

Ten Biblical Principles for Understanding Human Behavior

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1. God's word is a vitalizing and sustaining influence upon the life. "Your word is a lamp to my feet and a light to my path." Your word I have hidden in my heart that I might not sin against you." Ps.119:105; Ps.119:11.
2. Sin is the origin of human problems: selfishness, cruelty, unkind, hateful, angry emotions producing unbalanced minds that are unwilling to forgive. Romans 6;12; Gal.5:18; Eph.4:31,32;Jer.7:9.
3. God provides for our physical, mental and spiritual well-being. Therefore, He provides spiritual power to overcome all sins as we are obedient to His word. "I can do all things through Christ who strengthens me." Phil.4:13 "Whoever abides in Him does not sin."1John 3:6; 3John 2; Deut.6:2,3.
4. A mind is changed into the likeness of what it beholds. A healthy mind is the result of beholding Jesus Christ. To have the mind of Christ means to produce the fruits of the Spirit (love, joy, peace, kindness, goodness, gentleness, patience and self control) rather than the works of the flesh. Gal.5:22; Phil. 2:5; 2Cor.3:18; Proverbs 23:7.
5. It is with the mind we worship God. A new mind and heart is given to those who have surrendered themselves to Christ. Our thoughts are brought into submission to His will. The thoughts, centered upon Christ, will bring fruit unto righteousness and holiness so that we may reflect the character of Jesus. Titus 2:12; Eph.4:23,24; Ps.51:10; Eze.36:26.
6. Positive mental health is achieved by being in harmony with God's will and with the laws of nature. "I delight to do your will, O my God, thy law is within my heart." Ps.40:8; Ps.19:7-9; Ps.25:4-5;Ps.103:3.
7. Vital Force provides for total health. A brain-behavior-immune system effectively maintains the vital forces. A healthy state of mind depends upon the condition of the vital forces. The application of the eight natural remedies strengthens the vital forces. "God...breathed into nostrils the *breath of life* and he became a living soul." Gen.2:7; Eph.3:20; 2Tim1:7.
8. Biblical psychology is transformational. It provides a better understanding of how we are restored from sin. Health, peace and perfection of character are the result of knowing Jesus. MH 17; Isaiah 26:3; Luke 4:18.
9. Mind and body interact with each other. Everything psychological is simultaneously physiological. 1Ch.28:9; Luke 10:27.
10. Psychology is a part of the Gospel. Spirituality & true psychology are redemptive and work together to restore the mind of man. Ps.103:2,4, Ps.27:4; Luke 4:18,19; 3John 2; Matt.11:28,29,30.