

# THE DICHOTOMY BETWEEN MENTAL HEALTH & SPIRITUAL WARFARE

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## Today's Focus

### I. Spiritual Warfare

- A. Defining Spiritual Warfare
- B. Biblical Basis for Spiritual Warfare
- C. Impact of the Fall
- D. Fighting Spiritual Warfare

### II. Mental Health Disorders

- A. Defining Mental Health
- B. Defining Mental Illness
- C. Prevalence of Mental Illness
- D. The Need for a Biopsychosocial-spiritual Perspective
- E. A Look at Depression

### III. The Need for Grace-Filled Counseling

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## Defining Spiritual Warfare

“The concept of spiritual warfare—and the understanding that Satan is a very real spiritual being who hates and wants dominion over all human beings—is normative for every Christian seeking to know and mature in Christ. It is based on the biblical understanding that evil spiritual forces are actively attempting to thwart the purposes and presence of God by bringing about the destruction of all of humankind and creation.”

(Clinton, p. 195, 2011)

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## Defining Spiritual Warfare

“This war is different from all other wars not only because of its sheer magnitude and scope but also because this war is fought in a place we have never seen. Spiritual warfare is the cosmic conflict waged in the invisible, spiritual realm but simultaneously fleshed out in the visible, physical realm. To put it another way, the root of the war is something you cannot see, but the effects of the war are clearly seen and felt. This is because everything physical is either influenced or caused by something spiritual.”

(Evans, p. 10, 2011)

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## Biblical Basis for Spiritual Warfare



For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

*Ephesians 6:2*

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## Biblical Basis for Spiritual Warfare



For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

*2 Cor. 10:3-5*

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## Biblical Basis for Spiritual Warfare



Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

*1 Peter 5:8*

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## Biblical Basis For Spiritual Warfare



Submit yourselves, then, to God. Resist the devil, and he will flee from you.

*James 4:7*

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

*John 10:10*

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## Biblical Basis of Spiritual Warfare

<sup>3</sup>In the course of time Cain brought some of the fruits of the soil as an offering to the LORD.<sup>4</sup>And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering,<sup>5</sup>but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

<sup>6</sup>Then the LORD said to Cain, "Why are you angry? Why is your face downcast? <sup>7</sup>If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

<sup>8</sup>Now Cain said to his brother Abel, "Let's go out to the field." While they were in the field, Cain attacked his brother Abel and killed him.

Gen. 4:3-8

## IMPACT OF THE FALL

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### Impact of Sin on Our Ability to Function

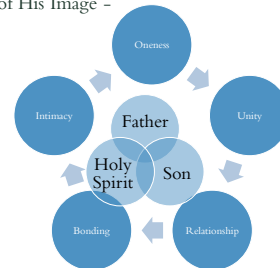
<sup>8</sup>But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting. For apart from the law, sin was dead.

<sup>15</sup>I do not understand what I do. For what I want to do I do not do, but what I hate I do. <sup>16</sup>And if I do what I do not want to do, I agree that the law is good. <sup>17</sup>As it is, it is no longer I myself who do it, but it is sin living in me. <sup>18</sup>For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup>For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. <sup>20</sup>Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

(Romans 7:8, 15-20)

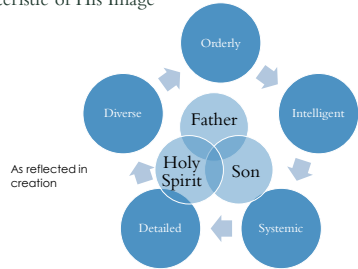
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### Characteristics of His Image -



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## Characteristic of His Image



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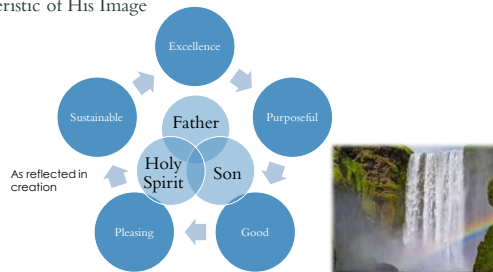
## Psalm 19

<sup>1</sup>The heavens declare the glory of God; the  
skies proclaim the work of his hands. <sup>2</sup>Day after day they  
pour forth speech;  
night after night they reveal knowledge. <sup>3</sup>They have no  
speech, they use no words; no sound is heard from them.  
<sup>4</sup>Yet their voice<sup>all</sup> goes out into all the earth,  
their words to the ends of the world.  
In the heavens God has pitched a tent for the sun.  
<sup>5</sup> It is like a bridegroom coming out of his chamber,  
like a champion rejoicing to run his course.  
<sup>6</sup>It rises at one end of the heavens  
and makes its circuit to the other;  
nothing is deprived of its warmth.



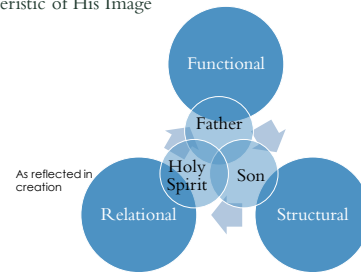
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## Characteristic of His Image



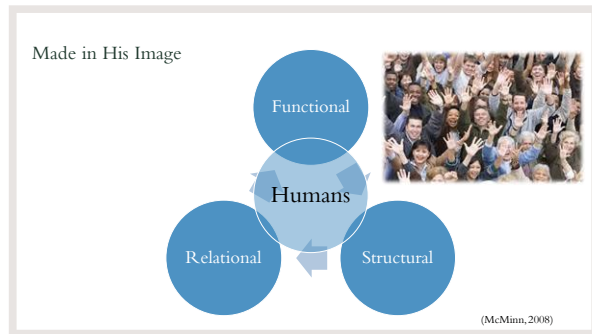
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## Characteristic of His Image



(McMinn, 2008)

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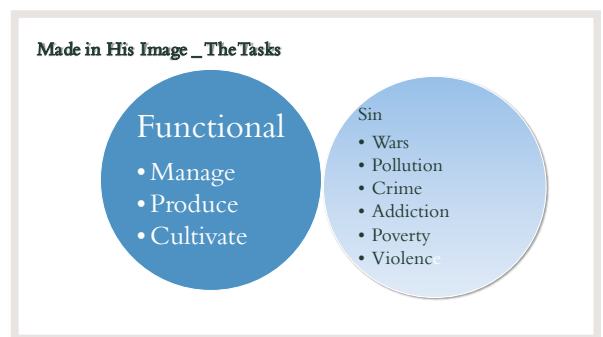
**Made in His Image**

<sup>26</sup> Then God said, "Let us make mankind in our image, in our likeness, so that **they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures** that move along the ground."

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#### Made in His Image \_ TheTasks

##### Structural

- Speak
- Reason
- Understand



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#### Made in His Image \_ TheTasks

##### Structural

- Speak
- Reason
- Understand

##### Sin

- Weakened
- Distorted
- Corrupted



(McMinn, 2008)

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#### Made in His Image \_ TheTasks

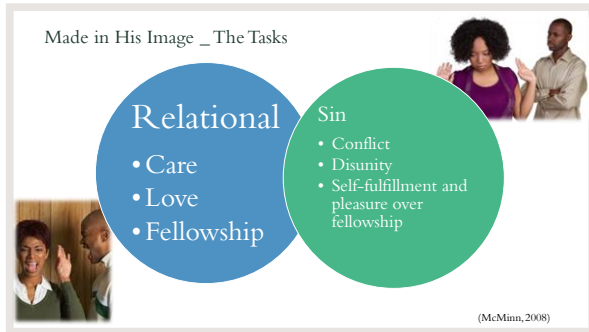
##### Relational

- Care
- Love
- Fellowship

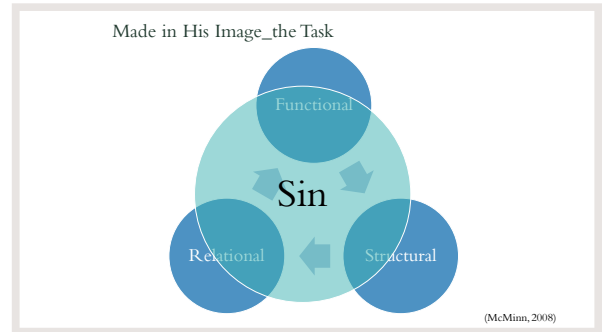


(McMinn, 2008)

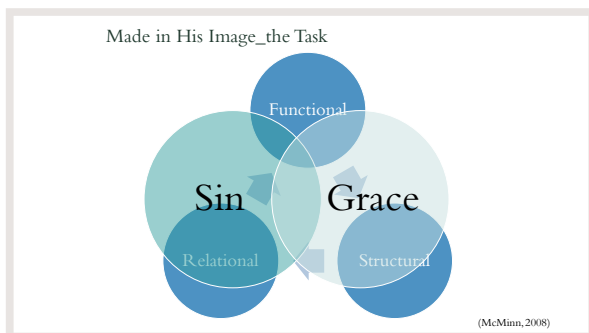
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<sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

2 Cor. 10:4

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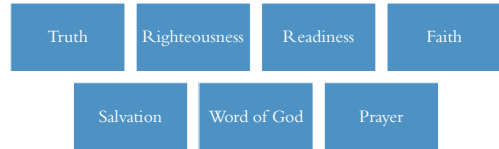
## Fighting Spiritual Warfare



<sup>13</sup>Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup>And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

## Weapons of War



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## MENTAL HEALTH & DISORDERS



## Mental Health

An individual's psychological, emotional, social and spiritual wellbeing.

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**Mental disorder defined:**

“...A clinically significant behavioral or psychological syndrome or pattern that occurs in an individual and is associated with present distress, or disability, or with a significant increased risk of suffering death, pain, disability, or an important loss of freedom...”

Adapted from: Seligman, L. (2004). *Diagnosis & Treatment Planning in Counseling*. New York: Kluwer Academic Publishers

## Categories of Mental Disorders

Neurodevelopmental Disorders

Schizophrenia Spectrum and other Psychotic Disorders

Bipolar & Related Disorders

Depressive Disorders

Obsessive-Compulsive

Anxiety Disorders

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## Categories of Mental Disorders

Trauma and Stressor-Related Disorders

Dissociative Disorders

Somatic Symptom and Related Disorders

Feeding and Eating Disorders

Elimination Disorders

Sleep-Wake Disorders

Sexual Dysfunctions

## Categories of Mental Disorders

Gender Dysphoria

Disruptive, Impulsive-Control, and Conduct Disorders

Substance-Related and Addictive Disorders

Neurocognitive Disorders

Personality Disorders

Paraphilic Disorders

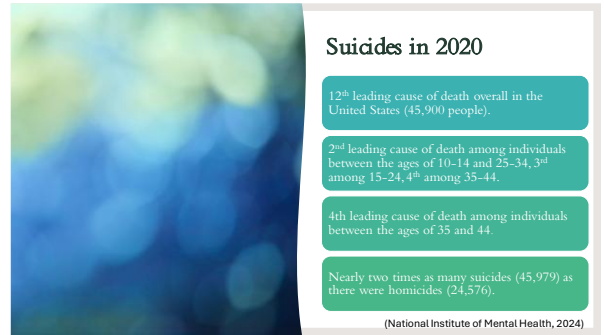
Medication-Induced Movement Disorders

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THE NEED  
FOR A BIO  
PSYCHO  
SOCIAL  
SPIRITUAL  
PERSPECTIVE



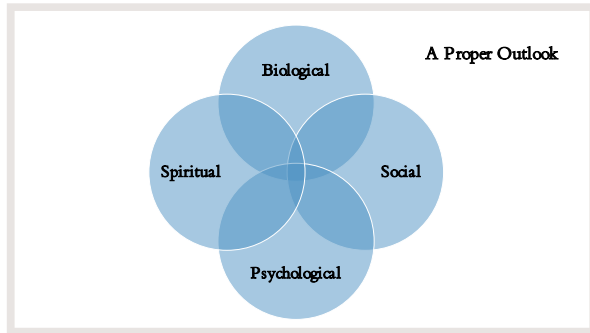
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### Is it Spiritual Warfare or Mental Illness?

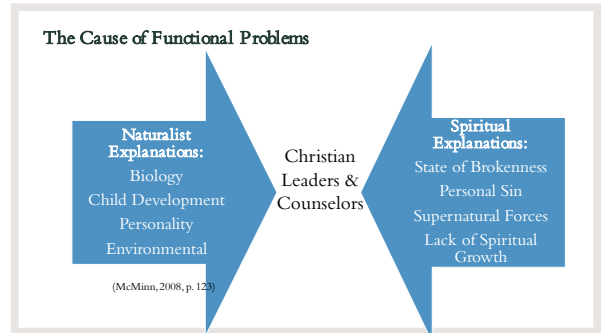
“Christians working in the mental-health field cannot ignore the influence of the spiritual realm. Misdiagnosis is rampant among unbelieving professionals who deem confrontations with the demonic as being psychotic behavior, and pastors and Christian leaders witnessing psychotic behavior that they deem demonic . . . The Holy Spirit should be invited to assist a consultative process of accurate differential diagnosis when dealing with these cases.”

(Clinton, p. 197, 2011)

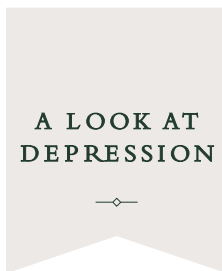
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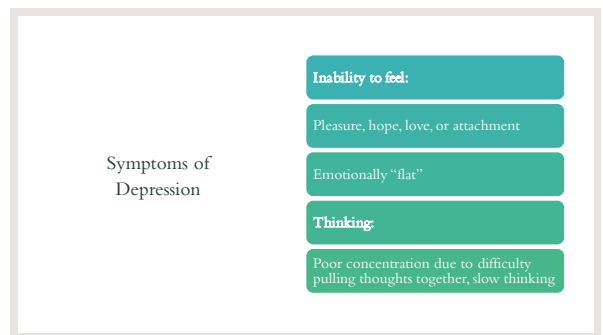
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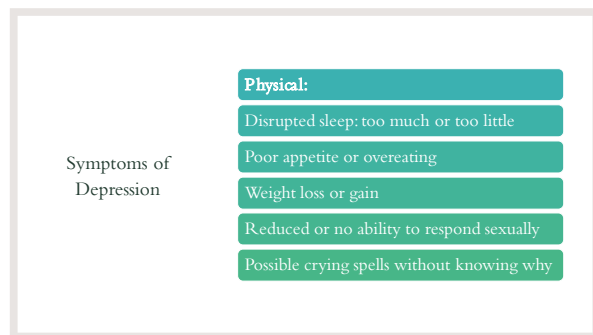
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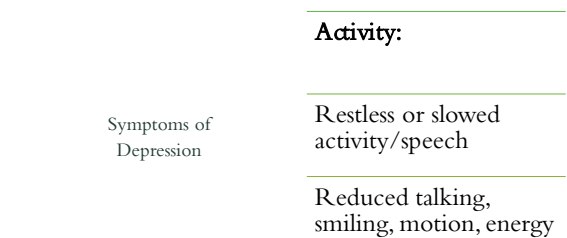
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## Causes of Depression

**Contributing factors can include:**

Genetics: people with a family history of depression are more likely to develop the illness than those without a family history.

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**Causes of Depression****Contributing factors can include:**Brain chemistry or hormones:

Brain imaging is different among those that suffer from depression. Hormones that regulate emotions and moods affect brain chemistry (e.g. serotonin, dopamine, norepinephrine)

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## Causes of Depression

**Contributing factors can include:**

Stress: Stressors can trigger depression.

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**Types of Stress**

Residual	Situational	Chronic	Anticipatory
<ul style="list-style-type: none"> <li>Person continues to be impacted by a past traumatic event</li> </ul>	<ul style="list-style-type: none"> <li>Immediate event – challenge or threat – that demands a response</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing situation that remains threatening: illness, environment, challenging relationship or work condition</li> </ul>	<ul style="list-style-type: none"> <li>Concerns over a future event.</li> </ul>

Adapted from NPLC Presentation: Stress Management

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Sources of Stress	Work demands, family demands
	Relationship conflict or demands
	Losses or significant life changes
	Health issues
	Economic
	Living conditions
	Experiences of racism

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The Stress Response	
Physical Symptoms of Stress	Emotional Symptoms of Stress
Aches and pains	Moodiness
Diarrhea or constipation	Irritability or short temper
Nausea, dizziness	Agitation, inability to relax
Chest pain, rapid heartbeat	Feeling overwhelmed
Loss of sex drive	Sense of loneliness and isolation
Frequent colds	Depression, hopelessness
Muscle Tension	General unhappiness

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The Stress Response	
Cognitive Symptoms of Stress	Behavioral Symptoms of Stress
Memory problems	Eating more or less
Inability to concentrate	Sleeping too much or too little
Poor judgment	Isolating yourself from others
Seeing only the negative	Procrastinating or neglecting responsibilities
Anxious or racing thoughts	Using alcohol, cigarettes, or drugs to relax
Constant worrying	Nervous habits (e.g. nail biting, pacing)

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The Stress Response	High blood pressure
	Heart disease
	Obesity
	Diabetes
(Mayo Clinic, 2012)	

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### Managing Stress

Stress can be managed through various strategies:

- Cognitive & Emotional
  - Behavioral
  - Social
  - Spiritual



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### Grace-Filled Counseling

“Grace filled Christian counseling accepts the possibility of natural explanations, thereby avoiding an accusing tone that implies suffering people are experiencing the consequences of their sinful choices. Life is hard; natural explanations help counselors empathize with others regarding the difficult circumstances they face.”

(McMinn, 2008, p. 124)

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### Grace-Filled Counseling

“And grace-filled Christian counseling also accepts the reality of spiritual explanations. If we fail to acknowledge sin, then we foreclose on the possibility of confession, repentance and growth in godliness.”

(McMinn, 2008, p. 124)

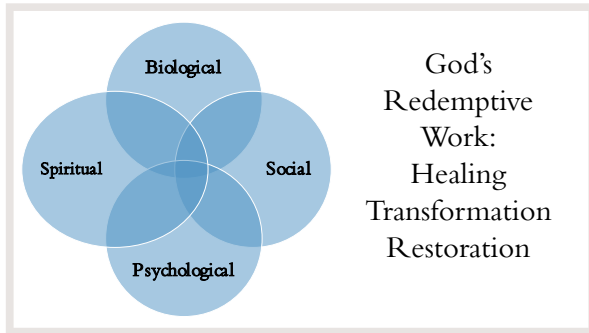
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### Impact of Sin on Our Ability to Function

“The human heart is twisted and distorted, not only in a passive sense that affirms a genetic state of brokenness in the world but also in an active, personal sense. Each of us is a sinner in need of grace, and we face functional consequences of our sin and the sins committed against us. Christian counselors do well to consider both a macro and micro perspective of sin, and then to respond in ways that affirm God’s lavish grace revealed in Jesus Christ.”

(McMinn, 2008, p. 111)

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Clinton, T. (2011). *The Popular Encyclopedia of Christian Counseling*. Eugene, OR: Harvest House Publishers.

Evans, T. (2011). *Winning Your Spiritual Battles*. Eugene, OR: Harvest House Publishers.


McMinn, M. (2008). *Sin and grace in Christian counseling: An integrative paradigm*. Downers Grove, IL: IVP Academic.

Seligman, L. (2004). *Dianosis & Treatment Planning in Counseling*. New York: Kluwer Academic Publishers.

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**The Dichotomy Between  
Mental Health & Spiritual Warfare**

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