

	BODY	BELIEFS	BONDS	SPIRIT	DEMONS
<b>INFANT</b> Watching	Infants experience security when their needs are met without needing to behave a certain way.	Infants do not develop core beliefs. Instead, they watch and “download” what they see.	Infants form joy bonds when they get regular joy workouts. They form fear bonds when they miss out on these workouts or are forced to bond to scary people.	Infants watch as others pray and listen to God on their behalf.	Infants watch as others deal with warfare issues on their behalf.
<b>CHILD</b> Learning	People at child-level maturity can take care of their own physical needs, but may not help you take care of yours.	People at child-level maturity can learn to “feed themselves” from Scripture with help.	People stuck at child-level maturity are prone to fear mapping their world because of a lack of safe, secure attachments.	People at child-level maturity need to be taught how to pray. Model prayers can be helpful.	People at child-level maturity can learn to recognize and remove demonic activity for themselves.
<b>ADULT</b> Practicing	Adults consider what is best for their group’s health while taking care of themselves.	Adults are able to understand what they believe and why they believe it.	Adults create belonging wherever they go.	Adults need a strong group to fuel their spiritual growth.	Adults help defend their group from spiritual attack.
<b>PARENT</b> Training	Parents manage diet, sleep, exercise, and medical care for infants and children.	Parents lead children in developing a worldview and values that reflect the family and the Bible.	Parents create belonging in a family. They pass on relational skills by modeling and instructing.	Parents model and train children in spiritual disciplines and relational joy.	Parents pray against the enemy and train their children in warfare basics.
<b>ELDER</b> Blessing	Elders keep their bodies healthy. They also look after the general health of their community.	Elders serve as a source of wisdom about the worldview and values of the culture.	Elders create belonging within a community. They care for those without families.	Elders live in the Spirit and spend extended time in prayer for their communities.	Elders defend their communities from spiritual attack and handle the most difficult warfare cases.

Now that we have spent a few chapters exploring maturity, it is time to take a deeper dive into the five strategies that help us BUILD maturity. In the next chapter, we will explore the first strategy—Be Aware of Your Body.



# NOTES

## INTRODUCTION

1. Timothy M. Warner, *Spiritual Warfare: Victory over the Powers of This Dark World* (Wheaton, IL: Crossway, 1991).
2. Neil T. Anderson and Timothy M. Warner, *The Essential Guide to Spiritual Warfare: Learn to Use Spiritual Weapons; Keep Your Mind and Heart Strong in Christ; Recognize Satan's Lies and Defend Your Loved Ones* (Bloomington, MN: Bethany House, 2016). This book was originally published as *The Beginner's Guide to Spiritual Warfare: Using Your Spiritual Weapons, Defending Your Family, Recognizing Satan's Lies* (Ann Arbor, MI: Servant Publications, 2000).
3. The DID diagnoses came from professionals. For more on this specific issue, see my short book for biblical counselors, *A DID Primer: An Introduction to Dissociative Identity Disorder and the Healing Journey* (Carmel, IN: Deeper Walk International, 2010/2019).
4. Story first shared in Marcus Warner, *A Deeper Walk: A Proven Path for Developing a More Vibrant Faith* (Chicago: Moody Publishers, 2022), 75–77.
5. Story first shared in Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled People: 15-Minute Brain Science Hacks to a More Connected and Satisfying Life* (Chicago: Northfield Publishing, 2023), 28–29.

6. Perry Noble, “Should Christians Take Medication for Mental Illness?,” *Perry Noble* (blog), February 24, 2014, <http://perrynoble.com/blog/should-christians-take-medication-for-mental-illness>.
7. Dan Rumberger, “Understanding Dissociation” (Restoring the Shattered: A Symposium for Those Working with the Trafficked and Abused at Denver Seminary, June 27, 2019).

## CHAPTER 1

1. *Passing the Peace After a Crisis* is a Life Model Works publication available at their website at <https://shop.lifemodelworks.org/products/passing-the-peace>.
2. Marcus Warner and Jim Wilder, *The Solution of Choice: Four Good Ideas That Neutralized Western Christianity* (Carmel, IN: Deeper Walk International, 2018). The content shared in this section is a summary of ideas presented in this book.
3. William Ames, *The Marrow of Theology*, 2nd ed. (Grand Rapids, MI: Baker Books, 1968). According to an article at APuritansMind.com, Ames was quoted in the American colonies more than Luther and Calvin combined. “William Ames (1576–1633),” *A Puritan’s Mind*, <https://www.apuritansmind.com/puritan-favorites/william-ames/the-marrow-of-theology-online-by-william-ames-1576-1633/>. This particular quote is translated into modern English, but the original in Early Modern English can be found in volume 2, chapter two, line 4.
4. For a good summary, see the article: Emrys Westacott, “Nietzsche’s Concept of the Will to Power,” *ThoughtCo*, January 29, 2019, <https://www.thoughtco.com/nietzsches-concept-of-the-will-to-power-2670658>.
5. *A Greek-English Lexicon of the New Testament and Other Early Christian Literature*, 3rd ed. (University of Chicago Press: Chicago, 2000), s.v. “teleios.”
6. “Lexicon: G5046 *teleios*,” Blue Letter Bible, <https://www.blueletterbible.org/lexicon/g5046/kjv/tr/0-1/>.
7. Marcus Warner and Chris Coursey, *The 4-Habits of Raising Joy-Filled Kids* (Chicago: Northfield Publishers, 2019).
8. Milan and Kay Yerkovic, *How We Love: Discover Your Love Style. Enhance Your Marriage* (Colorado Springs: WaterBrook, 2017), 13.

**CHAPTER 2**

1. Henry Cloud and John Townsend, *How People Grow: What the Bible Reveals About Personal Growth* (Zondervan: Grand Rapids: MI, 2001).
2. Cloud and Townsend, *How People Grow*, 16.
3. MADtv, season 6, episode 24, directed by Bruce Leddy, aired May 21, 2001, on Fox.
4. Juni Felix, *You Are Worth the Work: Moving Forward from Trauma to Faith* (Colorado Springs: NavPress, 2021).
5. The word “fear” is used over 500 times in the Bible, and according to one blog that researched this, “There are around 150–200 times we are told to not be afraid in the Bible. This meticulous list tops out at 204.” See “365 Instances of ‘Fear Not’ in the Bible,” *TriadSkills* (blog), October 9, 2019, <https://triadskills.wordpress.com/2019/10/09/365-instances-of-fear-not-in-the-bible/>.
6. Cloud and Townsend, *How People Grow*, 16.
7. *Ibid.*, 17.
8. *Ibid.*

**CHAPTER 4**

1. James G. Friesen et al., *The Life Model: Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd’s House, Inc., 2004).
2. “Daniel Siegel: Flipping Your Lid,” in *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*. 3rd ed. (New York: The Guilford Press, 2020).
3. “Daniel Siegel: Flipping Your Lid,” *Heart-Mind Online*, <https://heartmindonline.org/resources/daniel-siegel-flipping-your-lid>.
4. In Appendix 1 of Chris M. Coursey, *The Joy Switch: How Your Brain’s Secret Circuit Affects Your Relationships and How You Can Activate It* (Chicago: Northfield Publishing, 2021), he references the “bigger brain” concept as something that grew out of Allan Schore’s teaching.
5. Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016), 29–32.
6. *Ibid.*, 34–38.
7. E. James Wilder, *The Complete Guide to Living with Men* (East Peoria, IL: Shepherd’s House, Inc., 2004), 146. Brain image reprinted with permission.

8. Allan N. Schore, "Attachment and the Regulation of the Right Brain," *Attachment and Human Development* 2, no. 1 (April 2000): 23–47, <https://www.allanschore.com/pdf/SchoreAttachHumDev.pdf>. The primary explanation of the role of the right orbital prefrontal cortex as the command center/joy center/identity center of the brain can be found in *Rare Leadership* in a section written by Dr. Jim Wilder. Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers), 70.
9. The nerve that is triggered is the vagus nerve.

## CHAPTER 5

1. These two women are composite characters that fit a lot of characteristics of people I have met with.
2. Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016).
3. Jim Wilder and Ray Woolridge, *Escaping Enemy Mode: How Our Brains Unite or Divide Us* (Chicago: Northfield Publishing, 2022).
4. Marcus Warner and Chris Coursey, *The 4 Habits of Raising Joy-Filled Kids* (Chicago: Northfield Publishing, 2019).
5. Raymond Jones and E. James Wilder, "Catastrophic Failure to Reach Adult Maturity and the Onset of Addictions: Three Factors Leading to Increasingly Severe Difficulties Implications for Faith Communities," 2003, <https://dw7l8ihwgi2oi.cloudfront.net/wp-content/uploads/2022/06/Factors-Leading-to-Addictions.pdf>.
6. Jim Wilder, personal communication.
7. James G. Friesen et al., *The Life Model: Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd's House, Inc., 2004).
8. For more detail on what happens at puberty, see Warner and Coursey, *The 4 Habits of Raising Joy-Filled Kids*, 108–18. See also E. James Wilder, *The Complete Guide to Living with Men* (Pasadena, CA: Shepherd's House, Inc: 2004), 104–14.
9. See Ross Campbell and Gary Chapman, *How to Really Love Your Adult Child: Building a Healthy Relationship in a Changing World* (Chicago: Northfield Publishing, 2011).
10. Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020), 26.

11. Friesen et al., *The Life Model*, 69–75.
12. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages* (Chicago: Northfield Publishing, 2017), 95–98.
13. Warner and Hinman, *Building Bounce*. Stefanie Hinman owns the trademark on “Building Bounce.”
14. This pattern was originally taught by Chris and Jen Coursey in Thrive Training as a 4+ story. In our book, *The 4 Habits of Joy-Filled People*, Chris and I reorganized that process into the STEP pattern found here.

## CHAPTER 6

1. Timothy R. Jennings, *Could It Be This Simple? A Biblical Model for Healing the Mind* (Chattanooga, TN: Lenox, 2012).
2. Daniel Amen, “The Most Important Lesson from 83,000 Brain Scans,” TEDxOrangeCoast, YouTube, October 16, 2013, <https://www.youtube.com/watch?v=esPRsT-lmw8>.
3. Ibid., 8:00–8:12.
4. Ibid., 5:25–5:37.
5. The magazine was *Reader’s Digest*, but it was from so long ago, that I have not been able to find the exact article.
6. Bessel van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (New York: Penguin Books, 2015).
7. Bessel van der Kolk, “What Is Trauma? The Author of *The Body Keeps the Score* Explains,” *Big Think*, YouTube video, September 17, 2021, 0:10–0:29, <https://www.youtube.com/watch?v=BJfmfkDQb14>.
8. Mike Shreve, “10 Yoga Poses That Offer Worship to Hindu Deities: Much More than Just Physical Exercises,” *The True Light Project*, <https://www.thetruelight.net/wp/10-yoga-poses-that-offer-worship-to-hindu-deities/>.
9. A website that promotes kundalini yoga writes, “Kundalini yoga is a style of yoga that enables us to channel energy from the base of our spine and up into the Sahasrara (crown chakra) through a collection of chanting, meditation, kriya and pranayama. It has been practiced in India since 500 BC and is derived from the lineage of Rāja Yoga.” Liz Burns, “The Kundalini Snake: What Does It Represent and What Are Its Powers?,” *YogaJala*, April 19, 2023, <https://yogajala.com/the-kundalini-snake>.
10. Raymond Jones and E. James Wilder write, “Disruption of quiet-together functions is the strongest predictor of mental illness across the lifetime” in the article, “Catastrophic Failure to Reach Adult Maturity and the Onset of Addictions,” 8.

11. Most of these practices were developed as Jim Wilder worked with Chris and Jen Coursey to create non-New Age, scientifically sound ways of helping people develop skills that were missing because of a trauma in their lives. These skills are taught in training offered by THRIVEtoday—see ThriveToday.org. The acrostic BEST is an attempt to present some of the simplest and most effective elements of this training.
12. Stefanie Hinman, *Building Bounce with Kids: A Faith Based Trauma-Informed Approach to Building Resilient Kids* (Self-published, Cedar Gate Publishing, 2021).

## CHAPTER 7

1. For those who are concerned that this is New Age visualization, I understand the concern. But this is not the kind of visualization that attempts to create reality by picturing the reality we want like we see in *Think and Grow Rich* by Napoleon Hill. Focused imagination is about picturing our bodies performing tasks properly. It is a very different use of imagination.
2. William Backus, *The Hidden Rift with God* (Minneapolis: Bethany House, 1990).
3. Alaine Pakkala, *Laura: A True Story* (Self-published, Christian Publications, 2002).
4. You can read more about this model in my book *Understanding the Wounded Heart*, 2nd ed. (Carmel, IN: Deeper Walk International, 2019). The model also appears briefly in other books I have written.
5. In the online article, “The Power of Mind and the Promise of Placebo,” *WRF.org*, <https://www.wrf.org/complementary-therapies/power-of-mind-placebo>.

## CHAPTER 8

1. The Rat Park experiment was headed by Bruce K. Alexander and a team at Simon Fraser University in British Columbia. See P. F. Hadaway et al., “The Effect of Housing and Gender on Preference for Morphine-Sucrose Solutions in Rats,” *Psychopharmacology* 66, no. 1 (1979): 87–91.
2. The quote by Dr. Falk is taken from the online article: “The Power of Peers: Who Influences Your Health,” *NIH News in Health*, September 2021, <https://newsinhealth.nih.gov/2021/09/power-peers>.
3. Chuck Swindoll, *Living Above the Level of Mediocrity: A Commitment to Excellence* (Nashville: W Publishing Group, 1989), 225.

4. Marcus Warner and Jim Wilder, *Rare Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016).
5. *Ibid.*, 66.
6. Marcus Warner and Jim Wilder, *Rare Leadership in the Workplace* (Chicago: Northfield Publishing, 2021), 37.
7. Warner and Wilder, *Rare Leadership*, 31.
8. *Ibid.*, 91.
9. Karl Lehman, *Outsmarting Yourself: Catching Your Past Invading the Present and What to Do About It* (Libertyville, IL: Joy Books, 2011), 21.
10. James G. Friesen et al., *The Life Model: Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd's House, Inc., 2004).
11. Maribeth Poole, "Dismissive Danny," *Maribeth's Mind* (blog), April 9, 2019, <https://maribethpoole.com/dismissive-Danny/>; Maribeth Poole, "Distracted David," *Maribeth's Mind* (blog), July 1, 2019, <https://maribethpoole.com/distracted-david/>; Maribeth Poole, "Disorganized Debbie," *Maribeth's Mind* (blog), July 25, 2019, <https://maribethpoole.com/disorganized-Debbie/>.
12. Poole, "Distracted David."
13. Alaine Pakkala, *Taking Every Thought Captive: Spiritual Workouts to Help Renew Your Mind in God's Truth* (Colorado Springs: Lydia Press, 1995).

## CHAPTER 9

1. This is a fictional story based on a compilation of people and experiences.
2. More than once, I have had people tell me that Jesus played the role of warrior and defender. In one case, He skewered a demon with a sword. In another case, He forcibly removed an abuser. The point of such experiences seems to be to let the person know they are worth defending. It is also not out of character with Jesus, who made a whip and drove out the buyers and sellers, or with the idea that Yahweh is a warrior (Ex. 15:3) and that Jesus will return some day as a judge covered in blood (Isa. 63:1; Rev. 19:15, 21).
3. A. W. Tozer, *The Pursuit of God* (Savage, MN: Broadstreet Publishing, 2007), 55. Retrieved from [https://www.google.com/books/edition/The\\_Pursuit\\_of\\_God/1e-8c5dgujsC?hl=en&gbpv=1](https://www.google.com/books/edition/The_Pursuit_of_God/1e-8c5dgujsC?hl=en&gbpv=1).
4. Henry T. Blackaby, Richard Blackaby, and Claude V. King, *Experiencing God: Knowing and Doing the Will of God* (Nashville: B&H Publishing Group, 2021), 56.



5. Charles Haddon Spurgeon, "How to Converse with God," *The Spurgeon Center*, September 19, 1875, <https://www.spurgeon.org/resource-library/sermons/how-to-converse-with-god/#flipbook/>.
6. An article at CompellingTruth.org titled, "What Is Inner Healing, and Is It Biblical?" offers several warnings similar to those I have mentioned, but in the end affirms that inner healing is primarily about "hearing God's voice." The article says, "Inner healing requires being honest with yourself about your feelings and personal experiences and then taking those things to God, seeking His answers and healing. Sometimes we can arrive at this place of inner healing and freedom on our own through studying God's Word and *listening to His voice*. Other times it is beneficial and necessary to seek additional professional help, such as through a Christian counselor" (italic highlights added): <https://www.compellingtruth.org/inner-healing.html>.
7. Dr. Karl Lehman was in charge of providing prayer ministry for people at the conference who wanted prayer for personal issues. The following is a link to the ministry guidelines that were used: <https://www.immanuelapproach.com/wp-content/uploads/2022/11/Urbana-Prayer-Ministry-Handbook.pdf>.
8. For one source on this, I recommend Craig S. Keener, *Miracles Today: The Supernatural Work of God in the Modern World* (Grand Rapids, MI: Baker Academic, 2021). He has done extensive research verifying miracles of all sorts across the world.
9. This woman's story is also found in this video: "Suicidal Iranian Mother and Daughter Found the Answer of Cure," MuslimTestimony.com, YouTube, July 28, 2013, [https://www.youtube.com/watch?v=6dLiSFn71\\_Q](https://www.youtube.com/watch?v=6dLiSFn71_Q).
10. See her video testimony: "Incredible Story of How 2 Iranian Muslim Women Found Jesus," Road2Jesus, YouTube, January 18, 2015, <https://www.youtube.com/watch?v=bkczulZ-LkY>.
11. Berserkers may have been on drugs, or they may have been in an emotional frenzy, but they were devoted to the god Odin and a case can be made they were possessed by pagan spirits and thus were extremely strong and almost impervious to pain. "His (Odin's) men rushed forwards without armour, were as mad as dogs or wolves, bit their shields, and were strong as bears or wild oxen, and killed people at a blow, but neither fire nor iron told upon them. This was called *Berserker gang*." Samuel Laing, *The Heimskringla or the Sagas of the Norse Kings* (London: John. C. Nimo, 1889), 276. Cited in Wikipedia.

12. For a sample of doctrinal prayers related to spiritual warfare, see Mark I. Bubeck, *Prayer Patterns for Revival* (Chicago: Moody Publishers, 2020) and Judy Dunagan, *The Loudest Roar: Living in the Unshakable Victory of Christ* (Chicago: Moody Publishers, 2022).
13. This concept is developed in detail in the book *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* by Michel Hendricks and Jim Wilder (Chicago: Moody Publishers, 2021).
14. Encyclopedia of the Bible, “Elder in the NT,” <https://www.biblegateway.com/resources/encyclopedia-of-the-bible/Elder-NT>.
15. Connie is a composite character.

## CHAPTER 10

1. Everett Munez, “Operation Fortitude,” *Britannica.com*, <https://www.britannica.com/event/Operation-Fortitude>.
2. Harold Willmington, “What You Need to Know About Jesus’ Miracles: Demon Casting,” (2007): 34, [https://digitalcommons.liberty.edu/will\\_know/34](https://digitalcommons.liberty.edu/will_know/34). (1) Man in a synagogue (Luke 4:33); (2) a blind and mute demoniac (Matt. 12:22); (3) the Gadarene demoniac (Matt. 8:28–34); (4) a deaf and mute demoniac (Mark 9:25); (5) daughter of a Syrophenician mother (Mark 7:24–30); (6) a boy at the base of Mt. Hermon (Mark 9:22); (7) woman in a synagogue (Luke 13:11).
3. “Chief Shoefoot—‘I’ll Never Go Back’—Preview,” Lighthouse Trails Publishing, YouTube, November 2021, <https://www.youtube.com/watch?v=k8gYjBpoJ0s>.
4. *Ibid.*, 5:15–5:20.
5. Chris Rogers, “Where Child Sacrifice Is a Business,” BBC, October 11, 2011, <https://www.bbc.com/news/world-africa-15255357>.
6. Marcus Warner, *What Every Believer Should Know About Spiritual Warfare* (Carmel, IN: Deeper Walk International, 2011).
7. Karl Payne, *Spiritual Warfare: Christians, Demonization, and Deliverance*, 2nd ed. (Republic Book Publishers, 2021), 123–44.
8. Payne, *Spiritual Warfare*; Mark Bubeck, *Spiritual Warfare Prayers* (Chicago: Moody, 1997).
9. “Why, all the authority and power we have over [demons] is from our naming the name of Christ, and recalling to their memory the woes with which God threatens them at the hands of Christ as Judge, and which they expect one day to overtake them. Fearing Christ in God, and God

in Christ, they become subject to the servants of God and Christ. So at our touch and breathing, overwhelmed by the thought and realization of those judgment fires, they leave at our command the bodies they have entered, unwilling, and distressed, and before your very eyes put to an open shame.” Tertullian, *Apology*, trans. S. Thewall, chap. 23, <http://logoslibrary.org/tertullian/apology/23.html>.

10. Clinton Arnold, “Early Church Catechesis and New Christians’ Classes in Contemporary Evangelicalism,” *JETS* 47, no. 1 (March 2004): 39–54, [https://www.etsjets.org/files/JETS-PDFs/47/47-1/47-1-pp039-054\\_JETS.pdf](https://www.etsjets.org/files/JETS-PDFs/47/47-1/47-1-pp039-054_JETS.pdf).

## CHAPTER 11

1. Marcus Warner and Chris Coursey, “Take the 28 Day Challenge,” 4habits.org, <https://4habits.org/>.
2. Alaine Pakkala, *Taking Every Thought Captive: Spiritual Workouts to Help Renew Your Mind in God’s Truth* (Colorado Springs: Lydia Press, 1995).
3. Neil T. Anderson, *Victory over the Darkness: Realize the Power of Your Identity in Christ* (Minneapolis: Bethany House, 2020).
4. Marcus Warner, *A Deeper Walk: A Proven Path for Developing a More Vibrant Faith* (Chicago: Moody Publishers, 2022).
5. Marcus Warner, *Toward A Deeper Walk* (Carmel: IN, Deeper Walk International, 2006).
6. Henry T. Blackaby, Ricard Blackary, and Claude V. King, *Experiencing God: Knowing and Doing the Will of God* (Nashville: B&H Publishing Group, 2021).
7. Neil T. Anderson, *The Steps to Freedom in Christ: A Biblical Guide to Help You Resolve Personal and Spiritual Conflicts and Become a Fruitful Disciple of Jesus* (Minneapolis: Bethany House Publishers, 2017).
8. Karl Payne, *Spiritual Warfare: Christians, Demonization, and Deliverance*, 2nd ed. (Republic Book Publishers, 2021).