

Evaluating Mental Illness from A Biblical Worldview

Competing Worldviews In Relation to Mental Illness

Secular Humanistic View Mental Illness	Biblical World View Perspective of Mental Illness
Believe that false fixed beliefs are the core issues of mental illness	Believe that false fixed beliefs are the core issues of mental illness
Constructs of mental illness created and theorized through a medical model	Constructs of mental illness interpreted and evaluated through a Biblical grid
Believe that mental illness originates from the physical brain	Believe that mental illness originates from spiritual mind
Would consider mental illness as a physical sickness of the body	Would consider mental illness as a sickness of the soul
Would seek to manage mental illness by medication and talk therapy	Would cure mental illness through leading the person to faith in the person and work of Jesus Christ and applications of His Word

Key Factors to Consider

1. A commitment to deducing all of life to a physical reality leads to evaluating spiritual problems through the grid of a physical construct. This also results in biological psychiatrist and psychologist holding to a theory that mental illness must come from a biological origin.

“Our willingness to accept scientific claims that are against common sense is the key to an understanding of the real struggle between science and the supernatural. We take the side of science in spite of the patent absurdity of some of its constructs, in spite of its failure to fulfill many of its extravagant promises of health and life, in spite of the tolerance of the scientific community of unsubstantiated just so stories, because we have a prior commitment to materialism. It is not that the methods of and institutions of science somehow compel us to accept a material explanation of the phenomenal world, but on the contrary, that we are forced by our a priori adherence to material causes to create an apparatus of investigation and a set of concepts that produce material explanations, no matter how counterintuitive, no matter how mystifying to the uninitiated. Moreover, that materialism is absolute, for we cannot allow a Divine Foot in the door.” (Richard C. Lewontin, “Billions and Billions of Demons”, review of the *The Demon-Haunted World: Science as a Candle in the Dark*, by Carl Sagan, *New York Review of Books*, January 7, 1997, 31.)

“Diagnosing mental illness isn't like diagnosing other chronic diseases. Heart disease is identified with the help of blood tests and electrocardiograms. Diabetes is diagnosed by measuring blood glucose levels. But classifying mental illness is a more subjective endeavor. No blood test exists for depression; no X-ray can identify a child at risk of developing bipolar disorder. At least, not yet. Thanks to

new tools in genetics and neuroimaging, scientists are making progress toward deciphering details of the underlying biology of mental disorders. Yet experts disagree on how far we can push this biological model. Are mental illnesses simply physical diseases that happen to strike the brain? Or do these disorders belong to a class all their own? Eric Kandel, MD, a Nobel Prize laureate and professor of brain science at Columbia University, believes it's all about biology. "All mental processes are brain processes, and therefore all disorders of mental functioning are biological diseases," he says. "The brain is the organ of the mind. Where else could [mental illness] be if not in the brain?" That viewpoint is quickly gaining supporters, thanks in part to Thomas R. Insel, MD, director of the National Institute of Mental Health, who has championed a biological perspective during his tenure at the agency. To Insel, mental illnesses are no different from heart disease, diabetes or any other chronic illness. All chronic diseases have behavioral components as well as biological components, he says. "The only difference here is that the organ of interest is the brain instead of the heart or pancreas. But the same basic principles apply." (*Science Watch, The roots of mental illness: How much of mental illness can the biology of the brain explain?* By Kirsten Weir June 2012, Vol 43, No. 6)

2. However, researchers have not yet been able to find biological markers and pathologies to affirm their position that mental illness comes from a biological origin.

"Is the DSM-5 system an improvement over previous editions? The answer has to be yes and no. One would like to believe so, but there are reasons for doubt. Some problems derive from the concept that psychopathology lies on a continuum with normality, making it difficult to separate mental disorders from normal variations and leading to a danger of overdiagnosis. Other issues derive from a strong attachment to the principle that mental disorders are brain disorders, even though knowledge is insufficient to develop a classification based on neuroscience. Although great progress has been made in research on the brain, the origins of mental illness remain a mystery." (Paris, Joel (2015-02-15T22:58:59). *The Intelligent Clinician's Guide to the DSM-5®*. Oxford University Press. Kindle Edition.)

"For despite the fact that contemporary psychiatry seeks to promulgate a notion of madness (mental illness) as the external manifestation of a badly wired brain, the consequence of faulty biochemistry or an excess deficiency of certain neurotransmitters, the process of drawing boundaries around the mad (mentally ill) remains an uncertain contested activity, the site of recurrent controversy that only occasionally has analogues in other branches of medicine. No x-rays, no PET scans, no laboratory tests exist that unambiguously pronounce that one is sane, this one mad (mentally ill)." *I added mentally ill to help with context.* (Andrew Scull, *Madness in Civilization: A Cultural History of Insanity From the Bible to Freud, from the Madhouse to Modern Medicine*. pp 4)

3. Since researchers have yet to find any biological markers or pathologies to affirm their position, they must rely upon non-biological factors such as people's descriptions of their problems to seek to discern the matters at hand. As a result, they have to admit that what they dogmatically explain as a disease are merely created constructs, not proven diseases originating from a physical cause.

“Without clear biological markers, researchers and clinicians must rely on interviews to assess the occurrence and severity of mental disorders. Interview questions follow criteria from the Diagnostic and Statistical Manual of Mental Disorders (DSM)- a 1,000-page volume covering the gamut of human affect and behavior, from mood and personality to sexuality and addiction. Researchers have arrived at the syndromes listed in the DSM by tracking symptoms and symptom clusters, with particular attention to duration, age of onset, family prevalence, gender distribution, and response to treatment. Now in the revised fourth edition, the DSM has provided the field with a common language for identifying and discussing the enormous range of mental-health problems, yet it remains more a proximate description than a verifiable picture of reality.” (Ashly Pettus. *“Psychiatry by Prescription: Do Psychotropic Drugs Blur the Boundaries between Illness and Health?” Harvard Magazine Online, July-August 2006*)

“Our classification of mental disorders is no more than a collection of fallible and limited constructs that seeks but never finds the truth - but this remains our best current way of communicating about, treating, and researching mental disorders. It is good to know and use the DSM definitions, but not to reify or worship them.” (Allen Frances, [Saving Normal: An Insider's Revolt Against Out-Of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life](#))

“*Diagnostic and Statistical Manual of Mental Disorders*, a wildly profitable taxonomy of illnesses that costs \$189 and projects an air of medical authority by defining disorders with lists of criteria. The problem with these disorders, Greenberg argues, is that they treat the mind like the body. Trying to make their profession look like any other branch of medicine, psychiatrists treat undefinable mental states like “anxiety” as if they were scarlet fever. Greenberg is a psychotherapist—as well as a widely published journalist and author—and he believes psychiatrists must make clear to patients that such disorders are not diseases but “provisional categories.” This, he predicts, will mean “fewer patients, more modest claims about what [psychiatry] treats, less clout with insurers, and reduced authority to turn our troubles into medical problems simply by adding the word *disorder* to their description.” (Is Psychiatry Dishonest? And if so, is it a noble lie? By [Benjamin Nugent](#))

4. As theses researchers and practitioners rely on created constructs, not proven diseases they are operating by a theory/ model that has not proven to be a fact.

“It may surprise you to learn that there is no convincing evidence that most mental patients have any chemical imbalance. Yet many physicians tell their patients that they are suffering from a chemical imbalance, despite the reality that there are not tests available for assessing the chemical status of a living person’s brain. While there are some reports of finding evidence of an excess or deficiency in the activity of a particular neurotransmitter system in the brains of deceased mental patients, these claims are controversial, as other investigators cannot find any such relationship.” (*Elliot Valenstein, Blaming the Brain: The Truth about Drugs and Mental Health (New York: Basic Books, 1998), 4.*)

“The biomedical model posits that mental disorders are brain diseases and emphasizes pharmacological treatment to target presumed biological abnormalities. A biologically-focused approach to science, policy, and practice has dominated the American healthcare system for more than three decades. During this time, the use of psychiatric medications has sharply increased and mental disorders have become commonly regarded as brain diseases caused by chemical imbalances that are corrected with disease-specific drugs. However, despite widespread faith in the potential of neuroscience to revolutionize mental health practice, the biomedical model era has been characterized by a broad lack of clinical innovation and poor mental health outcomes.” (*Clinical Psychology Review Volume 33, Issue 7, The biomedical model of mental disorder: A critical analysis of its validity, utility, and effects on psychotherapy research By Brett J. Deacon November 2013, Pages 846-861*)

“Modern psychiatry has yet to convincingly prove the genetic/biological cause of any single mental illness. Patients have been diagnosed with “chemical imbalances” despite the fact that no test exist to support such a claim, and there is no real conception of what a correct balance would look like.....Yet conclusions such as “depression is a biochemical imbalance” are created out of nothing more than semantics and the wishful thinking of scientists/psychiatrists and a public that will believe anything now that has the stamp of approval of medical science.” (*David Kaiser, “Commentary: Against Biological Psychiatry,” Psychiatric Times Online Vol. 13 (12) (December 1,1996): <https://www.psychiatrictimes.com/bipolar-disorder/commentary-against-biologic-psychiatry>.*)

5. Consequently, the theory of mental illness being biologically caused, has proven to be mere speculation.

“Our best-selling psychopharmacology textbook consists of pure speculations presented as pretty pictures with color-coded synapses, and key-lock receptors and chemicals, which we mistake for science.....We have a huge amount of neurobiology research now to conclude that the 20th century neurotransmitter theories of psychopharmacology basically are false. The dopamine and monoamine hypothesis of schizophrenia and depression are wrong, and thus using our drug classes to increase or decrease neurotransmitters is wrong-headed.” (*Nassir Ghaemi, “One Step Back, Two Steps Forward: The Solution To DSM and drugs? Medscape Psychiatry Online January 15, 2013*)

“In one generation the APA (the American Psychiatric Association), in collusion with the drug companies have destroyed psychiatry. The American Public has been sold a bill of good. People actually believe that human struggle is a brain disease. It is now taken as fact that there is a chemical imbalance in the brain and psychoactive drugs is just what the doctor ordered. We can now cure biological depression with antidepressants; biological anxiety with benzodiazepines; the fictitious ADHD with, of all things, amphetamines; insomnia with benzodiazepines, and other bizarre psychoactive drugs; likewise the belief is that schizophrenia and manic-depression should be treated with drugs....However, drugs are not the treatment. The issue are not some brain thing, but human issues. People with schizophrenia and manic-depression are no different from you and me.....The real source of human suffering is not, nor ever has been the brain. The issues are in the person, the human being, in the context of damage to the play of consciousness, created by deprivation and abuse in the formation of our character.” (*Robert Berezin, “Psychiatric Drugs are False Prophets with Big Profits. Psychiatry has been Hijacked,” (July 5, 2015 <http://Robertberezin.com/psychiatric-drugs-are-false-prophets-with-big-profits-psychiatry-has-been-hijacked/>.)*

““Chemical imbalance” is a phrase used by psychiatrists and laypeople alike. When a mental problem seems to arise from within instead of without, it said to be due to a chemical imbalance. In truth, however, no chemical imbalance, nor any structural abnormality in the brain, has ever been found to account for anything we currently consider a psychiatric disorder. Historically, whenever chemical or structural abnormalities were found to account for abnormal mental functioning, those conditions were no longer considered psychiatric and were adopted by another branch of medicine. If this trend continues, psychiatry will never include pathophysiology in the usual medical sense. It certainly does not at present.” (*Steven Reidbord, “Chemical Imbalance-Sloppy Thinking in Psychiatry 1,” Reidbord’s Reflections (April 29, 2012): <http://blog.stevenreidbordmd.com/?p=561>.*)

“Many professionals and the public have been falsely convinced that biochemical imbalances in the brain drive mental suffering, such as the serotonin theory of depression or the dopamine theory of so-called schizophrenia. Yet the evidence for any biological basis for “psychiatric disorders” is utterly lacking.” (*Peter Breggin, “Rational Principles of Psychopharmacology for Therapists, Healthcare Providers and Clients,” Journal of Contemporary Psychotherapy 46 (PDF) (2016): 2.*)

6. Biological psychiatrist and psychologist tend to ignore or minimize the reality of the spiritual heart of man and the issues that come from the spiritual heart. As a result, they deduce issues of the spiritual heart to a physical origin creating constructs about mankind’s problems that are antithetical to a biblical worldview.

“Though the doctrines of Christianity and materialism both agree that unhealthy thinking (false fixed beliefs) is at the core of madness (mental illness), materialism is an attempt to dismiss biblical explanations of humanity and specifically the immaterial soul and human morality.” (Daniel R. Berger II, *The Insanity of Madness* pp. 93 I added parenthesis for context purposes)

“Over the last quarter century there has been a dramatic erosion of psychotherapeutic training and practice in psychiatry, caused largely by a change in our philosophical beliefs. Psychopharmacology has replaced psychotherapy because brain has replaced soul-i.e., chemical imbalance had replaced inner conflict-as the philosophical basis for psychiatric explanation. We no longer consider it important to trouble ourselves with the inner lives of our patients- the nuances of thought, feeling, impulse, and imagery in their minds and souls. We consider these private experiences that are of such deep concern to our patients to be largely irrelevant to their symptoms and personality problems, which we believe are caused directly by chemical imbalances in the brain.” (*Elio Frattaroli, quoted from the 52nd Institute on Psychiatric Services, 2000 Syllabus and Proceedings Summary (The American Psychiatric Association, October 2000), 66: <http://behaviorismandmentalhealth.com/wp-content/uploads/2014/06/Frattaroli.pdf>.*)

7. Issues of the spiritual heart cannot be deduced to physical constructs. Constructs not based on biblical truth will change as the culture changes.

“What has changed across time and cultures and added confusion and imprecision to madness (what is now called mental illness) are names used to describe it. In the last two centuries, psychiatric theorist across the globe have assigned countless new terms to describe their own theories of false belief and corresponding behavior.” (*Daniel R. Berger II, The Insanity of Madness* pp. 55)

“References to mental illness can be found throughout history. The evolution of mental illness, however, has not been linear or progressive but rather cyclical. Whether a behavior is considered normal or abnormal depends on the context surrounding the behavior and thus changes as a function of a particular time and culture.”

*(History of Mental Illness By Ingrid G. Farreras and Hood College,
<https://nobaproject.com/modules/history-of-mental-illness>)*

8. One cannot create a true objective standard of abnormal until a true objective standard for normal is understood and embraced. The Bible is the true objective standard for what is normal. As one embraces the Bible, one can then create a true objective standard for what is normal and abnormal.

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. (Romans 12:2)

So Jesus was saying to those Jews who had believed Him, “If you continue in My word, *then* you are truly disciples of Mine; ³² and you will know the truth, and the truth will make you free (John 8:31-32)

The law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb. Moreover, by them Your servant is warned; In keeping them there is great reward. (Psalm 19:7-11)

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intents of the heart. (Hebrews 4:12)

See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. (Colossians 2:8)

Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not come to know God, God was well-pleased through the foolishness of the message preached to save those who believe. (1 Corinthians 1:20-21)

9. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that sin is not caused by the material aspect of man but by the immaterial aspect of man. Therefore, if there is an issue of sin in our lives we must blame the immaterial aspect of man and not the material aspect of man.

“After He called the crowd to Him again, He *began* saying to them, “Listen to Me, all of you, and understand: there is nothing outside the man which can defile him if it goes into him; but the things which proceed out of the man are what defile the man. “If anyone has ears to hear, let him hear.”] When he had left the crowd *and* entered the house, His disciples questioned Him about the parable. And He said to them, “Are you so lacking in understanding also? Do you not understand that whatever goes into the man from outside cannot defile him, because it does not go into his heart, but into his stomach, and is eliminated?” (*Thus He* declared all foods clean.) And He was saying, “That which proceeds out of the man, that is what defiles the man. “For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting *and* wickedness, *as well as* deceit, sensuality, envy, slander, pride *and* foolishness. “All these evil things proceed from within and defile the man.” (Mark 7:14-23)

“Do you not understand that everything that goes into the mouth passes into the stomach, and is eliminated? “But the things that proceed out of the mouth come from the heart, and those defile the man. For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. “These are the things which defile the man; but to eat with unwashed hands does not defile the man.” Matthew 15:17-20

10. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that when we experience pain in our lives it comes from either our material aspect (pain from the body) or from our immaterial aspect (pain from the heart).

“To the woman He said, “I will greatly multiply Your pain in childbirth, In pain you will bring forth children; Yet your desire will be for your husband, And he will rule over you.” Genesis 3:16

“But his body pains him, And he mourns only for himself.” Job 14:22

“Even in laughter the heart may be in pain, And the end of joy may be grief.” Proverbs 14:13

“Because in much wisdom there is much grief, and increasing knowledge *results in* increasing Pain.” Ecclesiastes 1:18

11. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that if we are experiencing pain from our material aspect we should consider all that the medical world has to offer in treatment and medication.

“No longer drink water *exclusively*, but use a little wine for the sake of your stomach and your frequent ailments.” 1 Timothy 5:23

12. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that if we are experiencing pain from our immaterial aspect we should consider all that Messiah has to offer for relief and transformation.

“Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.” Matthew 11:28-30

13. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that sometimes the pain we experience in our bodies is the result of the sin issues of our hearts.

“How blessed is he whose transgression is forgiven, Whose sin is covered! How blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit! When I kept silent *about my sin*, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; My vitality was drained away *as* with the fever heat of summer. I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin.” Psalm 32:1-5

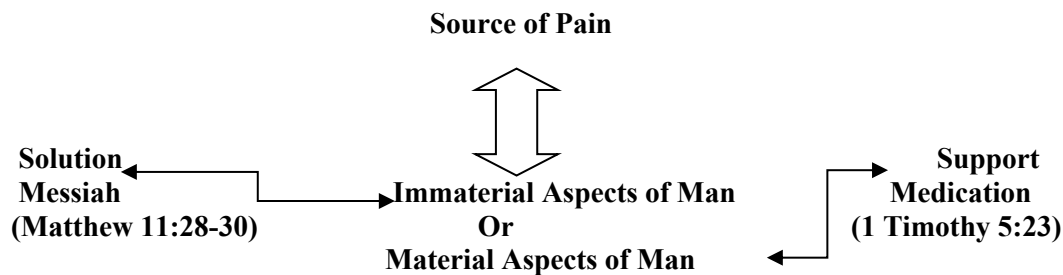
“O LORD, rebuke me not in Your wrath, And chasten me not in Your burning anger. For Your arrows have sunk deep into me, And Your hand has pressed down on me. There is no soundness in my flesh because of Your indignation; There is no health in my bones because of my sin. For my iniquities are gone over my head; As a heavy burden they weigh too much for me. My wounds grow foul *and* fester Because of my folly. I am bent over and greatly bowed down; I go mourning all day long. For my loins are filled with burning, And there is no soundness in my flesh. I am benumbed and badly crushed; I groan because of the agitation of my heart. Lord, all my desire is before You; And my sighing is not hidden from You. My heart throbs, my strength fails me; And the light of my eyes, even that has gone from me. For I confess my iniquity; I am full of anxiety because of my sin.” Psalm 38:1-10,18

14. In either case we must address the material aspect of man with all that the medical world has to offer through treatment and medication while addressing the immaterial aspect with all that the Messiah has to offer for relief and transformation.

“No longer drink water *exclusively*, but use a little wine for the sake of your stomach and your frequent ailments.” 1 Timothy 5:23

“Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.” Matthew 11:28-30

15. As a result of embracing the Bible and establishing a true objective standard for what is normal, one will come to understand that sometimes there may be physical issues that result from spiritual problems that may require medication for the physical issues; The root issues which were spiritual cannot be cured through medication but only through submission to the Messiah. The Bible is sufficient to provide everything we need for life and godliness which includes bad feelings that people try to address through drugs instead of the Messiah and His Word (2Peter 1:1-11, 2Timothy 3:16-17). God’s goal for our lives is not that we live to feel better but that we live to become better through the Biblical process of Change (Ephesians 4:17-32, Colossians 3:1-17). When there is no organic/physical basis found for discomfort/ or pain you will find that unbiblical responses to life’s situations are the core reasons for the discomfort/pain; Therefore, drugs may provide comfort with the discomfort or pain, but it does not address or resolve the source of the discomfort or pain (unbiblical responses) (Genesis 4:1-7, Romans 2:14-15). Sin behavior and the bad feelings that follow do not come from organic/physical problems of the body; sin behavior comes from the wickedness of the heart (Mark 7:14-23). The bad feelings that follow come from the conscience as result of it bringing judgment to the heart (Romans 2:14-15, 1John 3:21). Therefore, drugs are not the solution; The Messiah and His Word are the solution (Matthew 11:28-30, Psalm 19:7-9). Drugs will make you feel better but they will not help you to become better (Galatians 5:16-19-26, Genesis 4:1-7, Romans 7:4-8:15 Proverbs 31:4-7).



False Belief about Medication and Obedience:

Pain < Obedience (Lesser the pain/ greater my obedience)

Pain > Obedience (Greater the pain /lesser my obedience)

Therefore, medication is necessary for me to obey God

False Conclusion: Medication brings relief of pain resulting in one feeling better and being able to obey as a result of feeling better from the medication.

Fallacy: One believes that the power to obey is caused by feeling better as the result of taking the medication.

Fact: The power to obey is determined by the Holy Spirit, not the by-product of feeling better as a result of taking medication. Pain or lack of pain does not determine the ability to obey. The ability to obey is determined by one's relationship and submission to God or lack thereof. (Romans 8:1-15, Galatians 5:16-25)

(This information was adapted from The Heart of Man and the Mental Disorder by Rich Thomson and The Christian Counselor's Medical Desk Reference by Robert D. Smith, MD.)

16. As a result of embracing the Bible and establishing a true objective standard for what is normal, *Biblical counseling* becomes the means by which the issues of life can be addressed at their core level resulting in salvation and sanctification according to the will of God and not necessarily by the work of man.

Biblical counseling focuses on helping people deal with the heart issues that drive the behavioral issues as explained by God in His Word. (See James 3:13-4:10, Luke 6:43-45, Matthew 6:19-21, and Ezekiel 14:1-11)

Biblical counseling focuses on helping people turn from sin in their thoughts, words, actions and relationships as prescribed by God in His Word. (See Colossians 3:5-9, Ephesians 4:17-22, 1John 1:9, Proverbs 28:13-14).

Biblical counseling focuses on helping people walk in Christ's Righteousness in their thoughts, words, actions, and relationships as prescribed by God in His Word. (See Galatians 5:16-25, Ephesians 4:23-32, Colossians 3:10-25, and Romans 12:1-3)

Biblical counseling's goal is to facilitate the process of one becoming like Christ in all aspects of life. (See Ephesians 4:11-16 and Colossians 1:28-29)

Biblical Counseling leads a person into truth that comes from God and not human observations and theories that are an antithesis to Scripture. (See Matthew 28:18-20, 1Timothy 6:3-6, and 2Peter 1:16-21).

Biblical Counseling is a way to lead unbelievers to Christ as you share with them their ultimate problem (sin) and their true need salvation. (See Matthew 28:18-20)

Biblical Counseling is a way to help individuals in your Church grow spiritually as you share with them their problem (sin) and their solution—putting off sin and Putting on Righteousness. (See 2Peter 1:1-10)

Biblical Counseling is a way to provide the community with God's Solution's to life's problems. (See Colossians 1:28-29)

Summary: Mental disorders must be evaluated through a biblical lens in order to address the physical and spiritual issues that arise in those mental disorders appropriately. Mental disorders must be evaluated through a biblical lens in order to have the wisdom to discern the difference between what is physical and what is spiritual and the connection between the physical and the spiritual.