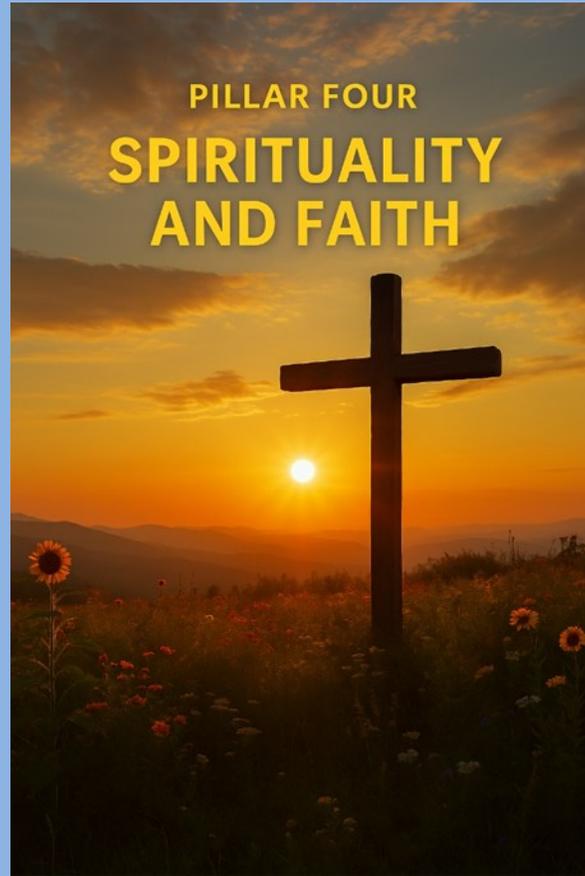


Sermon V – Pillar Four: Spirituality and Faith

The Living Center That Holds All Things Together

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"He is before all things, and in Him all things hold together." (Colossians 1:17)

The Pillar That Gives Life to the Others

As we come to the final movement in this series, we are not simply adding one more component to the model. We are stepping into the dimension that gives meaning and coherence to everything we have already explored. We have learned how trauma shapes the nervous system and how the body must rediscover safety. We have seen how the heart, in its God-designed intelligence, becomes a place of physiological and relational alignment. We have entered the inner psychological world and watched the fragmented parts of the self begin to live under compassionate, Christ-centered leadership. Yet beneath all of these movements there has always been a deeper question, not merely how we function, but who we are, why we suffer, and whether our lives can be redeemed.

These are spiritual questions, and for that reason spirituality is not an additional tool in the process of healing. It is the deep structure that allows healing to become transformation rather than symptom management. If the other pillars describe how restoration unfolds in the body, the heart, and the mind, this pillar reveals the source from which restoration flows. Without it the others can still operate, but they cannot reach their intended purpose. With it, everything comes alive with meaning.

The Research That Confirms What Scripture Has Always Declared

For generations the language of faith spoke of the soul in ways that modern science did not know how to measure. Now, in what can only be described as a providential convergence, research is beginning to observe the measurable effects of a living, relational spirituality.

Longitudinal studies have demonstrated that individuals who grow up in spiritually engaged environments show dramatically lower rates of major depression, substance dependence, and suicidality. Neuroimaging research has revealed structural and functional differences in brain regions associated with reflection, emotional regulation, and meaning-making in those who maintain an active life of faith. These are not marginal changes. They represent a profound increase in resilience under stress and a greater capacity to recover from adversity.

When a person engages regularly in practices such as prayer, worship, gratitude, and relational communion with God, the Default Mode Network, the system that carries the narrative of identity, begins to shift. Shame-based core beliefs lose their dominance. A different internal story begins to take root, one marked by belonging, purpose, and relational security. This is accompanied by measurable changes in emotional regulation, decreased stress reactivity, improved immune functioning, and lower overall mortality rates even when controlling for health behaviors and socioeconomic factors.

What Scripture has always proclaimed, that human beings were created to live in relationship with God, is now being observed at the level of neurobiology and public health.

“Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23)

Spirituality is not simply comforting. It is structurally healing.

Healing the Story Where Trauma Wrote Its Lies

Trauma does more than wound the body and disturb the emotions. It writes a story, and that story becomes the lens through which every experience is interpreted. A person can achieve sobriety and still feel unworthy. They can learn coping skills and still feel alone. They can function successfully and still believe that something at the core of their identity is broken.

This is why healing must reach the level of narrative.

The Gospel does not merely offer new behaviors. It offers a new name.

“If anyone is in Christ, the new creation has come: the old has gone, the new is here.” (2 Corinthians 5:17)

This is the rewriting of the deepest operating system of the soul. The old conclusions are gradually replaced by a truth that is not self-generated but received in relationship.

I am loved.

I am forgiven.

I belong.

I am not alone.

And as that new narrative takes root, the nervous system settles more easily, the heart moves toward coherence, and the inner world becomes more open to connection. Identity-level transformation produces system-wide regulation.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” (Romans 12:2)

Grace as the Only Cure for Shame

At the center of trauma and addiction we consistently find shame, not the awareness of wrongdoing but the belief that one’s very existence is a mistake. This is the point at which psychology reaches its limit, because shame is not only an emotional state, it is a spiritual rupture. It is the experience of being cut off from love.

The cross answers that rupture in a way nothing else can. In Christ, shame is not negotiated or minimized. It is carried, absorbed, and removed. The most feared moment, being fully seen, becomes the moment of full acceptance.

“There is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)

Grace does not merely change how we feel. It changes who we understand ourselves to be. It restores identity at its source.

The Integration of the Whole Person

When this spiritual dimension becomes living and active, the other pillars find their full purpose. Regulation of the nervous system becomes the body learning to rest in the presence of God. Heart coherence becomes the physiological expression of peace with Him. Self-leadership becomes the life of Christ ordering the inner world from the center outward.

What once were separate processes become one movement of communion.

This is the renewal of the mind that Scripture speaks of, not an incremental adjustment, but a metamorphosis in which the person is gradually brought into alignment with the truth of who they are in Christ.

“He who began a good work in you will carry it on to completion until the day of Christ Jesus.”
(Philippians 1:6)

The Soul Becoming a Dwelling Place

So we arrive at the end of this journey not with a technique but with a homecoming. The goal was never merely to calm the body, organize the mind, or understand the past. The goal has always been communion, the restoration of the human person as a dwelling place for God.

As His presence fills the story, the old narratives lose their authority. As His love becomes the atmosphere of the inner world, every part of the self begins to move toward life. What was once defined by survival becomes defined by relationship. What was once held together by control becomes held together by grace.

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?” (1 Corinthians 3:16)

The prayer of the Psalmist is no longer an aspiration but a lived reality.

“Let all that is within me bless His holy name.” (Psalm 103:1)

The body participates. The heart participates. The mind participates. The soul participates. Everything that once lived in fragmentation is gathered into a single movement of worship.

This is why this pillar stands at the center. Because it is here that healing becomes more than recovery. It becomes redemption.

“Christ in you, the hope of glory.” (Colossians 1:27)

Amen.