

BIBLICAL HEALTH

Spiritual Warfare in the Bible - Volume 9

Jonathan Carl

CONTENTS

Title Page	
BIBLICAL HEALTH	1
Introduction	14
Outline	16
Volume 9: BIBLICAL HEALTH	23
What Does the Bible Say About Spiritual Health?	25
What Does the Bible Say About Physical Health?	27
What Does the Bible Say About Mental Health?	29
What Does the Bible Say About Emotional Health?	31
What Does the Bible Say About Financial Health?	33
What Does the Bible Say About Home Health?	35
What Does the Bible Say About Work Place Health?	37
What Does the Bible Say About Retirement Health?	39
What Does the Bible Say About Relational Health?	42
What Does the Bible Say About Sexual Health?	44
About the Author	46
Honest Book Reviews Needed	48

BIBLICAL HEALTH
*Spiritual Warfare in the
Bible - Volume 9*

God's Answers about the Battle of the Followers of
Christ against the Unseen Spiritual Forces of Evil

Dr. Jonathan Carl

Copyright © 2024 Jonathan Logan Carl. All rights reserved.

Downloadable resources and helpful study videos
freely available at: **www.SpiritualWarfare.blog**

I am so thankful to God for His strength and truth in Jesus!

I love and am so grateful for my amazing wife Brittney and her loving, tireless support. Together we are blessed with some amazing daughters in Sophia, Lydia, Alia, and Mia! Our church family at South Fork has been incredible in their encouragement :) *Thank you all for putting up with my many hours of studying & writing for this work!*

Ephesians 6:10–12 (ESV) “Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

ISBN-13: 9798375681399

Cover Image by Paul Gustave Doré.

Public Domain. Accessible online at: www.wikiart.org/en/gustave-dore

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more

than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible. Accessible online at: www.esv.org

www.SpiritualWarfare.blog



Ephesians 6:10–12 (ESV) “Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

Life is hard. Life is full of struggles and suffering. We need the reminder that our primary battles are not physical, financial, emotional, or mental, but spiritual. We ultimately are in an ongoing spiritual battle.

What is “spiritual warfare”? Spiritual warfare, based on Ephesians 6:12, is “the battle of the followers of Christ against the unseen spiritual forces of evil.”

This resource is designed to help you find God’s answers about the battle of the followers of Christ against the unseen spiritual forces of evil.

Visit our website to find freedom and victory in your daily battles through Christ’s finished work on the cross. Share our free resources with others to help them as well!

www.TrustworthyWord.com

TRUSTWORTHY WORD

Titus 1:9 “He must hold firm to the trustworthy word as taught, so that he may be able to give instruction in sound doctrine and also to rebuke those who contradict it.” (ESV)

Trustworthy Word was born out of a desire to equip churches with free, downloadable handouts as a resource for biblical teaching on various topics. We wanted to see the people of God think deeply about the Word of God and realize the implications that come about as a result.

One of the great things that we have seen happen though is that members of our church (South Fork Baptist Church in Hodgenville, KY) have begun to use the site as a mobile resource when they are sharing the gospel or having bible-centered conversations.

Trustworthy Word has become a digital filing cabinet where with a few taps of the finger, we can quickly locate helpful resources both for our own spiritual growth and to engage those with whom we are having Christ focused conversations.

Our hope is that you too will find Trustworthy Word as a digital discipleship and evangelism resource you can utilize in moments when you have your phone, tablet,

or computer with you. You may enjoy using some of the free handouts to help guide your small group into a deeper walk with Jesus in Bible study. With just a few clicks we hope you begin to think deeply about the Word of God and see how that impacts your life.

www.Bible.video - “The Video Bible”

@TheVideoBibleChannel



Bible.Video

“Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.” - 1 Timothy 4:13

Did someone read to you growing up? Did that time impact you? Help you? Grow you? Comfort you?

We feel that reading the Bible visually and audibly to one another is important and helpful too! What a joy it is to see print Bibles reaching the ends of the earth (through amazing groups like the Gideons and The International Bible Society and especially www.NetBible.com).

How incredible it is that translations are made (Wycliffe) and digitally distributed (Bible.com and BibleStudyTools.com) all over the world! In the past few decades, audio Bibles have also become numerous and more accessible through wonderful ministries like Faith Comes By Hearing.

Unfortunately, there isn't much of a presence currently of someone visually reading the Bible to another. We hope to help provide this through the “The Video Bible”!

We feel this is a needed resource for evangelism

and discipleship and we pray that it will be extremely effective! The biblical origins of both visually watching someone read and listening simultaneously is important to how we process and respond to the Word.

We hope to have the opportunity to help get complete bible translations free into the ears, eyes, minds, and souls of millions more over the years ahead via video.

www.Catholic.blog

The **CATHOLIC BLOG**

www.catholic.blog

Ephesians 2:8–9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” (ESV)

What does the Catholic Church really believe? Many people have their opinions, experiences, or second-hand information on Catholic beliefs but a true understanding of the Catholic faith is found in its *Catechism of the Catholic Church*.

The Catholic Blog simply presents portions of the Catholic Catechism with relevant Bible verses and introspective questions to consider. This free resource will help you on your journey to consider the beliefs and practices of the Roman Catholic Church and examine for yourself, through tough questions, whether The Catechism of the Catholic Church is biblically valid and trustworthy.

The Catechism of the Catholic Church is a substantial document of significant history and tradition. If you have yet to read it, I encourage you to read it in its entirety. This guide should be a helpful start and reference! As you consider the “essential and fundamental contents of Catholic doctrine” (CCC, 11), I hope you will be like the Bereans of Acts 17:11 who always put the Bible first to test what they were learning.

The Bereans are described as “noble” after hearing the teaching of the Apostle Paul for two reasons:

1) getting into the Bible with “eagerness”

2) testing the teaching of the Apostle Paul in light of Scriptures to verify his truthfulness.

Similarly, may we evaluate what we see in The Catechism of the Catholic Church in the light of the Bible to “see if these things were so.”

Acts 17:11 “Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.” (ESV)

A 3 Part Approach: Here is the approach you will find to this Bible study.

1) Interesting highlights and quotes - Due to the massive volume of writings in The Catechism of the Catholic Church, I have picked quotes from the text that I think you will find most useful and fascinating.

2) Relevant Scriptures - Likewise, I selected passages of Scripture that I thought particularly helpful in evaluating and understanding the Catholic teachings. Both The Catechism of the Catholic Church and the Bible passages should be considered in their original context and setting. There are many more possible Catholic teachings and Biblical passages to consider but I hope this is a helpful start to your studies.

3) Helpful Questions - I have chosen not to insert opinions and assertions but instead propose tough questions that help us to think critically for ourselves about what we are reading.

My end goal and hope is that we all follow God's directive to us in 2 Corinthians 13:5 to "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!" (ESV). May we all have the joy of an eternity in the presence of Jesus!

Here are the top 10 Catholic questions answered in this book with biblical answers:

1. What is the Catechism of the Catholic Church?
2. What is Sin According to the Catholic Catechism? Do Different Sins Need Different Sacrifices?
3. Does Salvation Come through Catholic Mass? Does Giving Money to Church Help Us?
4. Is Catholic Baptism Necessary for Salvation? What about Confirmation?
5. Is Catholic Eucharist Necessary for Salvation? What about Penance?

6. Was Mary Always Saved? Did Mary Never Sin? Is Mary the Cause of Salvation? Was Mary a Virgin Her Entire Life? Did Jesus Have Any Brothers? Is It True that Mary Never Died? Did Mary Ascend to Heaven?
7. Are Images of Jesus, Mary, Saints, or Angels Helpful or Harmful? Do Relics & Rosaries have Power?
8. Should We Pray to Mary and Saints? Is it OK to Pray to Angels?
9. Will I Go to Purgatory? Do Indulgences Help Us?
10. Can Marriages Be Annulled? What about Catholic Divorce and Remarriage?

Whether you are Catholic, considering Catholicism, or just curious to understand the Catholic Church better, this Bible study will be a great help to you. Download *A Biblical Study of The Catechism of the Catholic Church* free at www.Catholic.blog

INTRODUCTION

Titus 1:9 “He must hold firm to the trustworthy word as taught, so that he may be able to give instruction in sound doctrine and also to rebuke those who contradict it.” (ESV)

This book is different than many others that you might read. The vast majority of the content is simply Bible verses and references. This approach, with lots of bullet points, is intentional in order to help you clearly hear and see God’s truths and not merely human opinion. May this work be a helpful resource for your study of God’s Word. May it help you increase in your love and awe of your Savior. If you aren’t yet a follower of Christ, may the Lord save you through the reading of His Word throughout it!

I have used these resources in teaching my church, small groups, pastors, seminary students, and doctoral students about the subject of spiritual warfare. The source of these writings has been from my own studies, counseling with church members, and sermons. These subjects have arisen from some of the most important conversations that I have had in pastoral ministry for over a decade. I hope and pray that this work serves as a tool for the Lord to use in helping His children through His Spirit and Word.

Ultimately, I have written this for the Lord. He has grown me so much through the years and I pray that this work is faithful to honor and glorify Him. I have also always told my wife and daughters that I wrote this for them as well. I love them so much and if they were the only ones to read this, then I would count it a success!

I do hope that this is a useful Bible study resource for

many around the world. I have made these chapters, videos, and the book (and other books too) in its entirety, freely downloadable and accessible at www.SpiritualWarfare.blog and also at www.TrustworthyWord.com. It has been a joy of mine to see so many souls find Scriptural counsel online at The Spiritual Warfare Blog and Trustworthy Word over the years and I pray that it continues to aid many more until the Lord returns!

In Christ,
Jonathan Carl

Ephesians 6:17 “take the helmet of salvation,
and the sword of the Spirit, which is the word of God”

OUTLINE

Here is a brief outline of the sections of this book and Scriptural reminders of their importance. The links below contain video lectures to help you as well!

This book is a compilation of 10 other books you can find here:

www.spiritualwarfare.blog/free-books and
www.amazon.com/author/jonathancarl

- *God and Satan: Spiritual Warfare in the Bible*
- *Angels and Demons: Spiritual Warfare in the Bible*
- *Believers & Unbelievers: Spiritual Warfare in the Bible*
- *Heaven, Hell and Salvation: Spiritual Warfare in the Bible*
- *Frequently Asked Questions about Spiritual Warfare in the Bible: God's Answers about the Battle of the Followers of Christ against the Unseen Spiritual Forces of Evil*
- *Putting on God's Armor of Light: Spiritual Warfare in the Bible*
- *Resisting Satan's Schemes: Spiritual Warfare in the Bible*
- *Prayer and Fasting: Spiritual Warfare in the Bible*
- *Biblical Health: Spiritual Warfare in the Bible*
- *Evangelism and Missions: Spiritual Warfare in the Bible*

1. God & Satan

www.spiritualwarfare.blog/god-satan

Proverbs 1:7 “The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.” (ESV)

Ephesians 6:10 “Finally, be strong in the Lord and in the strength of his might.” (ESV)

The story of the Bible is not a story about spiritual warfare. The story of the Bible is the story of God. As we clearly focus on who God is (His names and characteristic) and what He has done (miracles), our enemies and struggles will seem so much smaller. Although God is the Bible's primary focus, He reveals much to us about our chief enemy in Satan. Don't miss out on what God has to tell us about our enemy's names, character, and tactics that we be best prepared to live lives that enjoy and honor our Creator.

2. Angels & Demons

www.spiritualwarfare.blog/angels-demons

Colossians 1:16 “For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.” (ESV)

2 Corinthians 11:14–15 “And no wonder, for even Satan disguises himself as an angel of light. [15] So it is no surprise if his servants, also, disguise themselves as servants of righteousness. Their end will correspond to their deeds.” (ESV)

God's created angels are important in the storyline of history. In Scripture God shares many stories that explain their purposes and abilities. This section will help you to rightly understand the mostly unseen angelic beings, both faithful (angels) and fallen (demons).

3. Believers & Unbelievers

www.spiritualwarfare.blog/believers-unbelievers

1 John 3:10 “By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother.” (ESV)

Matthew 12:35 “The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth

evil.” (ESV)

Humanity is divided by those who follow Jesus in faith (Christian believers) and those who follow Satan, the world, and their fleshly sin (unbelievers). It is essential to understand the identities of both groups as well as the evidences of their character and works. There is no neutral ground in this battle of the followers of Christ against the spiritual forces of evil. Here are some truths to help us be aware of who we are and rightly see the world around us with a spiritual understanding.

4. Heaven & Hell and Salvation

www.spiritualwarfare.blog/heaven-hell

Romans 10:1 “Brothers, my heart’s desire and prayer to God for them is that they may be saved.” (ESV)

Luke 19:10 “For the Son of Man came to seek and to save the lost.” (ESV)

Matthew 7:21–23 “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. [22] On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ [23] And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’” (ESV)

God speaks clearly to us both about eternal life (Heaven) and eternal death (Hell). He wants believers to look forward to being in His presence in Heaven and also wants unbelievers to be warned of the danger of eternal suffering in Hell. Salvation is God’s offer and work through Christ and He has much to tell us in the Scriptures. Here are some truths about Heaven, Hell, and God’s work of salvation.

5. Spiritual Warfare Passages in the Bible

www.spiritualwarfare.blog/bible

Ephesians 6:12–13 “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. [13] Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” (ESV)

God warns believers about the ongoing battle between His followers and the devil’s followers. He wants us to rightly understand the underlying issues of our struggles that we may daily rely on God’s strength and not our own. Here are some important truths to understand about spiritual warfare.

6. Putting on God’s Armor of Light

www.spiritualwarfare.blog/armor

Romans 13:12 “The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light.” (ESV)

1 Thessalonians 5:8 “But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.” (ESV)

God calls us to go into battle covered in His armor of light and wielding the “sword of the Spirit, which is the Word of God.” This section will help you to hear God’s commands and wisdom of how to live life in a way that takes into account the reality of our spiritual battles.

7. Resisting Satan’s Schemes

www.spiritualwarfare.blog/schemes

Ephesians 6:11 “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” (ESV)

2 Corinthians 2:11 “so that we would not be outwitted by Satan; for we are not ignorant of his designs.” (ESV)

James 4:7–8 “Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.” (ESV)

God wants us to be informed of our enemy’s strategies and tactics. We have a responsibility and urgent call to resist the attacks of our enemies. In this section we will hear many of the ways God shares of how to resist Satan’s temptations and deception.

8. Prayer and Fasting

www.spiritualwarfare.blog/prayer

Ephesians 6:18 “praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints” (ESV)

God cares for us by growing and changing us through our time with Him in prayer and fasting. As we receive God’s Bible truths, we get to respond to Him and ask Him for knowledge, understanding, wisdom, and help in our times of need.

9. Biblical Health

www.spiritualwarfare.blog/health

3 John 2–4 “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. [3] For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. [4] I have no greater joy than to hear that my children are walking in the truth.” (ESV)

God speaks to us wholistically through the Scriptures, desiring us to be healthy spiritually but also physically, mentally, emotionally, financially, relationally, and sexually. He wants us to fulfill His purposes for us in our homes, workplaces, churches and wherever we go. This section will help you to evaluate your health, identify strengths and weakness, and walk forward in God’s truths for life.

10. Evangelism and Missions

www.spiritualwarfare.blog/missions

Ephesians 6:18–20 “praying ... also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, [20] for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.” (ESV)

The Christian life is a life called to love in action. We must be on the offense in sharing the hope of the Gospel news of Jesus Christ. This section will encourage and equip you to tell others about the loving life, death, and resurrection of Jesus Christ.

11. Frequently Asked Questions (FAQs)

www.spiritualwarfare.blog/faqs

1 Peter 3:15 “but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect” (ESV)

Colossians 4:5–6 “Walk in wisdom toward outsiders, making the best use of the time. [6] Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” (ESV)

Ephesians 4:11–14 “And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, [12] to equip the saints for the work of ministry, for building up the body of Christ, [13] until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, [14] so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.” (ESV)

There are many other questions you may have that this book has not yet answered. This section will answer a few of those questions but will also challenge you to think biblically through other questions and scenarios you have already faced or that you

JONATHANCARL

may face in the future.

VOLUME 9: BIBLICAL HEALTH

Free Video Lectures @
[www.spiritualwarfare.blog/
health](http://www.spiritualwarfare.blog/health)

3 John 2–4 “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. [3] For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. [4] I have no greater joy than to hear that my children are walking in the truth.” (ESV)

God speaks to us wholistically through the Scriptures, desiring us to be healthy spiritually but also physically, mentally, emotionally, financially, relationally, and sexually. He wants us to fulfill His purposes for us in our homes, workplaces, churches and wherever we go. This section will help you to evaluate your health, identify strengths and weakness, and walk forward in God’s truths for life.

"Jesus and the Disciples Going to Emmaus" by Gustave Doré



WHAT DOES THE BIBLE SAY ABOUT SPIRITUAL HEALTH?

Am I Spiritually Healthy?

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. [2] Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:1-2 ESV)

Take a Diagnostic Exam (Romans 12:9-21)

- **Am I increasing in my love of God? (v.9, 11, 12)**
- **Am I increasing in my hatred of sin? (v.9)**
- **Am I increasing in holy living? (v.9)**
- **Am I increasing in my love of others? (v.10,14-18)**
- **Am I increasing in the fruits of God's Spirit? (v.12, 21)**
- **Am I increasing in generosity to God & others? (v.13,21)**
- **Am I increasing in forgiveness? (v.18-20)**

Let love be genuine. Abhor what is evil; hold fast to what is good. [10] Love one another with brotherly affection. Outdo one another in showing honor. [11] Do not be slothful in zeal, be fervent in spirit, serve the Lord. [12] Rejoice in hope, be patient in tribulation, be constant in prayer. [13] Contribute to the needs of the saints and seek to show hospitality. [14] Bless those who persecute you; bless and do not curse

them. [15] Rejoice with those who rejoice, weep with those who weep. [16] Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. [17] Repay no one evil for evil, but give thought to do what is honorable in the sight of all. [18] If possible, so far as it depends on you, live peaceably with all. [19] Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." [20] To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." [21] Do not be overcome by evil, but overcome evil with good. (Romans 12:9-21)

How to Increase in Spiritual Health

- **Fulfill your purpose with the body of Christ**
(Romans 12:3-8, 1 Corinthians 12, Acts 2:42-47)
Having gifts that differ according to the grace given to us, let us use them... (Romans 12:6)
- **Take Individual Responsibility** - let the Holy Spirit grow and use you in God's good work through His church
- **Intentionally Fellowship** – develop caring and committed relationships
- **Humbly Serve** – share towards each other in times of need & reach outside the church to show Christ's love in a tangible way
- **Passionately Worship** – ascribe glory to God and enjoy His presence!
- **Courageously Evangelize** - lovingly connect people to Christ by intentionally sharing the Gospel message
- **Constantly Pray** – speak with God personally, regularly, and for one another
- **Teach Yourself & Others** – personally and corporately study God's Word

WHAT DOES THE BIBLE SAY ABOUT PHYSICAL HEALTH?

8 Dimensions of Physical Health

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. (1 Corinthians 6:19-20)

Safeguards - Do I unnecessarily put my or others' lives at risk?

Diet - Am I given to gluttonous or unhealthy eating habits? The one who keeps the law is a son with understanding, but a companion of gluttons shames his father. (Proverbs 28:7)

Addictions – Do I take in substances which can harm me? "All things are lawful for me,' but not all things are helpful. 'All things are lawful for me' but I will not be dominated by anything." (1 Corinthians 6:12)

Hygiene – Do I have good health habits to protect myself?

Medicine – Do I utilize the gift of medical wisdom?

Exercise – Do I use my body physically for its purposes? The sluggard says, "There is a lion in the road! There is a lion in the streets!" As a door turns on its hinges, so does a sluggard on his bed. The sluggard buries his hand in the dish; it wears him out to bring it back to his mouth. (Proverbs 26:13-16)

Stewardship – Do I recognize that my body is not my own?

Suffering – Do I trust God when He chooses or allows for my health or life to be taken away?

“Shall we receive good from God, and shall we not receive evil?’ In all this Job did not sin with his lips.” (Job 2:10)

Take Action & Improve Your Physical Health

1. **Endurance:** There is no easy or quick fix.
2. **Diet:** Watch what you take in. Discipline yourself.
3. **Exercise:** Work out creatively, effectively, regularly.
4. **Rest:** Pace yourself according to God’s plan.
5. **Vanity:** Avoid living in self-righteousness.
6. **Guilt:** Avoid living in self-condemnation.
7. **Medical advice:** Seek it, take it, obey it.
8. **Addictions:** Recognize it, confess it, find help.
9. **Protection:** Protect yours and others’ health and lives.
10. **Honor** the Lord with your health.
11. **Trust** the Lord in sickness and health

1 Timothy 4:8 “for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

WHAT DOES THE BIBLE SAY ABOUT MENTAL HEALTH?

Am I Mentally Healthy?

Mind Games: What is going on in my head?

Satan, the World, and Our Flesh Wage a Mental War

- We destroy arguments & every lofty opinion raised against the knowledge of God (2 Cor 10:5)
- David (1 Chronicles 21:1), Judas (John 13:2), Ananias and Sapphira (Acts 5:1-10), Nebuchadnezzar (Daniel 4:34-37)

Pursue Mental Obedience: Take Every Thought Captive

- and take every thought captive to obey Christ (2 Corinthians 10:5)
- Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

How to Be Mentally Healthy

(2 Timothy 3:10-17 ESV)

- **Fill Your Mind...with Truths from Trustworthy Lives** [10] You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, [11] my persecutions and sufferings that happened to me at Antioch, at Iconium, and at Lystra—which persecutions I endured; yet from them all the Lord rescued me.
- **Mental Suffering Happens** [12] Indeed, all who desire to live

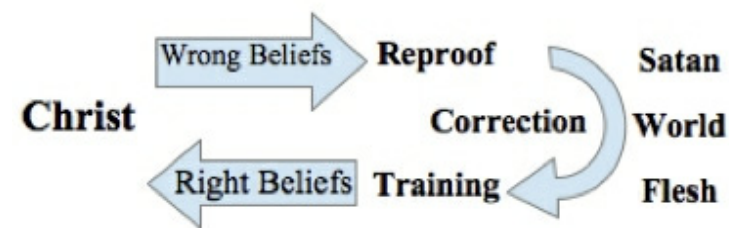
a godly life in Christ Jesus will be persecuted, [13] while evil people and impostors will go on from bad to worse, deceiving and being deceived.

- **Continue to Fill Your Mind with God's Truths** [14] But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it

God's Truths are the Key to...

Eternal Life [15] and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.

A Valued Life [16] All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,



- **Reproof – Stop Wrong Beliefs** – Recognize Lies
- And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. (Hebrews 11:6)
- “For whatever does not proceed from faith is sin.” (Rom 14:23)
- “Sin is anything that displeases God and since without faith you can't please God, therefore, if you don't have faith, everything you do is sin, because everything you do displeases God.” John Piper
 - **Correction - Fix Wrong Beliefs** – Replace Lies with Truth
 - **Training – Remain in Right Beliefs** – Fill your mind with God's truth
- **Live a Complete & Purposed Life** [17] that the man of God may be complete, equipped for every good work.

WHAT DOES THE BIBLE SAY ABOUT EMOTIONAL HEALTH?

How To Be Emotionally Healthy

(Psalm 55 ESV)

Seek God in Truth-Filled Prayer 1 Give ear to my prayer, O God, and hide not yourself from my plea for mercy! 2 Attend to me, and answer me; I am restless in my complaint and I moan,

Acknowledge Your Circumstances 3 because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me.

Honestly Share Your Emotions with God 4 My heart is in anguish within me; the terrors of death have fallen upon me. 5 Fear and trembling come upon me, and horror overwhelms me. 6 And I say, “Oh, that I had wings like a dove! I would fly away and be at rest; 7 I would wander far away; I would lodge in the wilderness; Selah 8 I would hurry to find a shelter from the raging wind and tempest.”

Ask God to Act Righteously 9 Destroy, O Lord, divide their tongues; for I see violence and strife in the city. 10 Day and night they go around it on its walls, and iniquity and trouble are within it; 11 ruin is in its midst; oppression and fraud do not depart from its marketplace.

Prepare for Deep Emotional Wounds 12 For it is not an enemy who taunts me— then I could bear it; it is not an adversary who deals insolently with me—then I could hide from him. 13 But it is you, a man, my equal, my companion, my familiar friend. 14 We used to take sweet counsel together; within God's house we walked in the throng.

Stand Confident in the Lord's Deliverance 15 Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart. 16 But I call to God, and the Lord will save me. ... 22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Constantly Go to God 17 Evening and morning and at noon I utter my complaint and moan, and he hears my voice. 18 He redeems my soul in safety from the battle that I wage, for many are arrayed against me.

Trust in the Lord's Justice 19 God will give ear and humble them, he who is enthroned from of old, Selah, because they do not change and do not fear God. 20 My companion stretched out his hand against his friends; he violated his covenant. 21 His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords. ... 23 But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days.

Listen to and Trust His Voice 23 But I will trust in you.
Anger – James 1:19-20, Despair – Colossians 3:1-2, Worry – Matthew 6:27, Fear – Joshua 1:9, Sadness – Philippians 4:4, 1 Thessalonians 5:16-18, Shame – Romans 8:1-2, Self-Righteousness – Matthew 22:29, Hatred – Matthew 5:43-44, Envy – 2 Corinthians 12:10, 1 Timothy 6:8-10

WHAT DOES THE BIBLE SAY ABOUT FINANCIAL HEALTH?

Give Us This Day Our Daily Bread (Matthew 6:11)

How To Be Financially Un-Healthy

1. Think Things Are Yours (Exodus 13:1-2)
2. Whine & Forget His Previous Provision (Exodus 12:33-39)
3. Fear for the Future (Ex 13:13)
4. Reminisce on the Past (Ex 16:3)
5. Greedily Gather an Excess (Ex 16:4-5, 20)
6. Complain about Your Finances (Ex 16:8)
7. Be Too Lazy to Work (Ex 16:16)
8. Seek Provision Apart from God (Ex 16:27-28)
9. Doubt in the Present (Ex 17:3)
10. Forget the Lord's Presence (Ex 17:7)
11. Spend on the Silly (Ex 20:22-23)
12. Refrain from Giving (Ex 20:24)
13. Give Publicly to Be Seen (Matthew 6:1)
14. Turn Good Things Into God Things (Matt 6:19)

15. Be Careless with God's Possessions (Matt 6:19)
16. Treasure Treasure (Matt 6:21)
17. Focus on the Forbidden (Matt 6:23)
18. Fail to Honor God with Your Wealth (Matt 6:24)
19. Worry about God's Basic Provision (Matt 6:25)

5 Truths For Financial Health

1. Seek God's Face (Exodus 19:3)
2. Know God's Truths (Exodus 19:3)
3. Remember God Is God (Exodus 19:4)
4. Honor & Obey God (Exodus 19:5)
5. Understand Everything Is God's (Exodus 19:5)

4 Actions For Financial Health

1. You Need a Budget (Luke 14:28-30)
2. Prioritize Sacrificial, Secret Giving (Matt 6:4)
3. Ask God For Specific Needs (Matt 6:11, 7:7)
4. Guard Your Eyes, Mind, Ears, & Heart from Greed (1 John 5:21, James 4:1-4)

"Every time you doubt that you can live on 90% of your income, let the glorious promise of God strengthen your faith: 'My God shall supply all your needs according to His riches in glory in Christ Jesus' (Philippians 4:19)." John Piper

WHAT DOES THE BIBLE SAY ABOUT HOME HEALTH?

(Deuteronomy 6:4-9 ESV)

Fix Your Priorities - How can I tell what my priorities are? (Ephesians 5:15-16)

- o How do I spend my time when I am home?
- o What do I find myself thinking most about?
- o What do I get excited, angry, or depressed about?
- o How do I allocate money?
- o Whom do I invest my talents in?
- o What subjects are easy for me to talk about?
- **Who are God's priorities for me?**
 - o God. Spouse. Kids. Family.
 - o Home-less: Orphans & Widows
 - o Fellow Christians.
 - o Coworkers. Neighbors. Strangers.
 - o Self.

Make Your Home God-Centered (Deuteronomy 6:4-9)

Devotional – individual and family, Scripture – teach, memorize, live, Quality Time Together - Love

Make a Home for Your Marriage (Ephesians 5:22-33)

- Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. (Hebrews 13:4)

JONATHANCARL

- However, let each one of you love his wife as himself, and let the wife see that she respects her husband. (Ephesians 5:33)

Make a Home for Your Kids (Ephesians 6:1-4) Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. (Ephesians 6:4)

- Commanding → Coaching → Cheering

Make a Home for Your Family (1 Tim 5:1-8) But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

Make a Hospitable Home (1 Peter 4:8-9)

- Christian brothers & sisters (Romans 12:10,13)
- Neighbors, Friends, Strangers (Hebrews 13:2)

Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. (1 Peter 4:8-9)

Make a Home for the Home-Less (James 1:27) Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

- **Unborn:** Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked. (Psalm 82:3-4)
- **Orphans** (John 14:18, Romans 8:15) - Adoption & Foster Care
- **Widows with Family** (1 Timothy 5:4)
- **Widows without Family** (1 Timothy 5:16)
- **Prisoners:** “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” (Hebrews 13:3)

WHAT DOES THE BIBLE SAY ABOUT WORK PLACE HEALTH?

(Ephesians 6:5-9 Esv)

Work Is a Gift & Responsibility, Not a Right v.5 Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ,

- Know Your Role
- Obey Your Boss
- Respect Your Boss – Humbly & Sincerely
- Work As If Jesus Is Your Boss
- Be Thankful for Your Job
- Be Thankful for Your Talents & Abilities

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17 ESV)

Watch Out for Temptations To... v.6 not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart,

- Settle for the Minimum Standard
- Fake It
- Gossip
- Complain

JONATHANCARL

- Argue
- Be Half-Hearted
- Forget that Work is Part of God's Will

So, whether you eat or drink, or whatever you do, do all to the glory of God. [32] Give no offense to Jews or to Greeks or to the church of God, [33] just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved. (1 Corinthians 10:31-33 ESV)

Be a Great Employee [7] rendering service with a good will as to the Lord and not to man, [8] knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free.

- Serve Others: Bosses, Fellow Employees, Customers
- Do Good: Look for Opportunities, Take Opportunities
- Trust in God's Reward, Not Your Position or Paycheck

"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets." (Matthew 7:12 ESV)

Be a Great Boss [9] Masters, do the same to them, and stop your threatening, knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

- Be Fair, Be Merciful, Be Gracious, Be Peace-making

Work Is Your Every-Day Mission Field [12] Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, [13] bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. [14] And above all these put on love, which binds everything together in perfect harmony. [15] And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. (Colossians 3:12-15 ESV)

WHAT DOES THE BIBLE SAY ABOUT RETIREMENT HEALTH?

A "Typical American" Retirement Is Not a Biblical Command or Concept

Life & retirement isn't about us - it is about glorifying God by enjoying & sharing Him!

Retirement Is a Gift & Responsibility, Not a Right - Don't Waste It!

Psalm 71:18 "So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come." (ESV)

8 Opportunities In Retirement - Seize the Season!

- 1) **More Spiritual Growth** - additional time allows for purposeful and intentional reprioritization, consider how to enjoy God more through your Bible and prayer!
- 2) **More Service** - within your church, among family, in your community
- 3) **More Missions** - cross some boundaries to go and tell the Good News of Jesus wherever He calls with fearless love
- 4) **More Generosity** - if you've been wise financially you will have less significant expenses that may free you for more chances to invest God's resources back into ministries and

missions

- 5) **More Relationships** - a slower pace creates space to be with you spouse, children, family, friends and neighbors more
- 6) **More Travel** - God's creation is amazing; free time allows more chances to enjoy God's blessings in His creation with those whom you love
- 7) **More Learning** - more time freed up from no work schedule can allow time to read, listen, and watch teachers and authors for personal growth that overflows to others
- 8) **More Rest** - many of us have worked at too furious of a pace and it has taken a toll, retirement can serve as a season of rest and reprioritization

5 Temptations in Retirement - Watch Out!

- 1) **Self-indulge** - living for self and the pursuit of the pleasures and temptations of the world
- 2) **Self-harm** - overeating and under-exercising, lack of medical oversight or intervention
- 3) **Self-destruct** - over-committing, over-working, not adjusting your pace to the physical realities of aging
- 4) **Self-isolate** - over-sleeping, overly-lazy and sedentary lifestyles lead to depression
- 5) **Self-love** - it's easy to prioritize yourself and your needs over others through self-focus

Be Intentional in Your Season of Retirement!

Ephesians 5:15–17 “Look carefully then how you walk, not as unwise but as wise, [16] making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.” (ESV)

Retirement Is a Mission Field to Proclaim God's Goodness to the Next Generation

2 Timothy 4:7 “I have fought the good fight, I have finished the race, I have kept the faith.”

A Helpful and Free Resource! “Rethinking Retirement: Finishing Life for the Glory of Christ” by John Piper <https://www.desiringgod.org/books/rethinking-retirement>

Proverbs 17:6 “Grandchildren are the crown of the aged, & the glory of children is their fathers.”

WHAT DOES THE BIBLE SAY ABOUT RELATIONAL HEALTH?

The second is this: 'You shall love your neighbor as yourself.'
There is no other commandment greater
than these." (Mark 12:31 ESV)

When do we love? Greater love has no one than this, that someone lay down his life for his friends. (John 15:13)

At all times. At desperate times. A friend loves at all times, and a brother is born for adversity. (Proverbs 17:17)

Why do we love? For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers (Romans 9:3)

Because Christ loved & died for us. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. (Eph 5:2-3)

Who do we love? But I say to you, Love your enemies and pray for those who persecute you, [45] so that you may be sons of your Father who is in heaven. (Matthew 5:44-45)

• *Spouses. Children. Family. Church. Friends. Strangers. Enemies.*

What does it mean to love? Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?" [37] He said, "The one who showed him mercy." And Jesus said to him, "You go, and do likewise." (Luke 10:36-37)

Love thinks, feels, and gives mercy & grace. How do you love yourself?

• *5 Ts – Thoughts & Feelings – Talk - Time – Talents – Treasures*

Walk in Christ-like obedience and holiness. put on the armor of light. [13] Let us walk properly as in the daytime...[14] But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. (Romans 13:12-14)

How do we love others? Brothers, my heart's desire and prayer to God for them is that they may be saved. (Romans 10:1)

• We ought to lay down our lives for the brothers (1 John 3:16)
• *5Ts – Thoughts & Feelings – Talk - Time – Talents – Treasures*

Share the Gospel Love: Warnings & Promises: Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. [9] For the commandments, "You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbor as yourself." [10] Love does no wrong to a neighbor; therefore love is the fulfilling of the law. (Romans 13:8-10)

• Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. [4] Let each of you look not only to his own interests, but also to the interests of others. (Philippians 2:3-4)

6/10 Commandments: Exodus 20:12-17 (see Ephesians 4:17-32)

5. Honor & Respect Others (v.12) "Honor your father and your mother"

6. Grant Forgiveness (v.13) "You shall not murder."

7. Be Sexually Pure (v.14) "You shall not commit adultery."

8. Give Rather than Take (v.15) "You shall not steal."

9. Speak Truth (v.16) "You shall not bear false witness"

10. Love God More Than Things (v.17) "You shall not covet your neighbor's house...wife...servant...ox...donkey, or anything that is your neighbor's."

WHAT DOES THE BIBLE SAY ABOUT SEXUAL HEALTH?

1 Corinthians 7:1-7 (ESV)

Sexual Virginity Is Precious and Beautiful [1] Now concerning the matters about which you wrote: “It is good for a man not to have sexual relations with a woman.”

God-Given Singleness Is a Gift [6] Now as a concession, not a command, I say this. [7] I wish that all were as I myself am. But each has his own gift from God, one of one kind and one of another.

Marital Fidelity Is the Solution to Sexual Immorality [2] But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.

Sex Is for Heterosexual Marriage. [3] The husband should give to his wife her conjugal rights, and likewise the wife to her husband.
• God’s plan for marriage is “the joining of one man and one woman with the promise of being faithful to one another for a lifetime” (Baptist Faith & Message). Marriage is a spiritual, covenantal, and lifetime union of two souls by our Creator God. (Mark 10:1-12)

Your Body Belongs to God, But Is Placed Under the Authority of Your Spouse (Past, Present, or Future) [4] For the wife does not have authority

over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.

Willing Sexual Abstinence In Marriage...

...Is Not an Option ([5] Do not deprive one another,)

...Unless Both Spouses Agree (except perhaps by agreement)

...For a Brief Period of Time (for a limited time,)

...For the Purposes of God-Focus (that you may devote yourselves to prayer)

...With an Intentional Plan for Sexual Re-Union (but then come together again, so that Satan may not tempt you because of your lack of self-control)

We Will Be Held Accountable for Our Sexual Health Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. (Hebrews 13:4)

How to Be Sexually Healthy

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. (Ephesians 5:3)

Single? Remember you have an enemy. Repent where you have failed. Don't have sex... in your mind...in your heart...with yourself...with others. Don't take steps towards sex outside marriage. Save sex until you are married according to God's plan.

Married? Remember you have an enemy. Avoid the appearance of sexual immorality. Avoid temptations towards sexual immorality. Avoid all sexual immorality. Have sex regularly (aim for twice a week). Make sex special, spiritual, and significant. When sex is not possible, find alternatives (HINT: hands & mouths & bodies...read Song of Solomon).

ABOUT THE AUTHOR

Dr. Jonathan Carl



Jonathan Carl grew up in the great state of Texas as the oldest of six kids. He graduated from the United States Military Academy at West Point and served in the U.S. Army as a tanker with a combat tour in Iraq in the early 2000s. He had the joy of journeying to Kentucky where he met and married his wonderful wife, Brittney. Several years later he became the lead pastor at South Fork Baptist Church where he has served for over a decade. He enjoyed the opportunities to study and earn his Master of Divinity and Doctor of Philosophy degrees in Evangelism & Missions from the Southern Baptist Theological Seminary. Jonathan & Brittney have four daughters (Sophia, Lydia, Alia & Mia) with whom they enjoy spending every spare minute they can.



HONEST BOOK REVIEWS NEEDED

I would love your feedback on this book and your Bible reading journey and resulting small group discussions. Your **genuine Amazon review** can be a great help to others who are seeking to encounter God through Bible reading and listening plans.

In addition to Amazon reviews, **social media sharing** is also a great way to encourage and resource others. As the Lord teaches and grows you in this journey, please consider telling others about any help this book was to you.

As always, this book and 10+ more are available for **free download (PDF)** and sharing on any of my below websites. I'm praying for Jesus' work in and through you!

In Christ, Jonathan Carl

God's answers about the battle of the followers of Christ against the unseen spiritual forces of evil. www.SpiritualWarfare.blog

Get answers to some of life's toughest questions!
www.TrustworthyWord.com

Getting the Bible into people and people into the Bible via video!
www.Bible.video

A place for Catholics to find biblical answers to their most common questions about the Catechism of the Catholic Church!
www.Catholic.blog - helping people to answer the question: "Does the Catholic Catechism agree with or contradict the Bible?"

Free book downloads at the above links & kindle/print versions on Amazon @ www.amazon.com/author/jonathancarl

Sermons & teaching videos: www.youtube.com/@SouthFork and www.youtube.com/@trustworthyword

Proof