



In Christianity, the concept of mind, body, and spirit refers to the belief that humans are made up of three distinct but interconnected parts: the physical, spiritual, and mental. Our understanding of mind, body, and spirit emphasizes the importance of holistic health and wellness, in which all three parts are recognized and cared for.

PART 1: SPIRITUAL HEALTH

What does God tell us to do?

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace.

- Philippians 4:6-7 NLT

What does research say?

Researchers from Baylor University found that people who pray to a loving and protective God are less likely to experience anxiety-related disorders — worry, fear, self-consciousness, social anxiety and obsessive compulsive behavior. ([Baylor University Study](#))

What should I do?

Pray the "prayer of peace" every day.

Prayer of Peace

Almighty God, we bless you for our lives, we give you praise for your abundant mercy and grace we receive.

We thank you for your faithfulness even though we are not that faithful to you.

Lord Jesus, we ask you to give us all around peace in our mind, body, soul and spirit. We want you to heal and

remove everything that is causing stress, grief, and sorrow in our lives.

Please guide our path through life and make our enemies be at peace with us.

Let your peace reign in our family, at our place of work, businesses and everything we lay our hands on.

In Jesus' name, Amen



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PART 2: MENTAL HEALTH

What does God tell us to do?

Be thankful in all circumstances - 1 Thessalonians 5:18 NLT

What does research say?

"Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." ([Harvard Medical School](#))

What should I do?

Pray, say, or write 10 things that you are thankful for every day.

PART 3: PHYSICAL HEALTH

What does God tell us to do?

Physical training is good - 1 Timothy 4:8 NLT

What does research say?

Regular aerobic exercise will bring remarkable changes to your body, your metabolism, your heart, and your spirits. It has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress. It's a common experience among endurance athletes and has been verified in clinical trials that have successfully used exercise to treat anxiety disorders and clinical depression. ([Harvard Medical School](#))

What should I do?

Do 30 minutes of exercise a day for three days a week ([Mayo Clinic](#))

Additional Resources

If you would like to learn more about emotional and spiritual health, check out our podcast series Let's Talk About... ([YouTube](#))



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