Two for One: The Intersection of Physical & Mental Health For Christian Women

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Physical Health for the Christian Woman

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Welcome…

Thank you.

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My Objectives

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EVERYTHING

is spiritual.

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I beseech you therefore, brethren, by the mercies of God, that you present *your bodies* a *living sacrifice*, holy, acceptable to God, which is your reasonable service…

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

Romans 12:1-2

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Scriptures to Consider

- Genesis 1:29, 2:7, 9:3-4
- Exodus 15:26, 23:25-26
- Leviticus 17:11
- Deuteronomy 8:3, 12:23
- 1 Kings 19:5-8
- 2 Kings 20
- 2 Chronicles 16:12-13
- Job 10:8-12, 39:1-4
- Psalm 4:8, 22:9-11, 29:9, 38:3, 104:14, 119:73, 127:2, 139:13-16
- Proverbs 3:7-8, 4:20-22, 12:18, 14:30, 17:22, 23:1-3, 6, 20-21, 24:5, 25:16, 31:17
- Ecclesiastes 5:12, 10:17, 11:5
- Jeremiah 1:5
- Isaiah 38, 44:24, 45:9-13, 66:7-13
- Daniel 1:8, 5:23
- Matthew 9:22
- Mark 6:31
- 1 Corinthians
- Galatians 1:15
- 1 Timothy 4:4-8
- James 1:17, 5:14-15
- 2 Peter 1:3

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How It Is

Faith in God

THE GAP

Health/ Childbearing

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How It Should Be

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Do you really believe women's bodies are dysfunctional?

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Do you really believe God's design is that far off?

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Do you really believe He made our bodies to struggle?

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The reality

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We rarely appreciate or even think about health until it's gone.

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The goal is NOT to live forever, of course.

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You do NOT need a degree or letters behind your name to understand a LOT about God's design.

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The Garden.

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Great book to begin appreciating the beauty of God's intricate design:

"The Human Body: Accident or Design?" By Wayne Jackson

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Stewardship.

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Ask yourself right now:

How responsibly am I stewarding the body God gave me?

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Are we spending our physical health recklessly?

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Are you treating sleep, nutrition, and rest as optional?

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Are you investing in the body God designed or only reacting when symptoms appear?

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How stress impacts your health.

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PTP “Flu”

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Our present choices shape the future.

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What can you do?

- Count the cost
  - Will you invest intentionally now or pay painfully later?
  - Is the diagnosis that’s coming down the pipeline worth the temporary pleasures of empty foods?
- Repent
  - Decide you’re going to change to honor the body God gave you.
- Start learning
  - My podcast is one place

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What can you do?

- Don’t just talk about it
  - Remove processed “foods”, inflammatory oils, and added sugars
  - Add whole, REAL foods
  - Add walks to your day, especially after meals
  - Prioritize sleep
  - Remove sources of stress wherever possible
  - TRULY put your faith in the Lord

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Physical health is directly and deeply tied to mental health.

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Therefore, whether you eat or drink, or whatever you do, do *all* to the glory of God.

1 Corinthians 10:31

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Learn more

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Mental Health for Christian Women

Dana Glasscock

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Mental Health

A state of emotional, psychological, and social well-being that shapes how a person thinks, feels, and acts.

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Good mental health doesn't mean:

- You are happy all the time.
- You never struggle.
- You never feel anxious or sad.

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Poor mental health doesn't mean:

- You have a weak faith.
- There is sinfulness in your life.
- God has abandoned you.

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According to the World Health Organization:

- 1 in 7 (1.1 Billion) people live with a mental disorder
- 1 in 5 (23%) of adults in U.S. experience a mental illness each year

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The National Institute of Mental Health cites the #1 mental health issue is:

Anxiety

(closely followed by major depressive disorders)

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Anxiety Disorders

are defined as excessive, uncontrollable worry, restlessness, irritability, muscle tension, and sleep disturbances

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Major Depression

is defined as a persistent sad or hopeless mood, loss of interest in activities, fatigue, and changes in appetite.

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Possible Warning Signs:

- Withdrawing from people
- Constant worry
- Hopelessness
- Inability to enjoy anything
- Major sleep changes
- Appetite changes
- Irritability
- Inability to function normally

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Biblical Examples:

- Elijah— 1 Kings 19
- David— Psalm 13
- Jesus— Matthew 26:36–46/ Mark 14: 32–42/ Luke 22:39–46

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Common Anxiety Cycle

- Trigger
- “What If” thought
- Fear increases
- Reassurance seeking/avoidance
- Temporary relief
- Anxiety returns stronger

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Practical Suggestions:

- Get 8 hours of sleep
- Eat nutritious meals to fuel your body/mind
- Exercise 20 minutes each day
- Get outside/Take Vitamin D
- Confide in a trusted sister/Don't isolate
- Turn off electronic devices 60 minutes before bed

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The 4 Pillars of Mental Health Crisis Caused by Screens:

(From *The Anxious Generation* by Jonathan Haidt)

- **Social Deprivation**
- **Sleep Deprivation**
- **Attention Fragmentation**
- **Addiction**

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When Feeling Anxious:

- **Grounding—**Notice:
  - 5 things you can see
  - 4 things you can touch
  - 3 things you can hear
  - 2 things you can smell
  - 1 thing you can taste

- **Controlled Breathing—**Box Breathing:
  - Inhale for 4 seconds
  - Hold for 4 seconds
  - Exhale for 4 seconds
  - Hold for 4 seconds

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When Feeling Anxious:

- **Cognitive Reframing—**
  Replacing the worst case scenario with a most realistic, balanced outcome

- **Cognitive Defusion—**
  Stepping back from your thoughts and instead of treating them as absolute fact or strict rules, you learn to see them as simple words passing through your mind.

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So We Need To:

Notice
Unhook/Cognitive
Defusion
Accept
Refocus
Act

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Scriptures to Consider:

2 Corinthians 10:5
Philippians 2:5
Philippians 4:6–8
Colossians 3:2
Romans 12:2
Ephesians 4:22–24
Isaiah 26:3
Psalm 1:1–2
Psalm 139:23–24
Proverbs 2:1–15
Proverbs 3:5–7
Proverbs 12:25
Matthew 6:25–34
Romans 8:5–6
1 Peter 5:7

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