

Relationships and Mental Health:
What the bible says about both.

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Relationships (what most people want)

- ▶ Compassion
- ▶ Trust
- ▶ Loyalty
- ▶ Honesty
- ▶ Forgiveness
- ▶ Respect

Within an unhealthy relationship, bonds are formed externally, and whether this is through addiction to sex, substances or with connection the person forms and unhealthy attachment to these. Leaving the person with a negative association to people.

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Relationships

- ▶ Why is it so hard to engage with others?
- ▶ In all the things I have surveyed one common factor is fear
- ▶ Will Smith is quoted saying "the best things in life are on the other side of fear. (2017)

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Mental Health

- ▶ Reviewing attachment theory, we see Bowlby developed several styles to explain attachment to not only caregivers but later in life relationships. Mary Ainsworth furthered Bowlby's research to show attachment styles/patterns (Duschinsky, 2020)
- ▶ Secure
- ▶ Avoidant
- ▶ Anxious/ambivalent

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Mental Health

- ▶ Some individuals we find with an addiction or mental health diagnosis have underlying trauma. This trauma is persistent in causing the individual to experience shame and guilt.
- ▶ Focusing solely on the biological or psychological in treatment leaves a whole separate part of the person vulnerable.
- ▶ Maslow wrote, "[t]he spiritual life is . . . part of the human essence," then failing to account for this as a part of normal, healthy human development would be doing our clients a disservice and rendering our caregiving efforts less effective (as cited in Love & Talbot, 2009, p. 621).

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Triune Being



- ▶ Within the creation story, we are introduced to the concept of a triune being that is God. These passages also informed that "we" are created in the image of God (Imago Dei) so if God is the father Son and the Holy Spirit one can surmise that we as well have a similar structure.

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Triune Being Cont.



- ▶ Thus far we have covered the body and moving inward of our diagram we see the next area is the Soul, which reviews definitions and literature on this specific topic.
- ▶ Soul – the principle of life, feeling, thought, and action in humans, regarded as a distinct entity separate from the body, the spiritual part of humans is distinct from the physical part.
- ▶ Psuche (Psu khee) – the vital breath, the breath of life. The human soul, the soul as the seat of affections and will. The Self. A human person is an individual.
- ▶ Nephesh – soul, living being, life, self, personal desire, appetite, emotion, and passion.

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Triune Being Cont.



- ▶ So, we move inward within the representation of mankind from the body to the soul now to the Spirit.
- ▶ This is the seat in which all of God's work is within our life.
- ▶ Hebrews 4:12 "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, or joints and of marrow, and discerning the thoughts and intentions of the heart."

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Biblical Approach

- ▶ Love is at the center of all of this, not only a romantic type of love but a relational love for others and to engage in a healthy positive way with ourselves and those around us.
- 1 Corinthians 13 1-3
- ▶ "If I could speak all the languages of earth and angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. 2 If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. 3 If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing." (Holy Bible, New Living Translation, 2015)

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That's Greek to me!

- ▶ Ὅτε οὖν ἠρώστησαν , λέγει τῷ Σίμωνι Πέτρῳ ὁ Ἰησοῦς , Σίμων Ἰωάννου , ἀγαπᾷς με πλὴν τούτων ?
- ▶ Λέγει αὐτῷ Ναὶ Κύριε ; σὺ οἶδας ὅτι οὐλῶ , σε . Λέγει αὐτῷ , Βόσκει τὰ ἀρνία μου .
- ▶ John 21:15 "After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him."

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Biblical Approach cont.

- ▶ In Matthew 22: 37-39
"Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind." This is the first and greatest commandment. A second is equally important: "Love your neighbor as yourself." (Holy Bible, New Living Translation, 2015)
- This ultimately leads us to the the Biblical solution
- Admission
 - Confession
 - Surrender
 - Forgiveness

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References

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- ▶ *Holy Bible, New Living Translation*. (2015). New Living Translation. (Original work published 1996). <https://www.bible.com/en/bible>
- ▶ *Holy Bible*. John 21:15 interlinear: When, therefore, they dined, Jesus saith to Simon Peter; 'Simon, son of Jonas, dost thou love me more than these?' he saith to him, 'yes, lord; thou hast known that I dearly love thee'; he saith to him, 'feed my lambs.'. (n.d.). Retrieved August 26, 2022, from <https://biblehub.com/interlinear/john21-15.htm>
- ▶ Love, P., & Talbot, D. (2009). Defining Spiritual Development: A Missing Consideration for Student Affairs. *NACADA Journal (National Association of Student Personnel Administrators, Inc.)*, 46(4), 614-628. <https://doi.org/10.2202/1949-6605.5035>

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