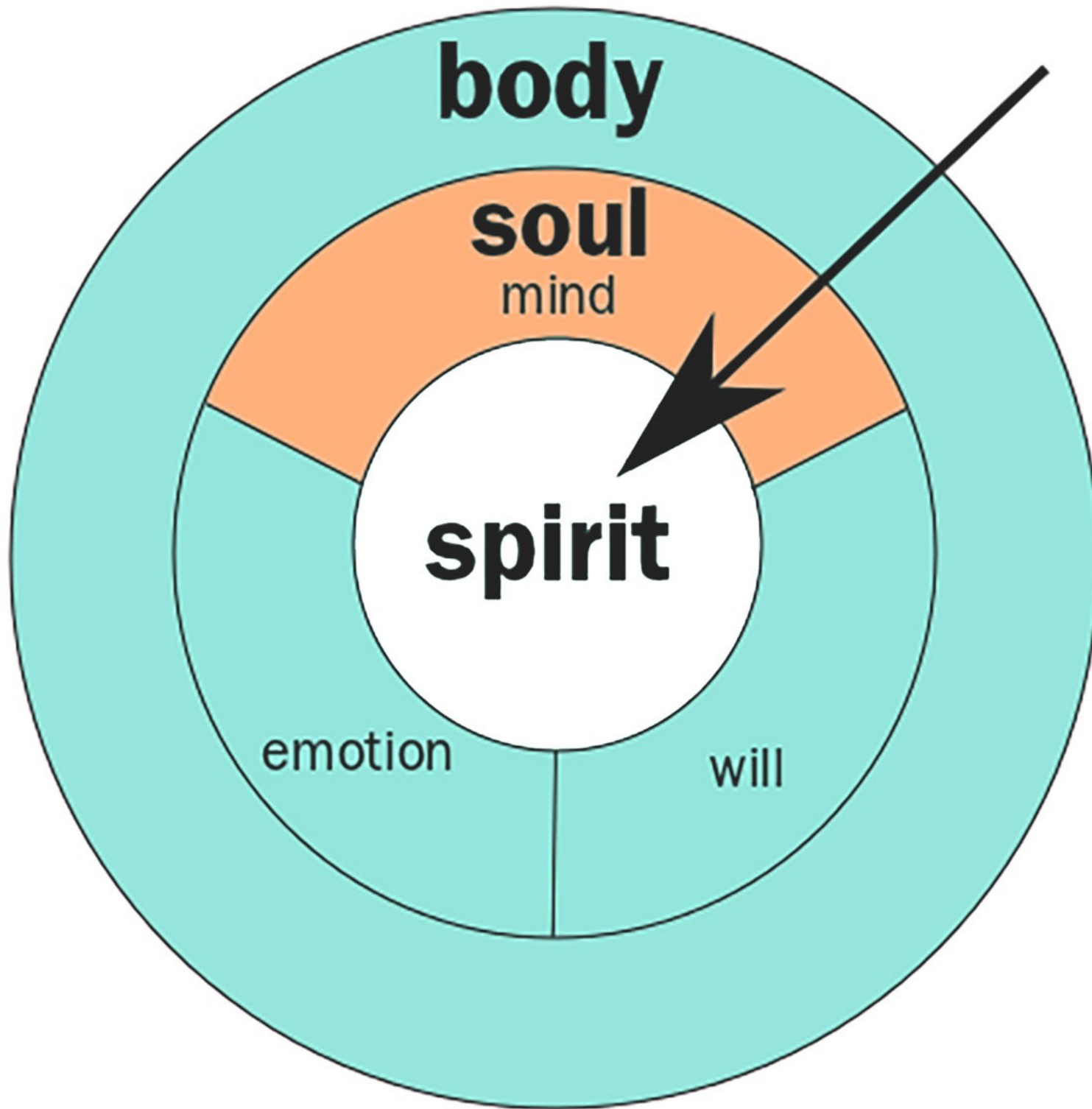
You are God's Masterpiece!

Jesus said, *"That which is born of the flesh is flesh; and that which is born of the Spirit is spirit."*

(John 3:6)

Your soul is the most distinctive part of "you."
Your body expresses the life of your spirit and soul to the world around you and displays the focus of your life, whether for God or not.

The "mind" is the master of the soul. The mind must be "renewed" and oriented towards godly living.



When understood properly, biblical truth and scientific/physiological truth are not competing concepts, but complimentary concepts.

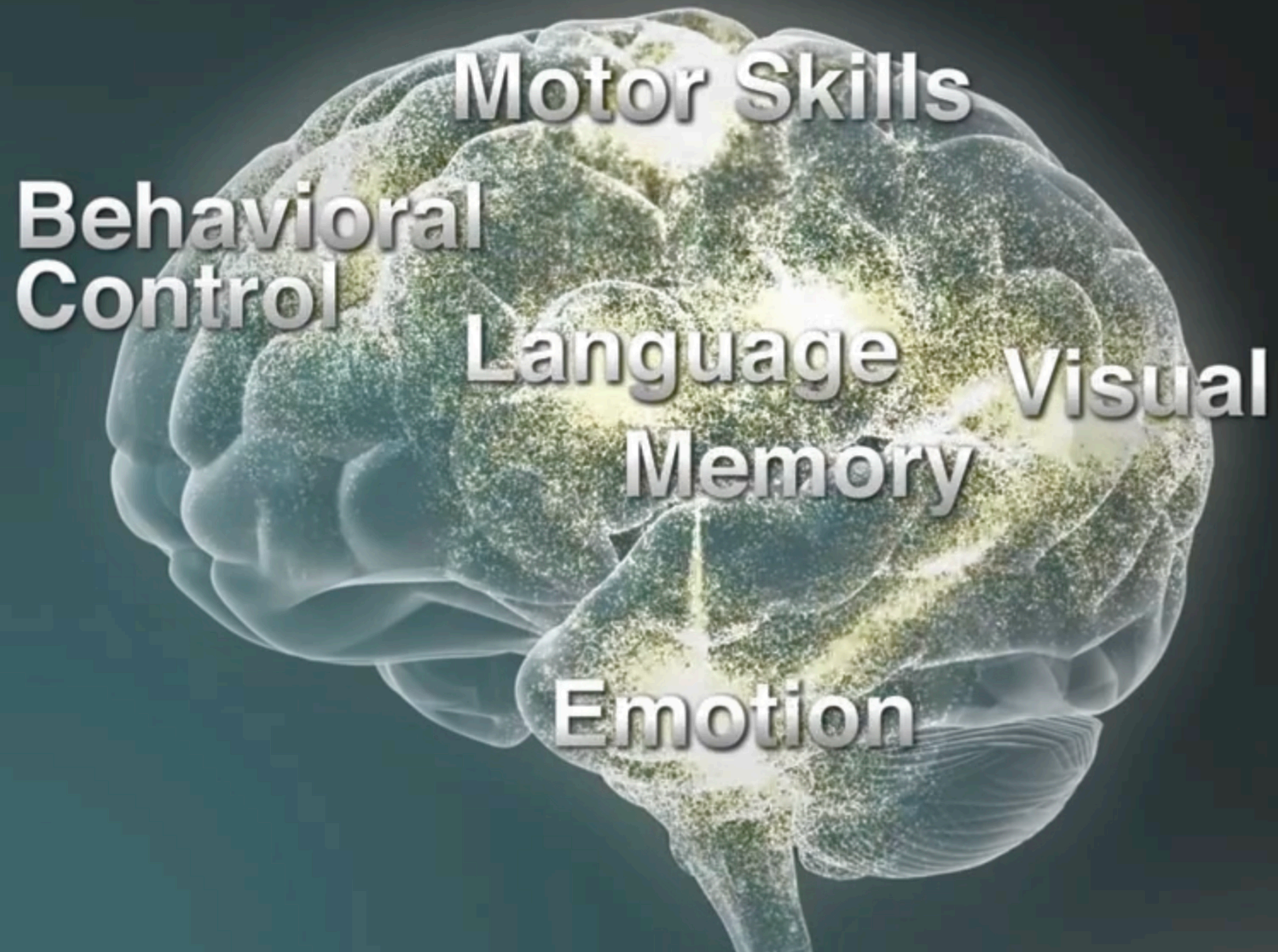
Each serves a different purpose.

That's why unsaved people can help you

When we speak about **mental health** in our times, **we are talking about the brain**, which is an organ.

We know today as the most complex and controlling organ of our body. This was not widely known in ancient times.

Brain Development



As Christ followers and doers of the Word of God, we live according to **foundational** principles of God's design, such as Imago Dei. The Bible does not replace **functional principles** that have been discovered through natural science and practical wisdom.

Sometimes People Embrace a “False Dichotomy”

Things like:

- If you have faith, you don't need medicine
- CRT asserts that all While people are guilty of racism
- Mental illness is a demonic manifestation or the result of a lack of prayer.

Many wrongly assume that a lack of faith, sin, and disobedience lie behind all difficulty.

Sometimes difficulty comes as a DIRECT RESULT of doing the right things.

John Lewis called it “Good Trouble.”

- Whenever we talk about **mental health**, remember that we are **talking about the brain**.
- Some say, *"The human spirit is in the brain."* That's like saying *"God is over there."*
- God is a Spirit and we are made in his image.
- **Nothing about humans is as simple as it may seem.**

When it comes to human motivation, the word most often used in the Bible is **heart**.

Because we're talking **theology** and not **physiology**, we are not talking about the blood pump muscle that we call the heart.

In ancient times, the brain was not considered the seat of the human soul.

The human soul was understood as more spiritual than physical.

The word **heart** came to be associated with the moral and emotional center of humans.

We say things like, *"I love you with all my heart."*

We don't say, *"I love you with all my brain (or mind)."*

Today, what we think of as the mind, is biblically more related to the heart.

Exodus 7:13

And Pharaoh's heart grew hard, and he did not heed them

Proverbs 28:14

Happy is the man who is always reverent, But he who hardens his heart will fall into calamity.

Matthew 13:15

For the hearts of this people have grown dull.

Proverbs 23:7

*For as he **thinks in his heart**, so is he. “Eat and drink!” he says to you, But **his heart is not with you***

Showing up with a Bible **is not a competency** for every situation in life.

For example: attending a mental health seminar and engaging mental health professionals quoting scripture would not be helpful.

The Bible is mainly for proclaiming the Gospel of Christ, for your character development and walk with God

IMAGE DE: My Mind & The Mind of Chris

In this sermon, I am not attempting to explain how the brain works, or how mental illness affects bodily function, behavior, and such things—I am not qualified to discuss that.

The objective to this teaching to help us stop trying to explain and treat physical conditions we don't understand. **We don't replace science with Scripture.**

Worse, is to believe and say things that hurt people by discouraging them from getting help.

The old saying is true, **“Cheap advice is expensive.”**

As it relates to mental health, cheap advice will lead to suffering and hardship.

We’ve heard cheap advice such as: *“Snap out it. Pray more. Get in the Spirit and stop walking in the flesh. Fast and seek deliverance.”*

Don’t offer any advice that would not make sense to other areas of challenge in our body.

- **Cheap advice is expensive**
- **ALWAYS** consult experts
- Work with BOTH God's truth and objective truth.
- It's not "either/or" it is "both/and."

OVERCOMING STIGMA

It is Important to
Separate **Fact** from **Fiction**