



# UNNEN BENNING

A MENTAL HEALTH SERIES

And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

Matthew 25:40

INTEGR



Body

World Aware

Soul

Self Aware

Spirit

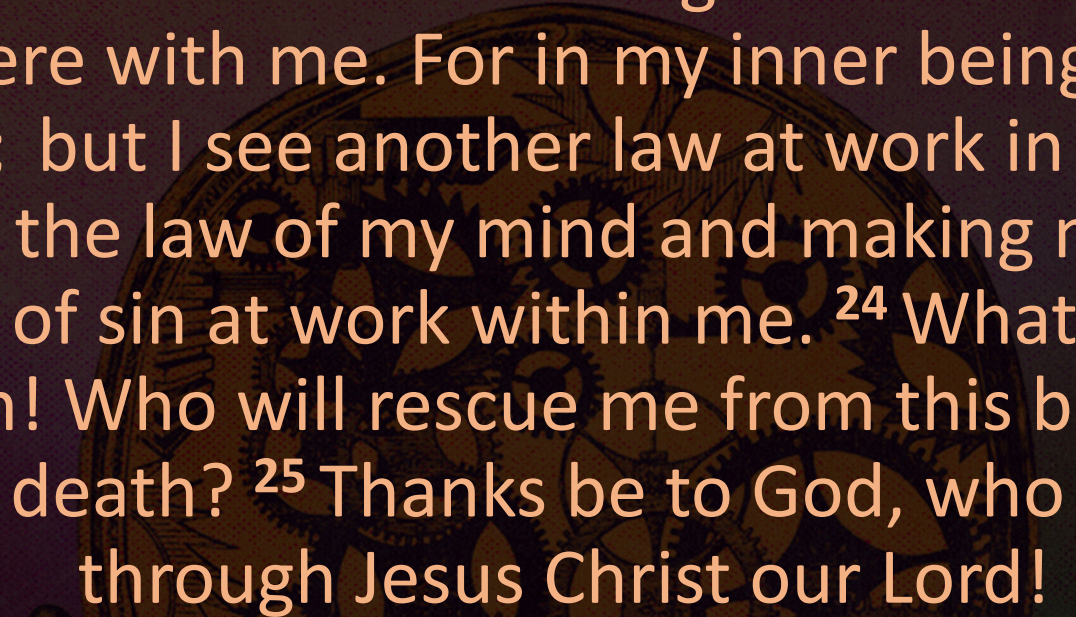
God Aware

3 N E N E R G

I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

Romans 7: 15-20

3 N N E R  
E I N G



So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. <sup>24</sup> What a wretched man I am! Who will rescue me from this body that is subject to death? <sup>25</sup> Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

Romans 7: 21-25

INTERNET

If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it.

Genesis 4:7

3 N N E R  
E I N G

And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.

Mark 7:20-23

3 N N E R

As he passed by, he saw a man blind from birth. And his disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him.

John 9:1-3

3 N N E R  
E I N G



For I will show him how much he must suffer  
for the sake of my name.

Acts 9:16

3 N N E R  
E I N G

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

Romans 8:18

3 N N E R  
E I N G



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