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Garry Field
M05398
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We've all heard the expression "Mind, Body and Soul." Some of us may even be familiar with the term "MENS SANA IN CORPORE SANA," or A Sound Mind in A Sound Body. Both expressions have stood the test of time, but while it is obvious that a "Sound Body" or physical health is important. And that mental / emotional stability is necessary for a completely healthy lifestyle to be pursued. It is imperative that we recognize the 3rd element, "Spiritual Well-being."

In order to maintain a healthy physical lifestyle, there are also 3 elements - Physical Exercise, Proper Nutrition, and the need to avoid the kind of negative habits that have been proven to not only shorten life, but diminish the quality of the final stages of our lives. Habits such as smoking, drinking, drugging or sexual promiscuity, will not only knock years off of what might have otherwise been a long and fruitful life, but they can also make miserable what could have been golden years with no resultant issues of respiratory and heart disease, etc.

Fairly
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Richard Simmons might be a good example of having a strong grip on the need for exercise and proper nutrition. In fact, he became a guru-like figure for millions (also paid \$29.95 plus \$4.95) to get his videos and spend countless hours chewing celery and "Sweating to The Oldies."

However, his 'quirky personality' may have morphed into something a bit more debilitating as his mental health and emotional well-being is now tabloid fodder and perhaps cause for real concern. Is he just 'becoming reclusive,' or has he crossed the line from quirky to neurotic? ENQUIRING MINDS WANT TO KNOW.

If the physical needs of the body can be categorized as "HEALTH" needs, then we can consider mental and emotional needs as what many refer to as the "Soul." & what is commonly referred to as "MIND, body and Soul" can be viewed as falling short of a "well-balanced" life.

What is usually referenced as our "Soul" are terms like "seat of our emotions" - "Our Thoughts, beliefs and feelings move and motivate us."

Faith
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"As a man thinketh, so is he."
That is, such is the state of
our soul!

Just as surely as our body
may thirst and hunger for water
and food, our soul thirsts and
hungers for love and meaning. \hookrightarrow
Self-esteem and personal worth
are the spiriting producers of a
well ordered soul. Which brings us to
the 3rd component of what I believe
is the TRIUNE NATURE of man, which
is our SPIRIT.

As a Christian, it's easy for
me to understand the concept of
man as a "TRIUNE being." All I
need to do is follow along with
the book of Genesis. 2:7 states:
And the Lord God formed man
of the dust of the ground (physical
body), and breathed into his nostrils
the breath of life (ANIMA: life, or spirit)
and man became a living soul.
Bingo! (as should I say: TRIFACTA: $\text{?}^{\text{oo}} \text{?}$)

Spiritual well-being, for me, is
being reconciled to that which has
given me life. Reconciliation, with
what I refer to as God (my higher
power) gives meaning, purpose and
direction to my life and provides
an anchor for my soul.

Faith
4-4

8-12

A man will either be led by his need to gratify his fleshly desires (works of the flesh), guided by his feelings or emotions (carnal minded), or led by the Spirit.

The works of the flesh are manifested, and a laundry list of those attributes are listed in Galatians 5:19-21. Those 17 attributes or characteristics read like a "rap sheet" and may be evidenced by the prison population here. (Among other things). The carnal mind (displayed by a "soul-less" man), is enmity with God (Ro. 8:7)

Fourthly, there is the man who recognizes the physical needs of the body. A man who treats it with the respect due to the temple of God. Such a man will pay proper attention to the healthy lifestyle which includes proper exercise, nutrition and the self-inflicted wounds of bad habits. The man who refuses to be led by tickle emotions which change like the weather. A man who refuses to be known as "double minded" in all his ways. (James 1:8) You will know a spirit led man who recognizes the TRIVIAL NATURE of his very being - How will you recognize him? By his fruit you will know him. Galatians 5:22-23.