

THE Big 3

EPISODE: 156

TITLE: Does the Gospel Speak to Mental and Physical Health?

The gospel addresses and redeems ALL areas of life. You can love people well and speak the truth in love to them in connection to their health, their work life and pace, their emotions, and more.

Here are three key things to believe and consider when looking to care for people holistically...

1. **You are a holistic being, created with a body, a spirit, and a soul.** God created you this way and cares for you completely—not just your spiritual life. As you value and steward your life in all these areas, you become more mature and more like Christ. And you better display what our good God and his Son and Kingdom is all about!
2. **God created you good in all of these three ways.** You have the body, the soul, and his Spirit, and he knows your needs and areas of growth and desires to use them to grow you in your trust in your relationship with him. He loves you completely now and as you grow and change and mature. You will never lose his love or earn another bit of it through your actions, efforts, or failures.
3. **Ask the Holy Spirit to show you the areas of your life that he desires you to steward in new ways.** Don't be content with having your Christian life primarily address your spiritual life, and perhaps only once or twice each week, if that. Stop hiding behind the excuse of trying to "be nice" by not speaking the truth in love to others and offering to help walk with them (and them with you) as you together grow in all three areas of your life: body health, spiritual health, and mental health.

It can seem scary at first to lovingly address the health of others. But we live in a world that is literally sick and dying for a greater love to show up and offer hope. Will you allow the gospel to bring you into those places in others lives?

Thanks for listening... we'll see you in the next episode!

Caesar & Heath

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