



Antidotes for Healing the Human Body



Brain & Mental Instability

Mental Instability

Mental instability is produced when we have other loves before God. These loves restrict God's energies to our brain creating a loss of reasoning and judgment. Decision making becomes faulty, and we are plagued with fears and obsessions. The Scriptures say in James, "A double-minded man is unstable in all his ways."ⁱ

King Saul and Mental Instability

Saul was an example of one suffering from mental instability. His problem was stubbornness and disobedience to the will of God through the prophet, Samuel. When Saul was told by Samuel to slay the Amalekites and all that they had, Saul did what he thought was good in his own eyes and kept the king alive along with the best of the animals. He did this mainly to please the people. When Saul's behavior was addressed by Samuel, he denied that he had disobeyed God's will because it had become his lifestyle. Pride now dominated his reasoning, and he was no longer listening or in control. Samuel brought his deed to light in 1 Samuel 15 where he said, "Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams. For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king."ⁱⁱ Samuel emphasized the fact that obeying God was more important than position or religious duty. Saul's persistence and stubborn mindset caused his mental faculties to fail. The Spirit of God which produces sound reasoning left him, and the fruit of his stubbornness began to plague him. Saul now lived with an unstable mind that tormented him.

As we can see, self-love has a way of infusing into our imaginations false images about ourselves. These imaginations inspire us to obey our own desires and please other people, instead of doing what God wants. They fool us into believing that they are true because they foster self-love and pride. Our decisions are no longer based on a love for the truth, and we remain unaware of the danger. Obeying God is what produces a sound mind, but obeying our own desires produces an unstable one.



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Spiritual Causes of Mental Instability

We diminish the energy to our minds and senses when we do the following things: deny or distort the truth, or use the knowledge of it for personal glory. When these have become our life through habitual actions, problems with mental instability can develop. God's energies can only flow freely to the brain when the truth in our minds is being utilized for the right reasons. If our fears cause us to avoid implementing what is true, the energy to the brain becomes misdirected which affects our emotional state of mind.

The heart and mind must work in harmony in order for them to be healthy. If one is dominating the other, the health of the mind and heart are affected. The objective here is to get a balance between the heart and mind. The mind must submit to the direction of God's Spirit, and the emotions must follow the direction of God's principles. When they both work together, there is complete harmony, and the energies form a complete circuit. Power accompanies such a life, for both the heart and mind are in agreement with God's thoughts and feelings within ourselves. Following the leadings of God's Spirit must be an integral part of our lives in order to be spiritually whole and healthy.

There are many kinds of mental illnesses. Some are more severe than others depending upon the depth of the denial. Anxiety states and neurosis reflect a fear that prevents us from seeing ourselves in the light of truth. It is a fear that comes when we cannot bring ourself to address our feelings; therefore, we begin to create an "alternate reality." The continual avoidance of these feelings overwhelms the nervous system and begins to affect the mind. We lose touch with ourselves, because we have lost touch with God in our lives.

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"There is no fear in love; but perfect love casteth out fear...."ⁱⁱⁱ

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."^{iv}

The Spirit of God brings us into situations to address our fears so that we will allow God to walk us through them without succumbing to them.



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“But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.”^v

God inspires us with the wisdom to have an entreatable mind when seeing ourselves. When we are honest about our faults, wisdom gives us the proper direction go.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”^{vi}

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”^{vii}

ⁱJames 1:8.

ⁱⁱ1 Samuel 15:22-23.

ⁱⁱⁱ1 John 4:18a.

^{iv}2 Timothy 1:7.

^vJames 3:17-18.

^{vi}Isaiah 26:3.

^{vii}Romans 12:2.