

## The Mind-Body Connection

Our bodies take on or reflect what our minds accept. Our minds and attitudes affect our physical bodies. What we think and hold in our minds can make us sick, not just in the short term, but can make us have chronic health problems.

God called those who resisted Him and would not yield, "stiff-necked". "You stiff-necked and uncircumcised in heart and ears! You always resist the Holy Spirit; as your fathers did, so do you." (**Acts 7:51**), **II Chronicles 30:8** and **II Kings 17:14**)

When someone tries to talk you into doing something you don't want to do, check your neck muscles. Or watch someone who is being stubborn and inflexible at the moment. Watch the shoulders rise, the neck muscles get stiff and the jaw muscles bulge.

Look at someone's face when they are grieving, or in pain, or look at kindness in the face and how it affects the face muscles. If our minds and emotions show in our face, what do you think happens in the other cells of the body...the liver, heart, kidneys, etc.

It is not what happens in life so much as it is our reaction to those experiences.

**Luke 5:15** says, "However the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities."

The people came to **hear** and to be healed. Something they heard helped them to be healed. Jesus taught on the kingdom of God which is love, forgiveness, and overcoming evil with good. Holding on to grudges and resentment and bitterness can literally eat you alive and make you sick. Why do you think Jesus told us to love and forgive our enemies? It was for our own sake, our own health and well being. We are to let go of things that make us sick.

Let's take a look at several scriptures that relate sickness to our emotions and what we need to do to walk in health.

**Matthew 11:28-29**: "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls." (NLT)

**Proverbs 17:22**: A cheerful heart does good like medicine, but a broken spirit makes one sick." (TLB)

**Psalms 38:3-8**: Because of your anger my whole body is sick; my health is broken because of my sins. My guilt overwhelms me - it is a burden too heavy to bear. My wounds fester in stink because of my foolish sins. I am bent over and racked with pain. My days are filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart. (NLT)

**Philippians 4:6-7**: Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." (NAS)

**Isaiah 40:31:** Those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary."

**Romans 14:17:** For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

**Proverbs 18:14:** "A man's spirit sustains him in sickness, but a crushed spirit who can bear?"

**Psalms 119:93:** "I will never forget your commandments, for you have used them to restore my joy and health." (NLT)

**Proverbs 14:30:** A peaceful heart leads to a healthy body; jealousy is like cancer to the bones." (NLT) "A heart at peace gives life to the body, but envy rots the bones.

**Proverbs 3:7-8:** "Don't be impressed with your wisdom. Instead, fear the Lord and turn your back on evil. Then you'll gain renewed health and vitality." (NLT)

**Exodus 23:25:** "You must serve only the Lord your God. If you do, I will bless you with food and water, and I will protect you from illness." (NLT)

**Psalms 28:7:** "The Lord is my strength and my shield. My heart trusts in Him and I am helped. My heart leaps for joy and I will give thanks to Him in song." (NIV)

**Proverbs 12:25:** "Anxiety in the heart of a man weighs it down, but a good word makes it glad." (NAS)

**Psalms 119:143:** "As pressure and stress bear down on me, I find joy in your commands." (NLT)

**Galatians 5:22-23:** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

**Proverbs 13:12:** "Hope deferred makes the heart sick; but when hopes are realized, there is life and joy." (TLB)

**Proverbs 15:15:** "When a man is gloomy, everything seems to go wrong; when he is cheerful and full of hope, everything seems right."

**Proverbs 25:16:** "If you find honey, eat just enough --too much and you will vomit." (limit sugar intake or become ill)

**Isaiah 26:3:** "You Lord, give perfect peace even in turmoil to those who keep their purpose firm and put their trust in you."

**Isaiah 30:15:** "In repentance and rest is your salvation; in quietness and trust is your strength."

**Jeremiah 30:12-14:** "This is what the Lord says; 'Your wound is incurable, your injury is beyond healing. There is no one to plead your cause, no remedy for your sore, no healing for

you. All your allies have forgotten you; they care nothing for you...**But I will restore you to health and heal your wounds...**"

**Ephesians 4:31-32:** "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (ESV)

**Proverbs 15:1:** "A soft answer turns away wrath, but a harsh word stirs up anger." (ESV)  
(Anger can raise your blood pressure and cause sickness if allowed to continue, so best to use a soft answer)

**James 1:19-20:** "Know this, my beloved brothers; let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God." (ESV)

**Hebrews 12:14-15:** "Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and by it many become defiled."

**Proverbs 10:12:** "Hatred stirs up strife; but love covers all offenses." (ESV)

**Romans 12:17:** "Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all... Do not be overcome by evil, but overcome evil with good."

**Colossians 3:8:** "But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth."

**Ecclesiastes 7:9:** "Be not quick in your spirit to become angry, for anger lodges in the bosom of fools." (ESV)

**Proverbs 16:24:** "Pleasant words are like a honeycomb, sweetness to the soul, and health to the bones."

**Philippians 4:8:** "Finally, brothers, whatever is true, whatever is honorable, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything praise worthy, think about these things."