

Healing the Mind Series: by Betsy Bohan

Healing PTSD Through Biblical Application: The Basics

1. The basics of this portion is not to go over what is already put forth by the medical and scientific community rather it is to add another perspective that is largely ignored and that is the belief and premises of the Bible. Yet, as long as there had been man there has been an acknowledgement and a searching for a greater being over creation. This has brought forth many “gods,” faiths, and belief systems. Some people have chosen not to believe in any supposed spiritual dimension. In this series I have created, I am coming from a Biblical standpoint, and the belief in the One True God as in Exodus 3:14-15 when God tells Moses His name, the I AM, Yahweh, the Self-Existent One.

2. Using the premises of scripture, the Bible, we must then understand man is made in God’s image as found in Genesis 1:26-27 and is a tri-part being with the body, soul (mind, will, and emotions), and spirit. God is a tri-part being with the Father, Son (God made visible in bodily form. See Colossians 1:15 and Hebrews 1:3), and the Spirit.

3. Man was created to have relationship with God, but this was broken when Eve listened to the Serpent in the garden and chose to disobey God and eat of the fruit God instructed Adam and Eve not to eat. They had been given their own free sovereign wills. In eating the fruit, they not only disobeyed God, but came under death and the dominion of Satan, the father of all sinners. Read Genesis 2:4 - 3:24, John 8:44, 2 Corinthians 11:3, Ephesians 2:2, Acts 10:38, and 1 John 5:19.

4. In order to restore the relationship back to man, God had to enact a plan of redemption which was carried out through Jesus, His Son, who came to earth to pay the penalty for sin and make a way for us to, by our own sovereign wills, accept this gift of salvation and so be “born again” into the family of God with a new nature. Read John 1:12-13, 3:1-21, John 14:6, Romans 1:16, 6:23, and 1 John 4:10.

5. This life is far more than just flesh and blood, and the mind. There is a spirit world. God, the I AM, is in charge and control but is letting the plan go forth as He has designed it. In the spiritual dimension of life are good forces of God and His angelic beings, and there are evil forces of the Adversary, Satan and his wicked spirits. Jesus made it very clear in John 10:10 what the plan was of both. It is all this that comes into our lives and affects us in our initial trauma, further traumas, and our healing.

“The thief comes only to steal and kill and destroy. I have come that they may have life, and have it in all its fullness.” (BSB)

Understanding the above premises is crucial to deep healing of a tri-part human being.

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