



**WHEN
DIFFERENT
IS BETTER**

Part 1: A Different Approach to Life Guest Speaker: Dr. Blake Martin

APPETIZER

1. What is the 'therefore' *there* for? **Romans 1-11**
 - God is entirely holy. We are separated from God.
 - Christ is the free way back.
2. The body matters *and* is spiritual. **John 1:14**
 - soma σωμα: the whole or body of a thing, the complete parts, body as opposed to spirit
 - sarx σάρξ: the 'flesh', the physical or natural order, the seat of animalistic desires
3. Is the anthropology of Plato or Descartes really what the Bible teaches?
Different viewpoints of the same thing:
 - noos νοός: mind
 - psyche ψυχή: soul
 - pneuma πνεῦμα: spirit
 - kardia καρδιά: heart
4. Is a separate body and mind really what science teaches?
 - The body is the organized activity of many cells. Neurons are cells. Synapses are the interactions between neurons. Thoughts are the processes of neurons. 'Mind' is a process of actual and simulated thoughts.

DINE IN

1. What happens in the brain and what happens in the body?
 - Mental rehearsal is a physical practice (and vice versa)
 - Jesus the neuroscientist **Matthew 5:21-22, 27-28**
 - Behaviours that transform our thoughts
 - Thoughts that transform our behaviours
2. The inside out view of emotions...
 - Hot and cold cognition
 - Rumination: What was I thinking about again?
 - Anger, now with less sin! **Ephesians 4:26**
 - Emotions: Stereotyped physiological responses to stimuli.
 - Feelings: Our perception of that physiological response.
3. Practical (and spiritual) approaches to mind renewal...
 - Action, mental rehearsal rumination and transforming the cycle **Philippians 4:1**

TAKE OUT

- Repair or renovate? Choose your new mind wisely!
- Testing and approving God's will **Romans 12:3..**
- The wisdom of Dr. Amy Cuddy:
'Fake it until you become it.'
Romans 13:14



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Home Church Notes

HANGOUT [Warming Up to the Topic / Starting Conversations]

1. Have you ever made a New Year's resolution that had to do directly with your body?
2. Do you ever use adversarial or negative language when talking about your body, like it has betrayed you or has a mind of its own?
3. Do you see your body as fully "you", something separate, or somewhere in between?

HEAR [Listening to God through Scripture]

4. Read **Romans 8:5-13**. Take a moment to review the notes from Sunday's teaching. Do you view your body as a soma (body) or a sarx (flesh)?
5. In what way might you live differently if you believed that what you do in your mind affects your body?
6. In what way might you live differently if you accepted that what you do in your body affects your mind?
7. Practice makes permanent, not perfect. As you think about God's vision for your life heading into 2015, what imperfect pattern would you like to stop rehearsing? What new or unfamiliar pattern would you like to begin rehearsing?

HUDDLE [Making It Personal and Praying Together]

8. Read **Philippians 4:4-9** and then spend some time sharing and praying for each other.
9. Recall that the best time to invite God's influence in our transformation and renewing of mind is when we are *not* in the heat of the moment. Identify an area where you would like to see God's redemptive power, and share and pray with a partner or in your huddle.
10. Think about how you would like to commit to offering your body as a living sacrifice. You can ask for prayer that God would give you strength, or share an accountability goal. Make your goal specific, measurable, achievable, realistic, and time-bound (SMART). Suggest a time when your prayer partner or huddle should check back in with you. Then pray about your goals together to invite God to help you achieve them.

January 4 / 11, 2015

Quotes

There is no such thing as a disembodied mind. The mind is implanted in the brain, and the brain is implanted in the body.

~Antonio Damasio

The very problem of mind and body suggests division; I do not know of anything so disastrously affected by the habit of division as this particular theme. In its discussion are reflected the splitting off from each other of religion, morals and science; the divorce of philosophy from science and of both from the arts of conduct. The evils which we suffer in education, in religion, in the materialism of business and the aloofness of "intellectuals" from life, in the whole separation of knowledge and practice--all testify to the necessity of seeing mind-body as an integral whole.

~John Dewey

In no wise are the bodies themselves to be spurned. (...) For these pertain not to ornament or aid which is applied from without, but to the very nature of man.

~St. Augustine

That soma belongs inseparably, constitutively, to human existence is most clearly evident from the fact that Paul cannot conceive even of a future human existence after death, when that which is perfect is come' as an existence without soma – in contrast to the view of those in Corinth who deny the resurrection.

— Rudolph Bultman

You are what you do, not what you say you'll do.

— Carl Jung

Man does not have a soma; he is a soma

— Rudolph Bultmann

God is always at work in the world, and God is always at work in, and addressing, human beings, not only through one faculty such as the soul or spirit but through every fibre of our beings, not least our bodies. That is why I am not afraid that one day the neuroscientists might come up with a complete account of exactly which neurons fire under which circumstances, including that might indicate the person as responding to God and his love in worship, prayer and adoration.

— N.T. Wright

Why should the creator not relate to his creation in a thousand different ways? Why should brain, heart and body not all be wonderfully interrelated in so many ways that we need the rich language of mind, soul and spirit to begin to do justice to it all?

— N.T. Wright

When we talk about emotion, we really talk about a collection of behaviors that are produced by the brain. You can look at a person in the throes of an emotion and observe changes in the face, in the body posture, in the coloration of the skin and so on.

— Antonio Damasio

Any man could, if he were so inclined, be the sculptor of his own brain.

— Santiago Ramón y Cajal

Logic doesn't drop down from the heavens as pure reason; rather, it rises up from recurring patterns of embodied inquiry.

— Mark Johnson

Nothing inspires more reverence and awe in me than an old man who knows how to change his mind.

— Santiago Ramón y Cajal

I don't know how much Paul knew about brain science, but he might have agreed with us that the brain itself is linked so intimately to the heart and the body that the word 'mind' ought not to be thought of as referring to a different entity but to the whole entity seen now from the point of view of thinking, reflecting and (clearly, here) deciding.

— N.T. Wright