

Sarah Sokol

Thesis

04-06-2023

### Senior Thesis

“Sometimes, I hate God.” This may come to your surprise, but this is a quote from Martin Luther. I imagine you may be in some disbelief, but I assure you that these words came out of Martin Luther’s mouth. And maybe you are thinking, “Oh, she isn’t talking about the Martin Luther I am thinking of, maybe she is talking about the man who ‘had a dream’ “? But no, I am talking about Martin Luther who nailed the 95 theses to the Wittenberg church door, who changed Christianity for the better, the one we celebrate at our school, on October 31st to this day, that is the Martin Luther I am talking about. Now let me explain why he would say such a thing. Martin Luther, a devoted Christian whose accomplishments forever changed the church and brought us to where we are today, struggled with bipolar disorder and deep depression. His depression would get so bad that he couldn’t get out of bed for a whole day. He went through a manic phase because of his bipolar disorder and he hyper-focused on the Bible to where he would experience extreme productivity that lasted for days, which resulted in his writing of the 95 theses. He would become hyper-focused on confessing his sins that he would sit in the confession pulpit for 3 to 4 hours trying to confess every single sin he had committed the previous day and then as he was leaving the confessional would search his soul for more sins to confess, making the priests dread listening to his sessions. One reason he felt the need to confess so many sins was because he was told that his justification was based on his righteous acts. Which is why he said, “Love God? You ask me if I love God? Sometimes I hate God. I see Christ as a consuming judge who is simply looking at me to evaluate me and to visit affliction

upon me.” Until one day he came across Romans 1 and discovered that we are saved by grace alone, through faith alone, in Christ alone, we trust in the word alone for the glory of our God alone, which some of you may know as the five Solas. Martin Luther, although having some mental health issues, was one of the most influential Christians of our time and is an encouragement to anyone who struggles with some of the same illnesses as he did.

Depression can be a very broad term and is used by many. According to Oxford, depression is “a condition of general emotional dejection and withdrawal; a sadness greater and more prolonged than that warranted by any objective reason” Depression is loosely used and can be given many meanings so you need to be careful with how you use it. Anxiety is “a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.” (Oxford Dictionary) Anxiety and depression usually go hand in hand. There are many kinds of anxiety, but a few of them are anxiety disorder, panic disorder, and social anxiety disorder. Anxiety disorder is not just a feeling that comes before a nerve-racking event and then goes away. Anxiety disorder is a persistent feeling that can come up without an obvious reason behind it. Panic disorder includes frequent and unexpected panic attacks without there being a trigger, and social anxiety disorder is a disorder where you experience intense fear of being watched or judged by others, for some people the fear of social situations is so extreme that it is uncontrollable. Mental health is probably the most vague and widely varied term I mention, so I will clarify that it is “a person’s condition concerning their psychological and emotional well-being.

“According to the National Alliance on Mental Illness, one in five U.S. adults experiences mental illness. One in twenty U.S. adults will admit to suffering from a serious mental illness. Nineteen percent of U.S. adults experience anxiety disorders. The real problem is that, according

to these same surveys, only 45% of adults with a mental illness will get treatment in any year.”

An important question to ask ourselves is, “How does one come into a mental illness?”

Biological, psychological, or environmental factors cause most mental health issues. What that could mean is that you could get a mental health issue that was passed down through genetics. Sometimes mental health issues are brought about by an injury. This may cause your brain to have too much or not enough brain chemicals, which are called neurotransmitters within those circuits. Some other causes could be from your environment impacting you like severe emotional, physical, or sexual abuse, a major loss such as losing a parent or loved one, and neglect. Now, not everyone who goes through those things will develop a mental illness. These are just common reasons for one to get a mental illness.

There have been many famous Christians in the past that dealt with serious mental health issues. A familiar name everyone should know is Abraham Lincoln. This quote I found from *Blame It on the Brain* (pg 116-117) voices, “I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on the earth. Whether I shall ever be better, I cannot tell; I forebode I shall not. To remain as I am is impossible. I must die or be better, I think.” One very common side effect of depression is numbness. It would seem that numbness would be the opposite of pain, but it seems to just be another form of it. Abraham Lincoln, even though he had to forego this depression, is one of America’s most beloved and accomplished Presidents.

Talking about mental health would benefit those who struggle with it and also those who do not. The Church needs to integrate more open talk about mental health. This excludes mental health around the world; I am focussing on the Church Body and how they should handle it. This

is concerning the stigma that the church has around mental health and how dangerous it is becoming. Here, ignorance is not bliss. I am addressing how church leadership is lacking in accommodating the needs of the church body. Ignoring something that is in the Bible, just because you aren't comfortable with it or not familiar with it, is not an excuse to ignore it. Not all churches are lacking in their awareness of mental health. This is geared towards the general group of churches based on statistics I have accumulated.

Pastors need to be more aware of the impact that sermons about mental health have on a congregation. Not enough pastors preach on mental health issues. 49% of pastors report that they rarely or never speak of a mental illness in their sermons. “A 2016 study conducted by LifeWay Research and published in ChristianityToday revealed the horror and reality that only seven percent of church pastors discuss mental health with their congregations “once a month” or “several times a month.” Meanwhile, 92 percent of pastors reported talking about mental health in sermons or church functions “once a year, rarely, or never.” If we ignore the problem and push it away, it will not make it better. Not only is mental health mostly ignored in the church, but is thought of as a bad thing that we as Christians shouldn’t have to deal with. We are told that we are not to be anxious about anything but to give it all to God and that being anxious is a thing to be ashamed of. While popular verses like Philippians 4:13, which reads “I can do all things through Christ which strengthens me.” or Philippians 4:7-8 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus,” this brings many of us strength and peace, do they also protect us from having to interact with the complex and often taboo nature of mental illness? (Dewey Mullis)

If we are not to be anxious about anything and can do all things through Christ, then we shouldn't have to struggle with mental illness, right? Well, I'm assuming that you know that is not true, but I will get more into that later. Stigma is, according to Oxford Language Definitions, "a mark of disgrace associated with a particular circumstance, quality, or person." So basically stigma is when something has a negative connotation towards it. We get rid of the stigma around mental health by properly educating people on what it is so that it won't seem so scary or complicated. Addressing the stigma of mental illness in the church will help Christians understand those struggling to help them with it. One thing that would help is having Bible studies or a small groups about mental health. This allows the person dealing with mental issues to feel more comfortable sharing and can relate to others in the group who may deal with some of the same issues as them. These small groups can bring about a safe way to share your struggles or to lead one of these groups and help others who are struggling.

Another way to avoid people having a stigma around mental health is to talk about these issues while people are still young. Talking about these things in youth groups would help change the next generation and give them a clear understanding of what mental health struggles are and how to deal with them as a follower of Christ. One way to get people to listen is to get someone that they either look up to or that they can relate to to speak in front of them. Having a speaker come into your church or youth group that has struggled with those mental health issues as a Christian and has overcome or learned to deal with them will not only catch the ear of the listener but will give the speaker more credibility than a pastor who is just speaking about something they have had no experience in. This could be several people, including a youth pastor, a member of the congregation, a friend of someone in the youth group, or perhaps a Christian counselor with a mental illness of their own. Have a medical professional speak to the

congregation about the reasons behind these mental health issues. One person who comes to mind is Renee Diamond. She is a Christian and well-educated doctor that I am sure would be glad to share her wisdom on the subject. This would hopefully help the audience that didn't grow up talking about mental health understand how serious it is.

There should be a Christian therapist available to the church. I know it can be hard for smaller churches to keep on hand a mental health professional in their church. Getting connected to your local mental health professional to come into the church and help those who require it solve that. I talked to Pastor Brian Lund and asked him how he would address the problem of a member of the church seeking counseling or therapy, because he pastors a small church, and he said that they have had struggles with that in the past but have been able to seek help from the local facilities. Also, if there are families who need mental help in the church and the church doesn't have the resources to get a Christian therapist, the congregation could donate and help that family in their time of need. Even just a dollar would help add up to give this person the financial support they need. We are called to do this in Proverbs 3:27, which states, "Do not withhold good from those to whom it is due, when it is in your power to act." This would be a very beneficial way to help our brothers and sisters in Christ and a way to show God's love to those who need it.

How can we as a body help? It is important to remember the power and importance of prayer. Praying for someone is not only something every person can do, but it is giving it to God who is very gracious] and helps us in times of trouble. This is not to substitute medical professional help, but these should go hand in hand, using the gifts God has given us to our full capability, and then also remembering that we can also only do so much, and we need to

surrender our troubles to God and ask Him for help. This reminds me of an analogy in 1 Corinthians 12:26, “If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.” The connection between people as members of the Body of Christ should be like the connection of a human body. All the parts have different jobs and duties in the church that involve each other. These parts complement each other and depend on each other. If one part is struggling or fails, it affects the whole body. If one part gets infected, it infects the whole body. If one part isn’t doing its job, it affects the whole body. If a member of the congregation is suffering mentally, it is our job as the body of the church to help “heal” that part of the “body” to help the whole church function properly and cause us to grow closer to each other and God. There are so many ways that we can help our church body, whether it be financially or through prayer. We are without excuse.

We also can look at people in the Bible who struggled with mental illness and how they dealt with them. For example, we can look at the story of Mary Magdalene. This quote from Meg Bucher shows us that,

“Mary was a Jewish woman from the fishing town of Magdala on the western shore of the Sea of Galilee. Her name is mentioned 12 times in the Gospels, more than most of the apostles. Mark and Luke recorded the healing of demons from Mary’s life in their Gospel accounts. For a picture of what it must have been like for Mary to suffer through this in the first century, imagine the shame of being linked to physical or psychological illness as a cause of demon possession.” (Bucher)

Mary suffered from many terrible things in the Bible that lead to her mental sickness, Bucher goes on to note that,

“Mary must have suffered from severe emotional or psychological trauma to deem an exorcism necessary. She was battered and bruised, injured, and in agony from the suffering demon possession entailed. Mary

lost all control and dignity, along with everything she knew in her previous life. Beauty and wealth did not spare her from the evil that assailed and attacked her every hour of every day. “Seven is a mystic number suggesting ‘completeness,’ implying that when the evil spirits dominated Mary, the suffering was extremely severe.”

Even though Mary had to go through all of this terrible trauma, she was known as one of Jesus’ disciples, whose faith did not waver. She was the first to witness Jesus after His resurrection and she went and spread the word of His returning. It is important to remember that God can use the bad things that happen to us in life for good. And this also gives us an example of not giving up when things get hard. Mary could have turned her back on God for letting her go through all of that trauma, but she became one of God’s most faithful servants. You can never be too far gone for Jesus, even when you have been possessed by seven demons. Jesus helps us when we are struggling, and it is comforting that we can lean on Him through those struggles. Psalm 9:9 declares, “The Lord also will be a stronghold for the oppressed, a stronghold in times of trouble.”

Sometimes it is good to just listen to someone who is struggling with mental health and not try to fix it or give your opinion. Also, if we show kindness, we can make a difference in how that person perceives the Christian faith and maybe open an opportunity to share the gospel. Sometimes, by restraining your opinion in a situation, that person may be more open to hearing what you have to say later. Proverbs 16:22 states, “The wise of the heart is called discerning, and sweetness of speech increases persuasiveness.” This verse explains that we can become more persuasive just in our tone of speech. This is such a simple way to open a door to share the gospel and not one that we should overlook. We also don’t want mental health to be something that is looked down upon or shamed. We want those struggling with their mental health to feel



welcomed and accepted by the church. They should feel comfortable sharing their struggles and receive guided help from those in the church. The church should be the one place they feel welcome and heard when everyone else has shut them down.

Churches and Christians need to realize that mental illness is just as serious and painful as an actual physical injury and should be treated so. And also mental illnesses are not a result of something that you did wrong. It is not because you are not trusting in God. God allows physical illnesses to occur, so why would that not be the same for mental illness? “A friend once shared with me, “When someone came home from having knee surgery, half of the church brought food and sent cards. When my husband came home from the hospital after a suicide attempt, our fridge stayed it’s usual empty.” This is just a tiny example of the church's attitude towards mental health. I grew up being told that the only people that go to therapy are the crazy people or people those that have gone through some terrible trauma. That seems to be an occurring theme throughout the older generations. There was this attitude towards mental health, that mental illness meant you were crazy. Now this isn't because there is some evil in this generation that wants to misinform us, it is simply because they were not properly informed. I know my parents specifically used to have this outlook on mental illnesses and have changed their view completely because my sister got her degree in psychology and could inform them properly. People only have a negative view of mental health because it is what they were taught to think, not because they are against it. Also, helping others get therapy would educate them more about it, and then they could come back to the church and share their knowledge and experience with it.

If we are not to be anxious about anything, then why do so many Christians suffer from anxiety and depression? “Rejoice in the Lord always. I say it again, rejoice! Do not be anxious about anything, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7. According to The Psychiatric Resource, 7 million American Christians suffer from depression. How can this be when the Bible tells us to not be anxious about anything? First, many factors can lead to depression. Some causes of depression are family history, substance abuse, trauma, and medical illness. But why would a Christian have depression if the Holy Spirit gives us joy? Or why do we feel anxious if God gives us peace and rest?

Is it a sin to be anxious?

“Paul and Jesus explicitly command us not to be anxious, so is being anxious a sin? Jesus says: “Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on” (Matthew 6:25). And then he gives eight reasons in that paragraph in Matthew 6 why we don’t need to be anxious and shouldn’t be anxious — “Do not be anxious about tomorrow, for tomorrow will be anxious for itself” (Matthew 6:34). Or Matthew 10:19: “When they deliver you over, do not be anxious about how you are to speak or what you are to say.” And Paul in Philippians 4:6: “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Piper)

Now, all of these verses seem to be clear that we are not to be anxious, but the question lies within whether it is sinful or not.

According to McGarry, doubts and anxiety themselves aren’t sinful, but doubts that lead to breakage in faith, similarly to those of anxiety, are sinful (McGarry).

Similarly, being tempted is not a sin; we know this because Jesus was tempted and never sinned, but conceding to temptation is a sin. You can feel anxiousness and fear, but the importance lies

in how you proceed with these emotions. So no, being anxious is not sinful, unless you let it become sinful. It is up to you. It comes down to the heart and what is behind the anxiousness that you feel. Be consistent in prayer to God and ask Him to give you peace of mind. He listens to all our prayers and cares deeply for our needs.

Jeremiah 17:14 exclaims, “Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.” If mental illness is just as serious as a physical illness, then the Lord should be able to heal us from that too, right? Then why are we taking external remedies, such as medicine and therapy, when all we need to do is ask the Lord to heal us? These questions may arise from a Christian Scientist. Christian Science is the belief that we can rely on the Holy Spirit alone to heal us and that we do not need medicine to do so.

Phineas Parkhurst Quimby was an American mesmerist and “healer”. He developed a belief system that stated that illness was just in your mind and that incorrect beliefs caused those illnesses. Mary Eddy wrote books regarding her beliefs in Christian Science. Eventually, she wrote, what seemed to be, textbooks on how to practice the Christian Science views, and she held her class where she taught the practice. She gained fifteen followers, and they together founded the first Christian Science Church. Christian Science does not hold Jesus as the son of God, but only as a good man that lived as he should and how we all should. They do not just view Jesus as a moral precedent, but that His resurrection and miracles throughout His life show that it is possible to overcome our mortal limitations. The more Christ-minded we are, the closer we are to overcoming our mortal limitations. We must surpass the materialistic view of humanity and arrive at spiritual reality. This is a radical view of the Holy Spirit and its healing. We understand that the Holy Spirit can heal, but that doesn’t exclude other methods of healing. God specifically gave us the capability to utilize external methods of revitalization.

The Christian Scientists think that if you are sick, it is because you weren't following God the way you were supposed to and you need to change your ways and then you will be healed. Christian Scientists think sickness is induced by deviance from the Bible, and that recourse results in healing. This is an incorrect way of interpreting illness from the Bible.

“As he went along, he saw a man blind from birth. His disciples asked him, ‘Rabbi, who sinned, this man or his parents, that he was born blind?’ ‘Neither this man nor his parents sinned,’ said Jesus, ‘but this happened so that they might display the work of God in his life.’”

This verse from John 9: 1-3 states that bad things don't happen to us necessarily because we have sinned, but that the works of Christ might be displayed in us. Christian Scientists believe that illness is caused by sin, but this verse shows us that illness, or other bad things that happen to us, are not a result of a sin we commit. They are a part of the bigger picture that God has instore for us so that His works might be displayed in our lives

Oftentimes I have heard the question, “How do you know if someone is struggling with a mental disorder or is just blaming their behavior on their brain?” What you need to do is look at their symptoms and distinguish if they are physical or spiritual symptoms. Look at that person's actions and ask yourself, “Does the Bible prohibit or command this behavior? Can this behavior be best described as a strength or a weakness?” We can use the example of ADD. ADD stands for Attention Deficit Disorder. Kids with ADD struggle with inattention, hyperactivity, and impulsivity. What if some kids are diagnosed with this and are just disobedient? What if they are just excusing their behavior with a mental illness? Something to consider is if this disorder seems to be a heart issue or a mental issue. For example, if your child is hitting another child because he is playing with his toy, there is not a very logical reason for that to be caused by ADD. The child knows it is wrong to hit others and is acting on his sinful nature. But if you ask your child

to finish their homework or clean their room and you notice that they are procrastinating, is this a heart issue or mental issue? At first look, it can seem like a spiritual problem of disobedience, but there can be other factors such as your child getting distracted from his cleaning and starting to play with his toys due to his attention deficit. Or maybe the child doesn't know how to complete a certain task, so they result to a distraction, to cope with their deeper problem. In these cases you are able to see some ways to distinguish between disobedience and mental health issues within your children. (Welch, E.T. pg. 118-121)

Martin Luther had deep depression and bipolar disorder while writing the 95 theses, Abraham Lincoln led a country to freedom from slavery while suffering from severe depression, and Mary Magdalene had seven demons driven out of her, yet she was considered one of Christ's most faithful servants. These people, even though going through mental health issues, accomplished great things in the name of Jesus. The Church needs to integrate more open talk about mental health. Pastors can incorporate mental health into their sermons, or bring a medical professional to talk to those in the congregation. The congregation can give either financially to those in the church who need support in their mental health struggles. The church needs prayer and all of us can contribute. Martin Luther didn't just miraculously become mentally stable. It took time and devotion to the Lord. It took his peers praying for him, time devoted to reading the Bible, and the Lord speaking to him. He did not get his mental illness from something sinful he did in the past. Mental illness results from the fall. It is the result of sin coming into the world. We go through hard things like mental illness not because we sin, but so that glory might be shown to God. 1 Thessalonians 5:16-18 says, "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." This is a verse we all should abide by, giving thanks in all circumstances. This means giving thanks when we are feeling great

and also giving thanks when we are at our lowest of lows. God is faithful and will not leave us when we need Him the most. It is the church's job to make sure that we are handling those with mental health issues correctly. Even though someone could come into the church saying they are depressed and they are not, we are still called to love them and show them Christ's love when no one else will. And if they are lying about being depressed, then they are probably looking for attention or something to fill a hole in their heart that needs to be filled with Jesus. This gives us opportunities to further advance the kingdom and speak to a culture that very much needs Jesus. I love this quote from Martin Luther that claims, "You are not only responsible for what you say, but for what you do not say." We are responsible as a church not just for what is being said in church, but for what is not being said in church. If 95% of pastors don't mention mental health in their sermons, then we are failing in the church for what we have not been saying about mental health. We can work together as a church to help accumulate a mental health-educated congregation and from there on, deal with people struggling with mental health in a way that Jesus would have. But most importantly we need to pray. Asking God for help and wisdom is always the answer in all circumstances, as Martin Luther so wisely puts it, "To be a Christian without prayer is no more possible than to be alive without breathing."

#### Works Cited

*10 signs you could be depressed without knowing it* (no date) *Navarro Medical*. Available at:  
<https://navarro-medical.com/blog/10-signs-you-could-be-depressed-without-knowing-it/>  
(Accessed: 09 May 2023).

Piper, J *Anxiety: Sin, disorder, or both?* (2023) *Desiring God*. Available at:

<https://www.desiringgod.org/interviews/anxiety-sin-disorder-or-both> (Accessed: 09 May 2023).

Carter, J. et al. (2021) *9 things you should know about 'christian science'*, *The Gospel Coalition*.

Available at: <https://www.thegospelcoalition.org/article/christian-science/> (Accessed: 09 May 2023).

Chapel, F. (2022) *Prayer can eradicate anxiety and bring peace of mind - philippians 4:6-7 - faith*

*chapel, Faith Chapel Assembly of God Pleasanton*. Available at: <https://agfaithchapel.org/bible-verses-list/philippians-4-6-7> (Accessed: 09 May 2023).

*Depression* (no date) *depression noun - Definition, pictures, pronunciation and usage notes | Oxford*

*Advanced Learner's Dictionary at OxfordLearnersDictionaries.com*. Available at:

<https://www.oxfordlearnersdictionaries.com/us/definition/english/depression#:~:text=depression-,noun,being%20unable%20to%20sleep%2C%20etc.> (Accessed: 09 May 2023).

Len Lantz, M. (2023) *Stigma and 7 million American Christians with depression*, *The Psychiatry*

*Resource*. Available at: <https://psychiatryresource.com/articles/stigma-and-7-million-depressed-christians> (Accessed: 09 May 2023).

Magazine, S. (2006) *Who was Mary Magdalene?*, *Smithsonian.com*. Available at:

<https://www.smithsonianmag.com/history/who-was-mary-magdalene-119565482/> (Accessed: 09 May 2023).

*Overcoming health anxiety, part one* (2022) *Biblical Counseling Coalition*. Available at:

<https://www.biblicalcounselingcoalition.org/2022/03/23/overcoming-health-anxiety-part-one/> (Accessed: 09 May 2023).

*Oxford languages and google - english* (no date) *Oxford Languages*. Available at:

<https://languages.oup.com/google-dictionary-en/> (Accessed: 09 May 2023).

Upshaw, W.N. (2020) *How to know if you or a loved one is faking mental illness*, *NeuroSpa*. Available

at: <https://neurospatms.com/how-to-know-if-you-or-a-loved-one-is-faking-mental-illness/>

(Accessed: 09 May 2023).

*What is depression?* (no date) *WebMD*. Available at:

<https://www.webmd.com/depression/guide/detecting-depression> (Accessed: 09 May 2023).

2, teresa on J. (2019) *Martin Luther: Greatness in the face of depression*, *Wounded Birds Ministry*.

Available at: <https://www.woundedbirdsministry.com/martin-luther-greatness-face-depression/>

(Accessed: 09 May 2023).

*Anxiety disorders* (no date) *National Institute of Mental Health*. Available at:

<https://www.nimh.nih.gov/health/topics/anxiety-disorders> (Accessed: 09 May 2023).

*Beliefs and practices* (no date) *Encyclopædia Britannica*. Available at:

<https://www.britannica.com/topic/Christian-Science/Beliefs-and-practices> (Accessed: 09 May 2023).

*Bible gateway passage: Psalm 132 - new international version* (no date) *Bible Gateway*. Available at:

<https://www.biblegateway.com/passage/?search=Psalm+132&version=NIV> (Accessed: 09 May 2023).



Fikkert, E. (2021) *Mental health and the church: Everybody belongs, serving together*, Faithward.org.

Available at: <https://www.faithward.org/everybody-belongs-serving-together/mental-health-challenges-and-the-church/> (Accessed: 09 May 2023).

Grace Theological Seminary (2021) *Mental health and the Church*, Grace Theological Seminary.

Available at: <https://seminary.grace.edu/mental-health-and-the-church/> (Accessed: 09 May 2023).

Mullis, D *The invisible congregant: The Church's relationship with mental illness* (2018) Moravian

*Church In America*. Available at: <https://www.moravian.org/2018/10/the-invisible-congregant-the-churchs-relationship-with-mental-illness/> (Accessed: 09 May 2023).

*The insanity of Luther* by R.C. Sproul from the holiness of god (no date) Ligonier Ministries. Available

at: <https://www.ligonier.org/learn/series/holiness-of-god/the-insanity-of-luther> (Accessed: 09 May 2023).

*Powerful quotes from 5 leaders of the protestant reformation* (2023) Concordia University Texas.

Available at: [https://www.concordia.edu/blog/powerful-quotes-from-5-leaders-of-the-protestant-reformation.html#:~:text=Martin%20Luther%20\(Germany\)&text=%22You%20are%20not%20only%20responsible,receives%20sinners%20preaches%20to%20you.%22](https://www.concordia.edu/blog/powerful-quotes-from-5-leaders-of-the-protestant-reformation.html#:~:text=Martin%20Luther%20(Germany)&text=%22You%20are%20not%20only%20responsible,receives%20sinners%20preaches%20to%20you.%22) (Accessed: 09 May 2023).

A., V. der K.B. (2015) *The body keeps the score: Mind, brain and body in the transformation of trauma*.

UK: Penguin Books.

JEFFREY., B., MATTHEW MCKAY, JEFFREY C. WOOD, AND (2021) *Dialectical behavior therapy skills workbook*. S.I.: READHOWYOUWANT.

Welch, E.T. (1998) *Blame it on the brain?: Distinguishing chemical imbalances, brain disorders, and disobedience*, Amazon. Available at: <https://www.amazon.com/Blame-Brain-Distinguishing-Imbalances-Disobedience/dp/0875526020> (Accessed: 09 May 2023).