

## Health and Healing Lesson 11 2Q 2010

### Optimism: Happiness and Healing

How do you feel about this lesson, this week?

Are you feeling optimistic?

### SABBATH

Read third paragraph, "Hope enables..." what hope do we have?

Read last paragraph, "We often..." how can we adjust our internal attitude?

As the gospel message spread in Pisidia, the unbelieving Jews of Antioch in their blind prejudice "stirred up the devout and honorable women, and the chief men of the city, and raised persecution against Paul and Barnabas, and expelled them" from that district. {AA 176.1}

The apostles were not discouraged by this treatment; they remembered the words of their Master: "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for My sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." Matthew 5:11, 12. {AA 176.2}

The gospel message was advancing, and the apostles had every reason for feeling encouraged. Their labors had been richly blessed among the Pisidians at Antioch, and the believers whom they left to carry forward the work alone for a time, "were filled with joy, and with the Holy Ghost." {AA 176.3}

Christ told His disciples that in the world they should have tribulation. They would be brought before kings and rulers for His sake; all manner of evil would be spoken against them falsely, and those who destroyed their lives would think they

did God service. And all, in every age, who have lived godly lives have suffered persecution in some form. . . . They have suffered every indignity, outrage, and cruelty which Satan could move upon minds to invent. {My Life Today 69.2}

To Christ, and to Christ alone, is given the right of authority over all things. Those who put their trust in Him, and will hold fast the profession of their faith firm unto the end, will be protected. As Christ's disciples, as laborers together with Him, there must be united action among all the laborers. Some are converted to the truth in one way, others are best reached by a different method. So the laborers will act, some in one line, others in another, but all may blend unitedly. To every man is given his work. {This Day with God 297.1}

Those who criticize their fellow workers open a door through which the enemy will enter. What can be more sad than to see brother working against brother, expressing suspicion and doubts of the other's sincerity? There is room enough for all to use their God-given talents. All are laboring with the one object of inspiring belief in the words of inspiration. Then let everyone so order his speech and work that he may be in harmony with those who are laboring to the same end as he himself. . . . {TDG 297.2}

## SUNDAY

Depression and Despair – wow, is this timely or what?

Read third paragraph – “There are two ...” thoughts?

How many genes would we have to include to account for 80% variance of depression? In other words, how many genes would have to be included to account for 80% risk/likelihood of depression? 93,000 genes. What does that tell us?

One gene the serotonin transporter gene has been implicated in depression. In the human genome there are two variants, one with a short arm and one with a long arm. Over 100 studies have shown

that the short arm version confers risk for depression 2 studies have shown it doesn't. What is going on? If a person has two short arm versions and is raised in an environment with stress, abuse, lack of nurturance or trauma etc. then they are at greater risk of depression. But if a person with two short arm versions is raised in a healthy, nurturing environment it conveys advantage and these individuals grow up to be leaders and dominant in the society. It appears the two short arm versions confer sensitivity and the environment then contributes outcome.

What implications does this have?

How do we deal with adversity?

Consider it pure joy, my brothers, whenever you face trials of many kinds, <sup>3</sup> because you know that the testing of your faith develops perseverance. <sup>4</sup> Perseverance must finish its work so that you may be mature and complete, not lacking anything.  
James 1:2-4

Are you joyous this week? Should we be? How have you experienced joy from the events of the last week?

We are all born infected with fear and selfishness, survival of the fittest. Our instinct is to watch out for ourselves, and retaliate and attack those who don't go along with us. This is Satan's kingdom and method.

God's kingdom is the kingdom of love, to give, to turn the other cheek, to be compassionate, forgiving, understanding and patient. We don't have to retaliate against those who do us wrong, they destroy themselves.

So, events such as the past week give us the opportunity to practice God's methods. So let's contrast God's methods and Satan's methods.

God's methods:

Love  
 Truth  
 Openness  
 Freedom  
 Humility  
 Tolerance  
 Reasoning  
 Evidence

Satan's Methods:

Selfishness  
 Deceit  
 Secrecy  
 Coercion/control  
 Arrogance  
 Intolerance  
 Non-thinking obedience  
 Declarations/claims

Our natural instinct is to practice Satan's methods, to retaliate, to attack, to become intolerant, etc. It is situations like this that we are presented with the opportunity to CHOOSE to exercise different neural circuits, to cooperate with God for the rewiring of our brains, the transformation of our characters, which simultaneously witnesses the power of God's kingdom as we love those who persecute us!

This is not easy, nor natural to our hearts. We can experience this only in cooperation with God.

It was when Moses was hidden in the cleft of the rock that he beheld the glory of God. It is when we hide in the riven Rock that Christ will cover us with His own pierced hand, and we shall hear what the Lord saith unto His servants. To us as to Moses, God will reveal Himself as "merciful and gracious, long-suffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin." Ex. 34:6, 7. {COL 162.3}

The work of redemption involves consequences of which it is difficult for man to have any conception. "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him." 1 Cor. 2:9. As the sinner, drawn by the power of Christ, approaches the uplifted cross, and prostrates himself before it, there is a new creation. **A new heart is given him.** He becomes a new creature in Christ Jesus. Holiness finds that it has nothing more to require. God Himself is "the justifier of him which believeth in Jesus." Rom. 3:26. And "whom He

justified, then He also glorified." Rom. 8:30. Great as is the shame and degradation through sin, even greater will be the honor and exaltation through redeeming love. To human beings striving for conformity to the divine image there is imparted an outlay of heaven's treasure, an excellency of power, that will place them higher than even the angels who have never fallen. {COL 162.4}

What if you believe distorted ideas about God? Let's review some brain science and come back to what happens when we believe lies about God:

Slide Show:

Things we can do to have a healthy brain:

- Know God – the truth about Him
  - Romans 1 the mind becomes darkened, depraved and futile if we reject the truth about God
- Live in harmony with His laws
  - All laws, law of love, health, liberty, worship etc.
- Exercise
  - Produces Interleukin 10 a powerful anti-inflammatory interleukin, endorphins, enkephalins, neurotrophic factors
- Regular sleep
  - Consolidates memories, neural restructuring, stress hormones
- Healthy diet
  - Nutrients essential for brain health
- Meditate on God's character of love
  - 12 minutes per day grows an anterior cingulate cortex, where we experience love and altruism and calms fear circuits
- Rejoice, keep positive attitude
- Keep larger view
- Medications if needed

## MONDAY

Read first paragraph, “Optimism...” thoughts?

What kind of things keep you overburdened and overworked?

How do you stay optimistic?

## TUESDAY

Read third paragraph, “Yet, even amid...” thoughts? Has anything in our lives taken God by surprise? How does that reality affect you? What impact does that have on our responsibilities?

The lesson quotes Romans 8:31, “If God is for us...”

- If God is for us can He also be against us?
- If God is for us can He be threatening to kill us if we don't love Him?
- If God is for us is He the reason we die?
- If God is for us will He use His divine power to inflict torture upon us?

What evidence do we have?

## WEDNESDAY/THURSDAY

A merry heart does good like a medicine Prov 17:22 – and science had demonstrated that mirthful laughter results in a healthier immune system, lower stress hormones and increase of mood improving hormones.

## FRIDAY

Read questions 1-3 and discuss