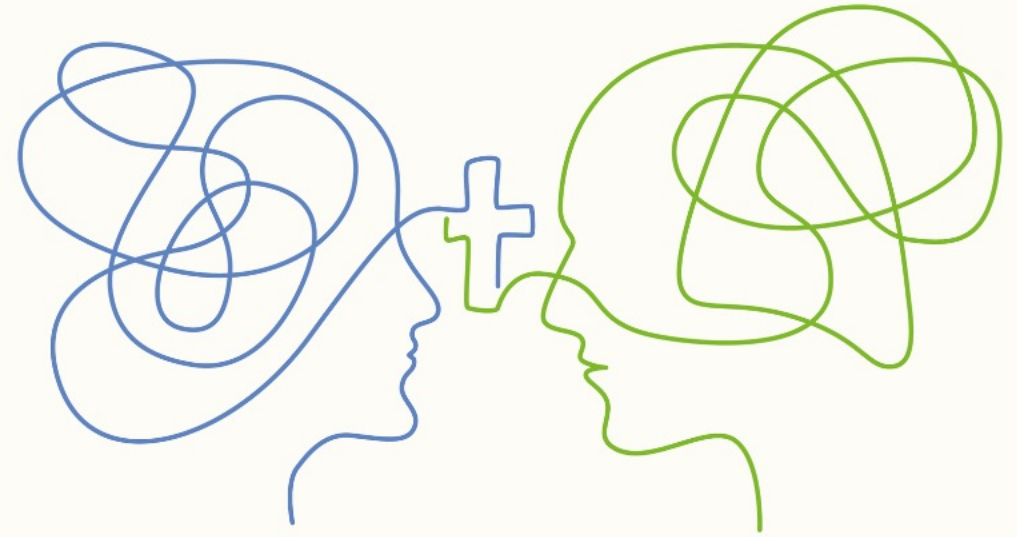


Session 2

The body and mental illness

Andrew Collins



Biblical Counselling UK

Mental health: we all know what it's like...

Common experiences

That intensify into problems

And it happens in the body

Christ's comfort to troubled 'souls-with-bodies'!



Our culture, mental health and the body

The dominance of the biological

The role of treatment

The medicalisation of everyday struggles

The impact on pastoral care: two dangers



Two dangers

Overplay the body

Underplay the body



The body, mental illness and the Bible

Your body is an instrument of your heart

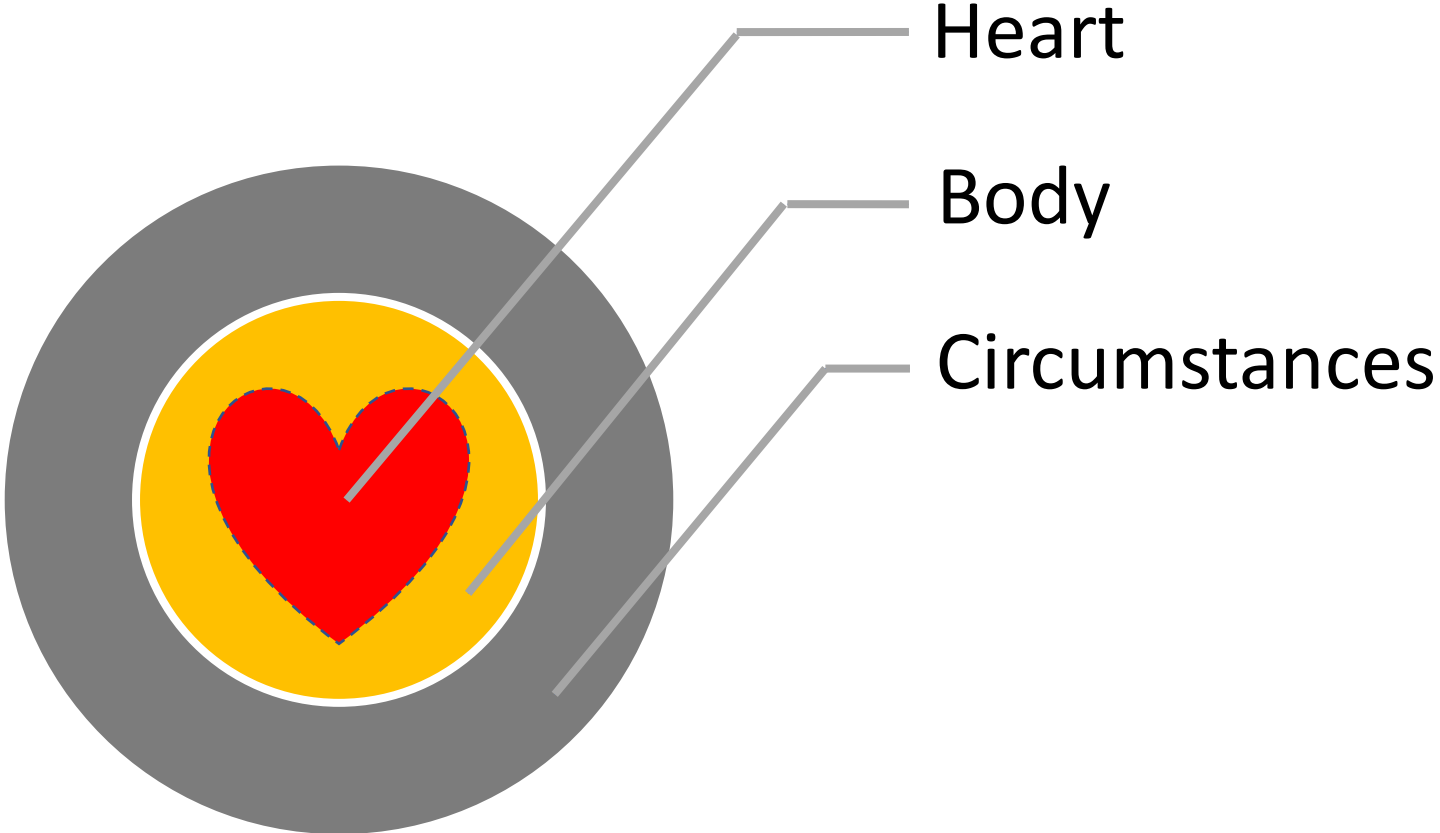
Romans 6:12–13 (ESV)

12 Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

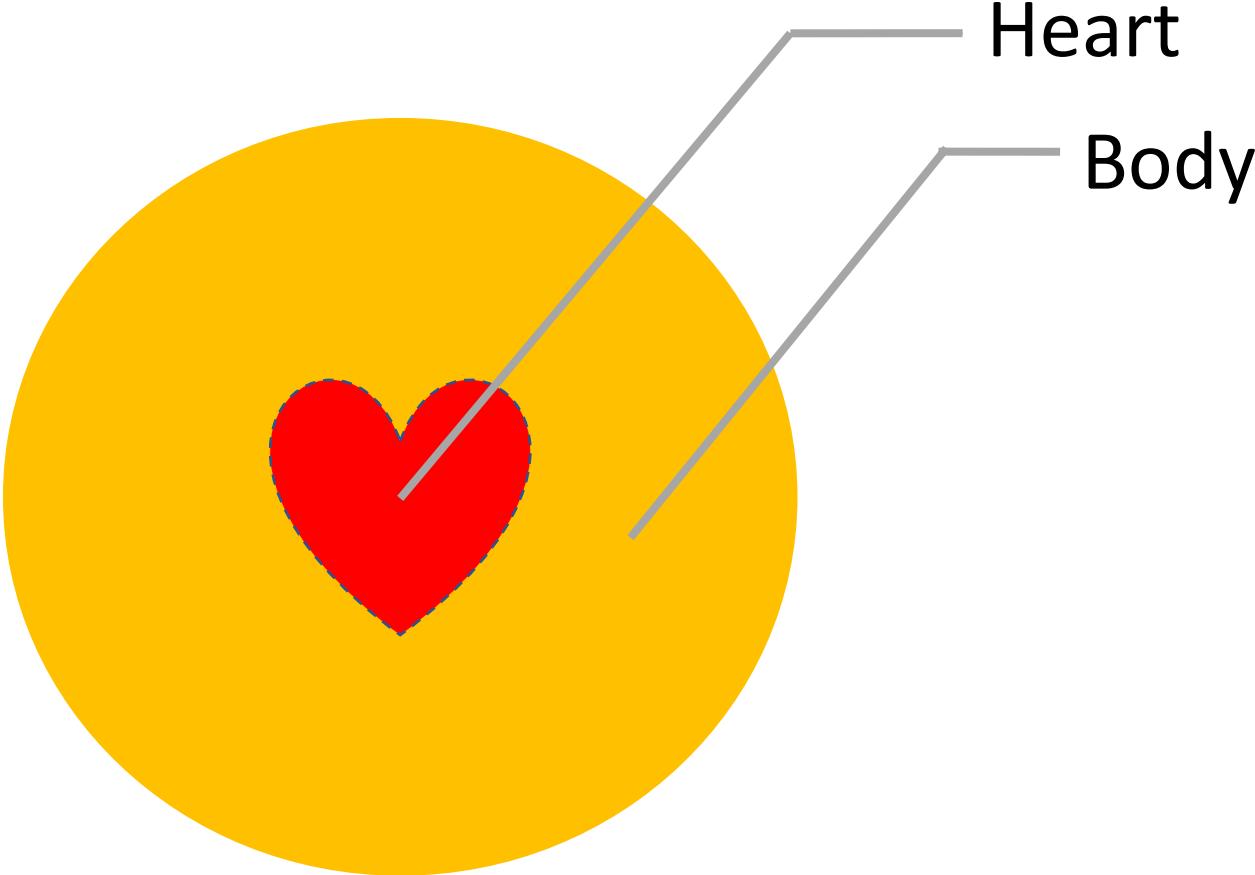


Embodied and embedded

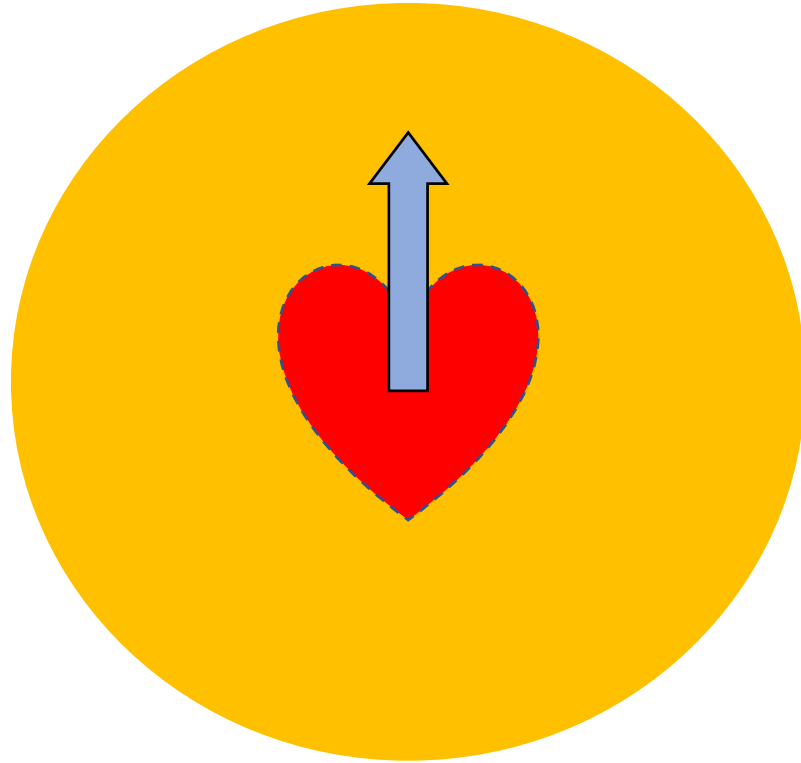
Triune God



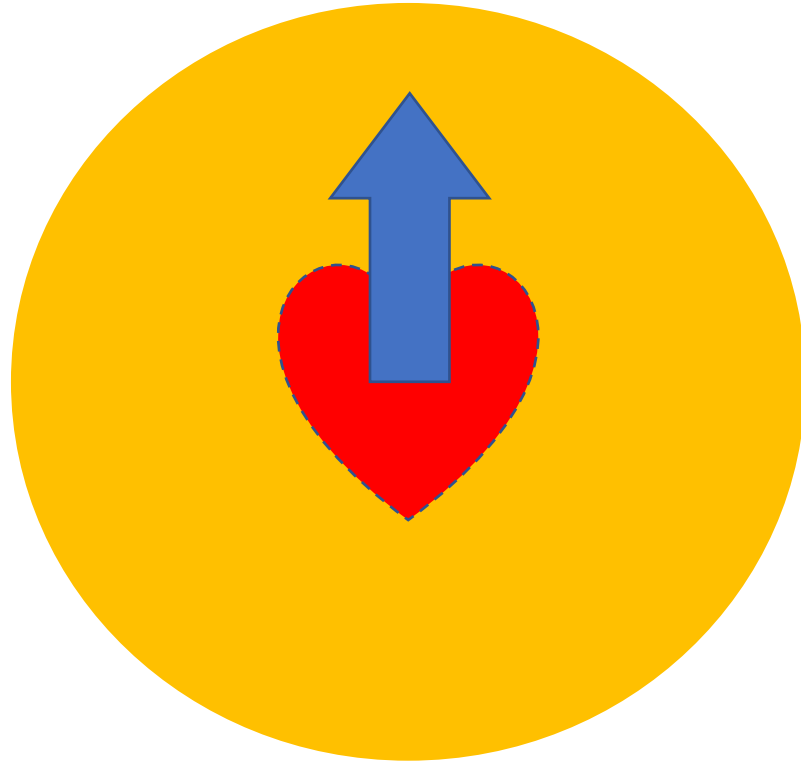
Embodied souls



Your body is an instrument of the heart



Your body is an instrument of the heart



The body, mental illness and the Bible

Your body is a groaning instrument of dust

Genesis 2:7 (ESV)

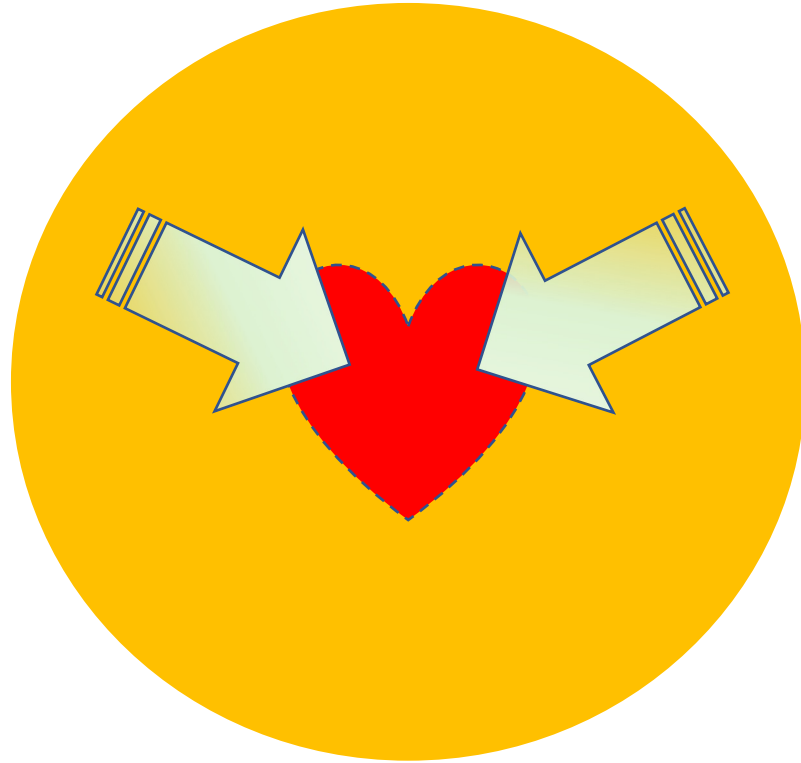
7 then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

Romans 8:22–23 (ESV)

22 For we know that the whole creation has been groaning together in the pains of childbirth until now.



Your body is a groaning instrument of dust



A groaning instrument of dust

In PTSD patients, however, the stress hormone system fails Fight/flight/freeze signals continue after the danger is over, and, ...do not return to normal. Instead, the continued secretion of stress hormones is expressed as agitation and panic and, in the long term, wreaks havoc with their health.

Kolk, Bessel van der. *The Body Keeps the Score* (p. 30).
Penguin Books Ltd. Kindle Edition.



The body, mental illness and the Bible

Your body *is* you

“Man is bodily, and, therefore, the scriptural way of expressing this truth is not that man has a body but that man is body...Body and spirit are not antithetical...In unity and concord they constitute the unique personality that man is, made in the image of God.”

John Murray



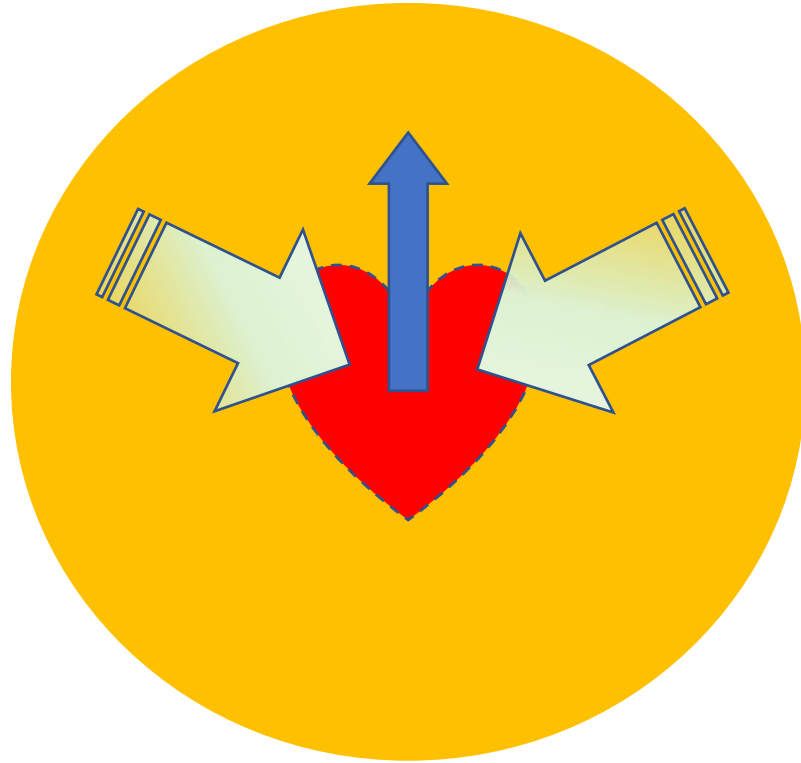
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The body, mental illness and the Bible

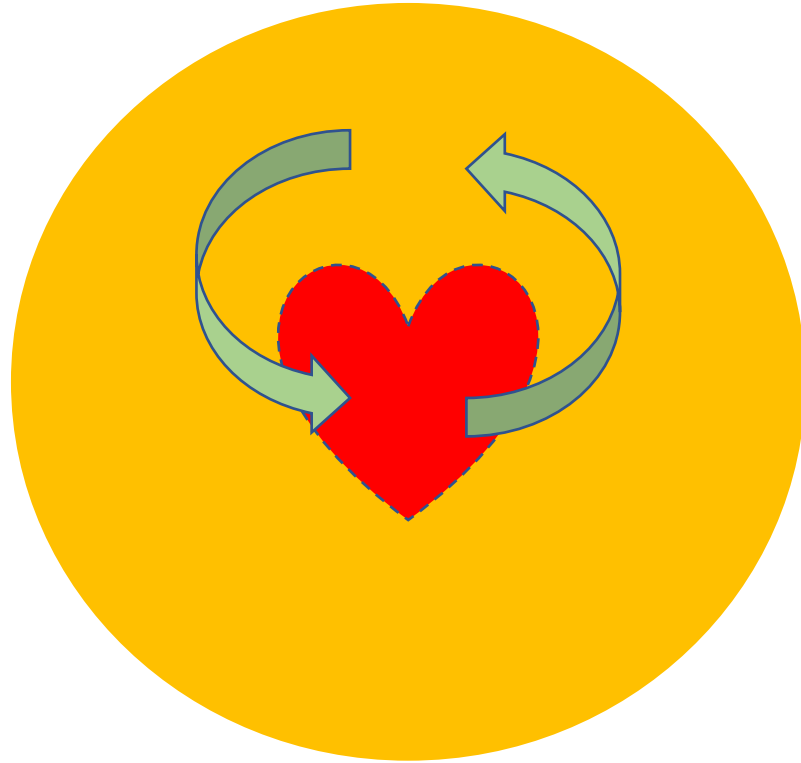
Two-way traffic: the body-soul dynamic



Embodied souls – two-way traffic



Embodied souls – two-way traffic leading to vicious circles



Embodied God: the Word became flesh

Here was a sinless one, Jesus of Nazareth, born and dwelling in real time and space, with fingers, knees, and taste buds. Here was a man with a real body, real restrictions, real curves, and real birthmarks.

Kapic, Kelly M.. *You're Only Human* (pp. 59-60). Baker Publishing Group. Kindle Edition.



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Embodied God: the Word became flesh

The instrument of a perfect heart

But a groaning instrument of dust

And He is our Comfort



The body, mental illness and the Bible

Your body is an instrument of your heart

Your body is a groaning instrument of dust

Your body *is* you

Embodied souls: two-way traffic

God is embodied



Looking after the instrument

The instrument is important, but the musician is the priority

Resting the instrument

Replenishing the instrument with means of grace

Keep playing the instrument!



Ministry and the body

We are discerning

We are humble

We are a Body!



The body, mental health and hope

He was raised

We will be raised, and free





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