

Healthy Initiative Study

Understanding Yourself: Body, Mind & Spirit

Definitions

Offered by Healthy Initiative Ministries - Ron Lively, M.Div., M.A.
medicalmobilizers.org/healthy-initiative-studies

Resource: [Addiction and Grace](#) by Dr. Gerald G. May. Published by Harper & Row, 1988. Dr. May was trained as an MD in the specialty of psychiatry. He wrote this book while doing an exploration of spirituality and the human brain when working for the Shalem Institute for Spiritual Formation in Washington, D.C. His key topics are: Desire, Experience, Mind, Body, Spirit, Grace, Empowerment and Homecoming.

Addiction - "Addiction exists wherever persons are internally compelled to give energy to things that are not their true desires. To define it directly, addiction is a state of compulsion, obsession, or preoccupation that enslaves a person's will and desire. Addiction sidetracks and eclipses the energy of our deepest, truest desire for love and goodness. We succumb because the energy of our desire becomes attached or nailed to specific behaviors, objects, or people".

Attachment

"Attachment, then, is the process that enslaves desire and creates the state of addiction".

Compulsions

Desire

Detachment

Displacement (Non Attachment)

Faith: A gift of God's Grace. Quote: "I (John Piper) said that covetousness is desiring something so much that you lose your contentment in God. Or: it's losing your contentment in God so that you start to seek contentment elsewhere. But this contentment in God is just what faith is". P. 222 – Future Grace (The Purifying Power of Living by Faith in Future Grace) by John Piper, published by Multnomah Books, 1995.

Freedom

Free Will

Grace - "For Christians, Grace is the dynamic outpouring of God's loving nature that flows into and through creation in an endless self-offering of healing, love, illumination, and reconciliation."

"All religions have a counterpart for Grace" and "there could be no liberation of our desires for love, without the Grace of the Divine".

"Grace is our only hope for dealing with addiction, the only power that can vanquish its destructiveness. Grace is the invincible advocate of freedom and the absolute expression a perfect love".

Hope

Journey

Love

Objects

Obsessions

Repression