

## Jesus Wept The Bible and Human Emotions Lesson 8 1Q 2011

Resilience – what is it?

1. the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress
2. an ability to recover from or adjust easily to misfortune or change

Physical resilience –

What decreases physical resilience?

- Alcohol, tobacco, drugs, toxins
- Sedentary lifestyle
- Diet
  - Lack of essential nutrients
  - Meat
    - Increases risks of cancers and metabolic disorders across the board, increases inflammation
  - Milk
    - Animal studies aflatoxin, a fungus that grows in nature, in high concentrations can cause liver necrosis and cancer. Rats were randomly assigned to two groups, and received the same diet, except one of the groups had added casein protein, the protein from cow's milk. Then animals in both studies were dosed with aflatoxin. The animals receiving casein protein developed liver cancer, those not on casein protein did not.
    - Casein protein interferes with human DNA repair mechanisms
- Lack of sunshine or too much sunshine
- Dehydration
- Sleep deprivation
- Loss of hope
- Believing lies
- Age

## What promotes physical resilience?

- Avoidance of alcohol, tobacco, drugs, toxins
- Avoid animal products
- Hydration
- Nutrition
  - Vit D recently hot topic in med literature with epidemiological evidence supporting Vit D lowers heart disease, blood pressure, reduces cancer risk, improve cognition, reducing inflammation – activated Vit D, once through kidneys and liver, acts like a steroid, which is different from other vitamins.
  - Omega 3 Fatty acids – lipid membranes and scavenge free radicals, animal models show omega 3 fatty acids reduce end organ damage from diabetes mellitus
  - Vitamin E from food, concentrates in lipid membranes and scavenges free radicals
  - Vitamin C contributes to connective tissue health and concentrates inside cell fluid scavenging free radicals
- Exercise – improves physical reserves and produces anti-inflammatory effect
- Sunshine anti bacterial, vit D, stimulates immune system, anti cancer (in proper doses)
- Sleep (in harmony with biorhythms)
- Group support
  - Medscape News reports on a recent article in the February *Journal of the American Medical Association*:
    - <http://www.medscape.com/viewarticle/736734?src=mpnews&spon=12>
    - Dr. Spiegel's essay comes about 6 months after a study on palliative care in cancer was published in the *New England Journal of Medicine* (2010;363:733-742). In that study, the introduction of palliative care — a program designed to minimize pain and improve quality of life — at diagnosis, in parallel with standard oncologic care, was associated with a significant improvement in

survival in patients with metastatic nonsmall-cell lung cancer (NSCLS).

- After discussing the palliative care study in his essay, Dr. Spiegel states that "there is increasing evidence that social support affects survival [in cancer]." He cites 2 studies in particular: a study in women with early-stage breast cancer, which was led by Barbara Andersen, PhD, from Ohio State University in Columbus (*Cancer*. 2008;113:3450-3458); and a study by Dr. Spiegel himself in women with metastatic breast cancer (*Lancet*. 1989;2:888-891).
- To *Medscape Medical News*, he mentioned 3 other randomized trials and 1 matched-cohort trial that "have found that psychosocial treatment for patients with a variety of cancers produced both psychological and survival benefits." The cancers in these types of studies tend to be those with the poorest prognosis, including malignant melanoma, NSCLC, leukemia, and gastrointestinal tract cancers, Dr. Spiegel points out in his essay.
- Do we find this supported by Scripture?
  - "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light." Mt 11:28-30
  - Carry each other's burdens, and in this way you will fulfill the law of Christ. Gal 6:2
- Hope - What gives you hope?

General factors:

- Healthy intrauterine life – alters brain development
  - High stressed mother has increased stress hormones which alter the developing brain impairing the braking mechanism on the stress response – less resilience

- Healthy nurturing upbringing, alters brain development
  - Pups of nurturing mothers (licking/grooming) compared to pups of mothers who didn't nurture
  - Pups without attentive mothers had altered brain development such that they had over active amygdalas and social impairments
  - When pups of neglect mothers were reared by nurturing mothers their brain development was the same as the pups of the nurturing mother
  - <http://www.ncbi.nlm.nih.gov/pubmed/15220929>
- Genetic constitution

## Mental resilience

### What decreases mental resilience?

- Physical illness disease
- Poor physical health/conditioning
- Guilt
- Resentment
- Worry
- Fear
- Stress
- TV
- Video gaming (certain games) using psychic energy, less physical intimacy with spouse
- Believing in false God concepts

### What promote mental resilience

- Better physical health
- Sleep
- Exercise
- Family member confidant
  - significantly reduced the risk of overall behavioral and emotional problems by age 18.

- Females at age 18 who had a family member confidant
  - higher self-esteem and reduced risks of major mental disorders, suicidal thoughts, depression, drug disorders, and overall behavioral problems
  - Males with advice-giving families
  - had better school performance, lower school dropout rates, less depression, behavioral or emotional problems
- Family cohesion
  - in receiving school and community honors, and a reduced risk of numerous problems and some mental disorders. Family cohesion appeared to be especially important for young women in reducing risk of serious mental disorders.
- Is there scripture to support this –
  - Honor father and mother and live long – why?
- Knowing God – the truth about God
  - Does who you know make a difference? Does your personal relationship with God make a difference?
  - What if the God one worships is severe, revengeful, unforgiving? What if you fear the God you worship? If you make mistakes does it crush hope? If you see God as a severe judge waiting to punish what does that do to hope?
- Perspective – enlarging one’s view
  - Does perspective make a difference? What perspective enhances hope? What about purpose?
- Trusting God with outcomes
- Meditation and prayer
  - Meditating on God of love
- Helping others
- Having a purpose
- Having hope

## SABBATH

Read memory text – thoughts?

What do you hear when you read this text? What expectations do you have because of this passage?

What is this text promising? Is it promising deliverance? What kind of deliverance?

What about the 6 million Jews who claimed this promise during WWII?

<sup>4</sup> Jesus answered: “Watch out that no one deceives you. <sup>5</sup> For many will come in my name, claiming, ‘I am the Christ,’ and will deceive many. <sup>6</sup> You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but the end is still to come. <sup>7</sup> Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. <sup>8</sup> All these are the beginning of birth pains.

<sup>9</sup> **“Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me.**

<sup>10</sup> At that time many will turn away from the faith and will betray and hate each other, <sup>11</sup> and many false prophets will appear and deceive many people. <sup>12</sup> Because of the increase of wickedness, the love of most will grow cold, <sup>13</sup> but he who stands firm to the end will be saved. <sup>14</sup> And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come. Mt 24:4-14

Is this a promise to deliver us from earthly trials, tribulation and even death? What is it promising?

Why are we not to fear? Could it be because we see from a different vantage point?

Jesus said:

Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Matt 10:28

Of what are we not to be afraid? Are we to view things from a worldly or eternal perspective? Who decides whether we are saved or lost? Can any earthly trial, tribulation, army, attacker or evil entity decide whether you are saved or lost?

MONDAY

Read Romans 5:3-5

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Thoughts? What is the purpose of suffering? How and why does suffering help us?

In OT times David got in troubling for taking a census of his army, why?

Once David discovered he had tens of thousands of soldiers, bowman, spearmen, chariots etc. what might he be tempted to do? Might he be tempted to trust in his army rather than trust in God?

Today we have stocks, bonds, savings, retirement plans, houses, cars, land, investments and could we be tempted to trust in these rather than trust in God? Could trials be a way of helping use lift our eyes to a greater reality to where our real hope lies?

Do trials help to keep us humble? Do they help us remember our true source of strength, health, wisdom?

Do trials help us develop empathy?

Read 2Cor 1:3,4:

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup> who

comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

## Thoughts

How does God comfort us? I love this quote:

The Comforter is called "**the Spirit of truth.**" His work is to define and maintain the truth. He first dwells in the heart as the Spirit of truth, and **thus He becomes the Comforter.** There is **comfort and peace in the truth**, but no real peace or comfort can be found in falsehood. It is through false theories and traditions that Satan gains his power over the mind. By directing men to false standards, he misshapes the character. Through the Scriptures the Holy Spirit speaks to the mind, and impresses truth upon the heart. Thus He exposes error, and expels it from the soul. **It is by the Spirit of truth, working through the word of God, that Christ subdues His chosen people to Himself.** {DA 671.1}

What does this mean to you? How does truth bring comfort? Any examples?

- A person who is sick with an unknown illness is finally diagnosed – is there comfort in knowing?
- I have patients who run from mistakes, guilt, shame, but it is only when they embrace the truth, deal with the truth of their situation that they find peace.
- What about spiritual truth? What happens to peace when we believe lies about God? What happens when we come to the knowledge of God?
- How many here have experienced peace and comfort as your picture of God has changed to be like Jesus revealed?

Read 2Cor 1:8,9:

<sup>8</sup> We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under

great pressure, far beyond our ability to endure, so that we despaired even of life. <sup>9</sup> Indeed, **in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God**, who raises the dead.

Thoughts?

Into the experience of all there come times of keen disappointment and utter discouragement--days when sorrow is the portion, and it is hard to believe that God is still the kind benefactor of His earthborn children; **days when troubles harass the soul, till death seems preferable to life.** It is then that many lose their hold on God and are brought into the slavery of doubt, the bondage of unbelief. Could we at such times discern with spiritual insight the meaning of God's providences we should see **angels seeking to save us from ourselves**, striving to plant our feet upon a foundation more firm than the everlasting hills, and new faith, new life, would spring into being. {PK 162.1}

From who do we need to be saved? Self! Our greatest battle is with self, and our greatest battle with self is with powerful feelings.

Can we trust what we feel? What impacts our feelings toward discouragement? Is it not perspective, beliefs, what we think is transpiring? Does it make a difference to know what is actually happening?

Consider being pregnant but not knowing you were pregnant, and going into labor – would it be more terrifying to experience labor pain not knowing what was happening? Does understanding what is happening make dealing with the pain easier?

Read Matt 24:4-14

<sup>4</sup> Jesus answered: “Watch out that no one deceives you. <sup>5</sup> For many will come in my name, claiming, ‘I am the Christ,’ and will deceive many. <sup>6</sup> You will hear of wars and rumors of wars, but see to it that you are not alarmed. Such things must happen, but

the end is still to come. <sup>7</sup> Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. <sup>8</sup> **All these are the beginning of birth pains.**

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Thoughts? What do you hear being described?

Have any of these things occurred? Are any occurring today? What about presenting the gospel to the whole world?

If you were in the airport, waiting for your flight, and someone asked you, “What is the gospel?” What would you say?

What message should we be taking to the world? Any ideas on how we can do this more effectively?

Read 2Tim 1:11,12:

And of this gospel I was appointed a herald and an apostle and a teacher. <sup>12</sup> **That is why I am suffering as I am.** Yet I am not ashamed, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him for that day.

When we present the true gospel message, will we experience some persecution? Why?

Why is the truth about God so viciously opposed? Who in history have been the greatest opponents to the truth about God? Has it been the agnostics – or the religious?

What about today? And from where does persecution come at the end of time, from the irreligious or the religious?

Read first sentence last paragraph, “God does not want us to suffer needlessly.” Do we need to suffer? When and why?

## SUNDAY

Job – top question – “What is it about Job that makes him an example to be emulated?” thoughts?

Could the primary thing about Job that we would want to emulate be his knowledge of God, that no matter what happened he knew God is good?

The day is about patience – what has helps you gain more patience?

Do trials alone build patience? Or is it trials in the right mindset? I know many people whose lives are nothing but one trial after another and it never leads to patience.

What, in addition to trials is needed to develop patience?

For me it has definitely been coming to know God better, trusting Him with how things turn out, rather than believing I had to somehow calculate and make choices to ensure certain outcomes.

Read bottom green section, “Think about times...” thoughts?

“Pain is inevitable but misery is optional.”

## TUESDAY

Naomi, who had her husband and two sons die, is comforted by two daughter in laws of Moabite descent, one, Ruth who converted to Israel and went back with Naomi eventually marrying Boaz and becoming a progenitor of Christ.

Thoughts about this? What do we learn from this?

Read bottom green section – thoughts?

### WEDNESDAY

Esther was born into a world in which her people were in captivity to another nation – but it doesn't sound like they were slaves, just ruled or governed by another government.

Bottom green section asks us to consider our situation, how we didn't choose where we were born or what circumstances in which we were raised and consider how we can see the positive and move past the negative?

Thoughts?

### THURSDAY

Contentment – what is it? How do we get it? What prevents us from experiencing it?

### FRIDAY

Read first paragraph, thoughts? What do you hear? What does it mean?

Read and answer questions 1,2,3 and 5