

Attitude, Energy Balance, and Resistance in Whole Person Care – Dr. Bill Morehouse

Type of Energy	In	Out	Intervention
Body (<i>soma</i>) Physical	Rest Sleep Health Good nutrition Well-being, fitness Sexual harmony (<i>eros</i>)	Work, toil Insomnia Illness, injury Malnutrition Improper exercise Sexual dysfunction	Scheduling Rectify disorder Medical treatment, healing prayer Dietary counsel, supplement Balanced exercise Godly therapy
Soul (<i>psyche</i>) Psychological Mind, emotions	Righteousness Good relationships (<i>phileo</i>) Marital harmony Family harmony Job satisfaction Wholesome fellowship Harmony with past Confidence, faith Financial security Stability	Self-righteousness, sin Destructive relationships Marital strife Family conflict Job, school stress Bad company Unresolved personal pain Anxiety, depression Economic problems Transition, stress	Repentance, discipline Interpersonal counsel Marital counsel Family therapy Vocational counsel Good friends, church Inner healing, prayer Reassurance, support Contentment, giving Concern, acceptance
Spirit (<i>pneumo</i>) Spiritual	Union with God Harmony with God Obedience Understanding Spiritual clarity, vision Love (<i>agape</i>), moral virtue Peace (<i>shalom</i>) Perennial joy Patience Spiritual vitality Optimism, hope Praise, worship Receiving ministry	Separation from God Conflict with God Rebellion Ignorance Spiritual confusion Selfishness, hypocrisy, guilt Spiritual torment, fear Emptiness, vanity Frustration Struggle, weakness Discouragement, hopelessness Intercessory burdens Ministry to others (<i>agape</i>) *	Reconciliation through Christ Spiritual guidance Yieldedness, mercy Bible study, teaching Prayer and fasting Empathy, forgiveness, wisdom Consecration, deliverance Infilling with the Holy Spirit Building faith Empowerment by the Holy Spirit Encouragement, inspiration Share, release burdens Priorities, "pruning"

Fatigue and lowered resistance occur when Energy In < Energy Out. Intervention is directed toward restoring positive balance, wholeness and integrity.

*The object is to attain a positive energy balance that enables an individual to give consistently more to others than they take.

God's Attitude

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

James 1:2-4

A joyful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

Rejoice in the Lord always, and again I say rejoice! Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.

Philippians 4:4, Proverbs 3:5-6

Our Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes.

Charles Swindoll