

Body, Mind & Spirit Seminar
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Part 1 – The Physical (Body)

1 Corinthians 6:19 What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? **20** For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

This scripture comes after reference of fleeing fornication. Nevertheless, the impact of it runs much deeper in thought and understanding. Our body is the temple of the Holy Ghost. Think about that. Think about how great you want your home to be, about the type of place that you want to reside in. How much greater should the habitation of divinity be? How much more perfect, immaculate, clean and pure, healthy, and inviting should the home of God's holy spirit be? This is why the physical part of your existence is so valuable in gaining the peace and balance of your life. This is why it is so important. At the least, there's the simple aspect of stewardship.

As we know from the word, (**Matthew 25:21** His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.) we are called to be good stewards of everything God has given to us. As stewards, look at the major things that God has provided us with (the physical blessings). All of these things should be well taken care of out of mere honor to the Lord, from the bodies we are in to the earth in which we reside. Back in Genesis, God gave mankind rule over the world and everything in it (**Genesis 26** And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.). Because we have been such poor stewards over the mere home that God gave us, now we face the worst weather in history which continues to get worse each year. Now we face global warming, extinction after extinction of animal species, cancer-causing radiation due to ozone depletion, and a future destined for doom; and if we don't change, we will soon all understand what I mean when I say we are the creators of our own destruction. This doesn't even take into the account of our violent lives killing off mankind, and the death causing plagues destroying us because of sexual lust (AIDS, other STD's) being uncontrolled. Yet since, this is the lesson on peace, we will review the way these things impact our peace, and it is through a word called stress. Getting rid of stress, natural sickness, and avoidable pain, and increasing energy and motivation is the primary reason of the physical review in the Mind, Body, and Spirit Seminar for achieving peace and balance. Let's take a look at stress from its definition to the impact it has on us.

Stress –

Stress not only contributes to all types of physical illnesses including high blood pressure, strokes, headaches, and migraines, but it also causes misery, wrath, and depression. One of the first steps to overcoming stress and heading towards peace is overcoming stress.

- a. Overcoming stress can start by maintaining a clean and orderly environment around you. Recycle your trash instead of littering and take care of the environment. It is much more pleasant to be able to breathe the air around you without choking and worrying about smog

alerts. It is also nice to be able to go to the park or some other natural environment and be able to enjoy it instead of having to be disgusted by trash and litter all over the place.

- b. You can also help by keeping a clean home and office. Organize and keep clean the places of your habitation. Have you ever tried to study in a dirty room full of clutter? Organization and cleanliness makes it much easier to rest and relax. It causes things to be more comfortable, and thus, less stressful in day to day living, so find a way to keep your immediate surroundings clean.
- c. Lastly, take care of your body; exercise and eat healthy, get enough sleep, and take time to relax. As a highly beneficial form of exercise, I recommend martial arts/self-defense. Not only does self-defense training condition your body, but it also increases your confidence. Such exercise, actually, any exercise for that matter, strengthens the body and makes it more apt to handle dangerous and/or difficult situations. It also causes the body to develop and maintain more energy and power, while at the same time increasing the effectiveness of the body's self-healing and self-cleansing functions. And, all of these things cause reduction of stress. You can even utilize the function of exercise specifically towards the destruction of stressors through focusing your training energy against those stressors. An example of this in self-defense training would be making a mental image of your stressor into the target of your punches and kicks (i.e. if it is a person you might visualize an image of the person as what you are attacking).

Through all of these physical practices your life becomes more and more stress free and allows you to become more open to receive the peace of God that is given by His precious Holy Spirit, which lives inside of the temple of your body.

Part 2 – The Mental (Mind)

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

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

Proverbs 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee

2 Corinthians 10:4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) **5** Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; **6** And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

I have begun this section with a few of very many scriptures that give reference to the power and effect that our way of thinking has upon our lives. Our mind is almost the second most primary factor in the seeking of a way of peace and balance, with our spirit being the first. All of the factors of consciousness summarize the mental aspect in this discussion. Often, we even find ourselves at war in the battlefield of the mind, as the mind is born carnal, but as we grow in our spiritual walk, it must become tailored to that of spiritual holiness, but this is often difficult as most of our lives have been trained by carnal influences. As we are focusing on peace though, let's keep on that subject.

Look at the first scripture provided, Isaiah 26:3. To trust is a conscious decision, a verb, the same as the action of keeping your mind on God. It isn't something that just happens but rather a choice we make,

the same way we can choose to keep our mind on sports, or lust, or hate, or food, or anything else. Therefore, the seeking of peace is also a decision that we have to make. When we choose though to place our mind and thoughts on God, we are taking the first mental step to obtaining this peace, which is described in the aforementioned scripture. When Jesus told us in the book of Matthew, to worry not, He was telling us to take an action and don't do it, for when we worry we are hurting ourselves only, and placing a barrier between ourselves and the peace of God. How can we not worry though? The key word in the scripture was trust, and you build trust in God by purposely seeking Him and choosing to follow the directions for life that He gives us through His word. The mental aspect of this faith is what causes the spiritual blessing to follow. The mental aspect is what we do to cause the spiritual aspect to do it's own part.

As evidenced in the other scriptures provided, the way we think determines whom we are and who we will be in our life. It is known through scripture that our tongue has the power of life and death, yet our tongue speaks what the mind tells it to say. If you go around thinking and saying negative things like, "it's going to be so bad, I am doomed, etc..." and other such "woe is me" type of thoughts, that I guarantee you that you'll have a hard time with getting peace, but when you choose to speak positive, be positive and trust in the goodness of God, peace can be yours. You have to renew your mind, and have to start thinking of the joy of life. Realize that worrying will not change anything for the better but make things worse for you, and also that no matter how bad a situation is, it could always be worse. It is often a matter on how you look at things. Realize also that no matter what you are going through God always has something better, and that God is, and will always be, in control. And, if God was able to create everything including life itself, then surely He knows what He is allowing in your situation. You have to choose to trust in Him though through the truth of His word. You have to want it though; just as you'd put such effort into gaining a worldly material object, you have to be willing to put such effort into gaining your peace.

There is hope though, for faith comes by hearing and hearing by the word of God. The mental effort you put forth will bring the faith to live in the peace of God. Fill your mind with the word, encourage yourself to rebuke worry and stress, and as you continue such practices you'll find yourself changing, and your mental state improving because emotions and thought that are opposite of peace are being replaced and overpowered by the mentality that supports it. It can be explained by the principle of balance. If you had a scale and put negative thoughts on one side and positive thoughts on the other, whichever has the most added with tilt the direction of the scale, and likewise is the direction of your path. Therefore, be sure that the positive and holy things of God outweigh your thoughts and His peace, as such, shall also be yours. Thus, we are lead to the final area, which is the spiritual aspect of peace.

Part 3 – Spiritual (Spirit)

As hinted at in the prior section, the efforts of the mental aspect of seeking His peace open the door for the spiritual effects to take place. The true peace and balance that we seek comes from the spirit, but our spirit must be strengthened in order to overpower and take charge of the physical and external aspects of our mental well being. In the battlefield of the human mind, either mind or spirit will win, depending on which is the strongest; we make the spirit stronger by choosing to align our mind with the spirit, casting out thoughts that are contradictory, and feeding our spirit with the word of God. As our spirit becomes stronger and more aligned with God's word, He becomes our resting place of peace as we commune

with him each and every day. What I am saying is that the peace and balance in our life, from the spiritual aspect, will be found when we abide in Him and His presence. Let's take it to scripture.

Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **7** And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Through prayer and supplication, you shall find the peace of God, but what does the Bible say about praying...

1 Thessalonians 5:17 Pray without ceasing.

In this ministry, we place a great emphasis on meditative prayer. Meditative prayer replaces the thought of quick bullet prayers supplied only at night before going to bed, but rather encourages us to spend quality time in prayer, developing the relationship with the Lord. After all, think about this: How can we expect to receive God's warmth and blessings if He doesn't know us personally? If the peace shall keep our hearts through Jesus Christ, we must have Christ in our lives through a relationship with Christ. And we develop our relationship with God; we develop our relationship with Christ by talking and communicating with Him through prayer. If you never take the time to talk to God, and get to know Him and hear His voice because all you ever do is ask for things, you surely cannot experience the deeper level of Him found in His communion. You must pray, and you must pray meditatively. I shall explain what I am referring to here.

A lot of people who don't take the time to understand what is referred to as meditative prayer automatically see the word "meditate" and become unsettled thinking it is referring to something related to Eastern religion. That is surely not what is being referred to here. In fact, many times the Bible speaks of meditation on the Lord. Basically, it is a deeper form of prayer. In such, rather than asking for this and that, you would take the time to just relax and speak, rather converse, with God in just normal communication both speaking and listening. You then take it a step further but taking the time in such prayer to just reflect on Him in quietness, while opening yourself to be able to hear ANY message that He may will for you to receive. The key is providing the time for true fellowship with God, and truly building a relationship with Him. When you are with Him, and in Him, in such intimacy, your peace, balance, protection, and guidance will remain ever-present as you go through each day. Therefore, pray continually, communicate with Him continually, and "in all thy ways acknowledge Him, and He shall direct your path."

Summary

Overall, we must realize that we are made of three distinct aspects: mental, physical, and spiritual. When we bring balance to these internal aspects of our life in relation to the will and purpose of God, our peace is destined to be there. As with all things, if it's worth having it, it is worth working for it, but by following these aforementioned principles, your life should be blessed with the presence of God, and His peace which surpasses all understanding. I pray that this seminar has been a blessing to you, and in all things, seek God, fill yourself with His word, and follow His direction for your life. Remember: "No matter what you're going through, good or bad, God always has something better!!!"