



# Heart, Soul, and Mind: Basis for Spiritual Transformation for Kingdom Business

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In *Waking the Dead*, Eldredge (2003) wrote, “The story of your life is the story of the long and brutal assault on your heart by the one who knows what you could be and fears it” (p. 34). Therefore, if you are seeking to be transformed to the image of Jesus, *Get ready for the battle!* This paper records the results of various courses of study and investigations conducted by Richard Miller to determine the effectiveness of selected change agents with the ultimate goal of identifying change agents and processes to enhance biblical, spiritual growth in believers. Miller (1992) reported the positive change in soil quality from adding various levels of nutrients. This project also proved beneficial as a learning vehicle to conduct research. Miller’s (2003) doctoral dissertation reported the results of a correlation study to evaluate the change in spiritual traits using scripture verses as change agents. The results of this study led to the development of a seminar titled Tools for Transformation (TFT; Miller, 2004), which uses Scripture verses as the change agents to enhance spiritual development in believers. The TFT seminar was beta tested with a group of 15 believers over 6 months, which confirmed the hypothesis that ingesting scripture verses increases spiritual development. The TFT seminar was adapted for use in Rwanda as a joint effort between Richard Miller and Patrice Habinshuti and was titled Rwanda Kingdom Entrepreneurship Caravan.

*Keywords:* heart, soul, mind, zone of congruence, transformation

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## Introduction

The search for appropriate methods of applying change agents led to a course of study at Regent University and subsequent cooperative effort with the Regent Center for Entrepreneurship (RCE) in Rwanda. John Mulford (2010), who organized the RCE, wrote that the mission of RCE is “Transforming people and nations through business.” He defined kingdom business as “For profit business designed to facilitate God’s transformation of people and nations through Christ the Redeemer and Provider” (p.1).

Soon after Richard Miller graduated from Regent University's Doctor of Strategic Leadership (DSL) course in 2003, a representative from the RCE contacted him and offered the opportunity to mentor a student, Habinshuti Patrice, from Rwanda. Using his previous studies and investigations, as well as a visit to Rwanda, Miller worked with Habinshuti to develop a seminar to be presented to high school students in Rwanda. Miller's Tools for Transformation (TFT) seminar, which had been beta tested with positive results, was adapted for use in Rwanda. The results of the beta test are presented.

## Method

Miller's (2003) reported the results of a correlation study testing the hypothesis that a positive relationship exists between a believer's belief in their ability to make things happen, or spiritual efficacy (SE), and his level of spiritual development. The study participants included 70 college students and 163 members of various churches. The Spiritual Assessment Inventory (Hall & Edwards, 2002), and the Christian Spiritual Participation Profile (CSPP; Thayer, 1996) were used in this study. Miller wrote,

The strongest correlation of SE (Self-Efficacy) with AW (Awareness of God) (.48,  $p < .005$ ) occurred with respondents who memorized 10 or more verses of Scripture per year . . . There was no correlation of SE with AW for those who did not memorize Scripture. These results lend support to Woodbridge's (1985) finding that memorizing and mediating on Scripture has a positive effect on spiritual maturity.

The test hypothesis was supported, and the results of the correlation study acted as a basis for continuation of the effort to develop an effective tool to enhance spiritual growth in believers.

Miller (2004) then developed the TFT seminar based upon the results of the 2003 DSL study. The seminar was presented to 12 members of Sedalia Community Church one night per week for a period of 6 months. The instrument used to measure spiritual maturity was the Christian Life Profile (CLP) developed and validated by Creative Leadership Ministries, an extension of Pantego Bible Church in Arlington, Texas. Table 1 presents the results of a pre- and posttest of the TFT seminar. Participants completed the CLP before the seminar began and the same assessment after the seminar was completed. The percentage change in the average scores is shown for each of the six categories. The change was positive for all variables, indicating there was positive spiritual growth during the 6-month period.

**Table 1:** *Spiritual Growth Resulting From TFT Beta Test*

Variable	Before	After	% change
Love God Benefits (LGB)	93.40	97.00	+3.85
Love God Practice (LGP)	75.73	89.89	+18.70
Love God Virtues (LGV)	71.44	80.33	+12.44
Love Neighbor Beliefs (LNB)	86.67	94.78	+9.36
Love Neighbor Practice (LNP)	68.00	82.44	+21.23
Love Neighbor Virtues (LNV)	74.07	84.89	+14.61

## Discussion

This presentation is based on the hypothesis that, when asked by the Pharisee what the greatest commandment was, Jesus identified the three building blocks He used to create human beings: “You shall love the Lord your God with all your *heart*, with all you *soul*, and with all your *mind*. This is the first and greatest commandment” (Matt. 22:37-38, emphasis added). According to Genesis 1:27, God used Himself as the model when He “created man in His own image.” Then, according to John 1:3, God created all things through the Word, meaning Jesus. “All things were made through Him.” Therefore, when Jesus answered the Pharisee, He knew precisely how to describe the totality of the building blocks He used to create humans and their potential capacity to love Him with three unique and definable building blocks.

Why is it important to understand the definitions and functions of heart, soul, and mind?

1. Jesus said this was the *first and greatest* commandment.
2. These are the *nonreducible* building blocks of human spiritual structure.
3. These blocks are always *unique* and *distinct* in definition and purpose: The heart is definable and is always the heart, the soul is definable and is always the soul, and the mind is definable and is always the mind.

As part of his DSL program at Regent University, Miller (2003) performed an extensive comparative analysis of each time *heart*, *soul*, or *mind* were used in Scripture and arrived at the following conclusions:

## **With all Your Heart – The Center of Value**

Value is the relative worth, merit, or importance of an idea or thing. Here is a sample of Scripture verses containing the HEART that were used in the comparative analysis:

1. “For with the HEART one believes” (Rom. 10:10). It is the heart that compares and analyses various constructs and assigns the proper God-intended value to each of the constructs.
2. “As a man thinks in his heart so he is” (Prov. 23:7). This verse affirms that it is within the heart that value is determined. This verse also identifies a synergistic link between heart and mind by stating “as a man thinks in his heart.”
3. A man’s heart reveals the man” (Prov. 27:19). The heart not only determines value but externally projects that value so the man’s true self can be observed by society.
4. “He who believes in me, as the Scripture has said, out of his heart will flow rivers of living water” (John 7:38). The heart is uniquely the wellspring of value; spiritual truth flows from the heart to quench thirst and refresh the believer so that the believer conducts kingdom business managed God’s way, by God’s steward, for God’s purpose in the world.
5. “He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water” (John 7:38). Most recent versions translate belly into heart. However, the King James Version may be more accurate and identifies the location of the spiritual heart – not the physical pump. Have you heard the expression, “I have a gut feeling”? This may be the resonance of comparative truth occurring in the heart.
6. To love Jesus with all our heart is to totally assimilate all His value leading us to declare, “I delight to do Your will O my God and Your law is within my heart” (Ps. 40:8). When our heart is saturated with His Word (law), it produces joy in our soul and positive actions to promote kingdom business in our daily lives.

## **With all Your Soul – The Center of Identity, Relationships, and Emotions**

1. Identity is the essence of who I am. “My soul magnifies the Lord” (Luke 1:46). My soul is me. In this verse, it is me who is magnifying the Lord. When I am totally surrendered to Jesus, my identity is totally encased within His identity. “I am crucified with Christ and I no longer live, but Christ lives in me” (Gal. 2:20). When a believer is totally captured by Jesus, doing His kingdom business is a joy and kingdom businesses accomplish His objectives in the world.
2. Relationships are interactions with other persons. “My soul shall abhor you” (Lev. 26:30). Notice the strong emotion in this relationship. In Matthew 5:12, Jesus gave an example of a positive emotion: “Rejoice and be exceedingly glad.”

3. Emotions are reactions to internal or external stimulus and can be negative or positive. “My soul is exceedingly sorrowful” (Matt. 26:38). This strong negative emotion is being expressed by the soul.

### **With all Your Mind – The Center of Logic and Cognition**

1. Logic is defined as the science of reasoning. “And do not be conformed to this world but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Rom. 12:2). The mind that is renewed by salvation in Jesus and saturated by His Word will operate in kingdom business enterprises to fulfill God’s perfect will for His glory and work to contribute to a transformed society.
2. Cognition is the act, power, or faculty of apprehending, knowing, or perceiving:
  - a. “How precious are Your thoughts to me, O God! How vast is the sum of them” (Ps. 139:17). The unrenewed mind is limited by human capacity; the renewed mind has infinite resources from the vast reservoir of God’s mind and will.
  - b. “You will guide me with Your counsel and afterward receive me to glory” (Ps. 73:24). The renewed mind is always attuned to the will of God in operating kingdom businesses that bring glory to Him, and He responds by receiving the person into His indescribable glorious kingdom for eternity!

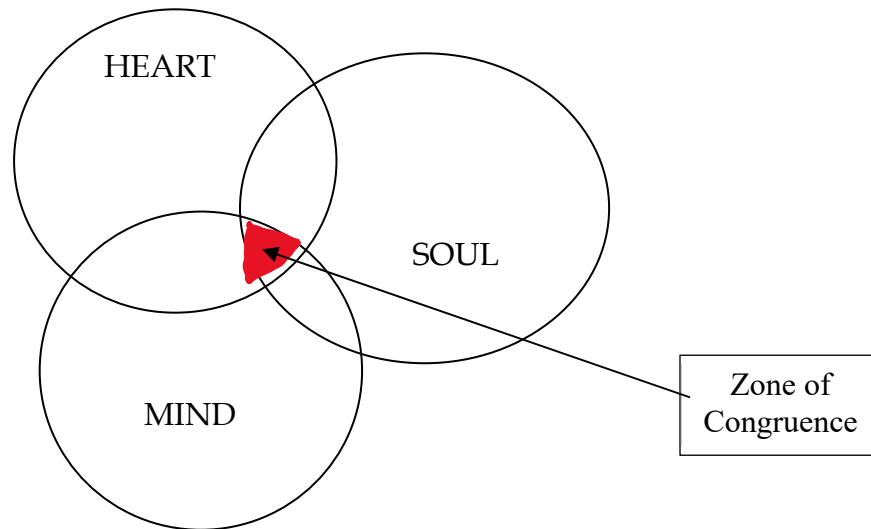
### **Connectivity of the Human Building Blocks**

1. The heart, soul, and mind are connected synergistically:
  - a. “For with the heart one believes . . . and with the mouth (mind) confession is made unto salvation” (Rom. 10:10). The heart believes and the mind expresses that belief to transform our culture.
  - b. “And that my soul (mind) knows very well” (Ps. 139:14).
  - c. “My heart rejoices (soul) in the Lord” (1 Sam. 2:1).
2. Paul understood when Jesus identified the greatest commandment (Matt. 22:37), He identified the three building blocks He used to construct human beings and cited their connectivity: “For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ” (1 Cor. 12:12).
3. There is overlap between the heart and mind, the heart and soul, and the soul and mind. Where there is overlap is called the *zone of congruence* (ZOC). Therefore, Proverbs 23:7 has more meaning: “As a man thinks (mind) in his heart so he is.” In the ZOC, the mind is doing the thinking but with the value of the heart.

When Jesus talked about the body, he talked about it being joined together in unity. Paul used building terms to describe the spiritual body. He wrote that Jesus is the chief cornerstone “in whom the whole building, being joined together, grows into a holy temple in the Lord” (Eph. 2:21). Likewise, our heart, soul, and mind, while maintaining unique identity, are interconnected to form a unit represented by the *personal congruity* diagram in Figure 1.

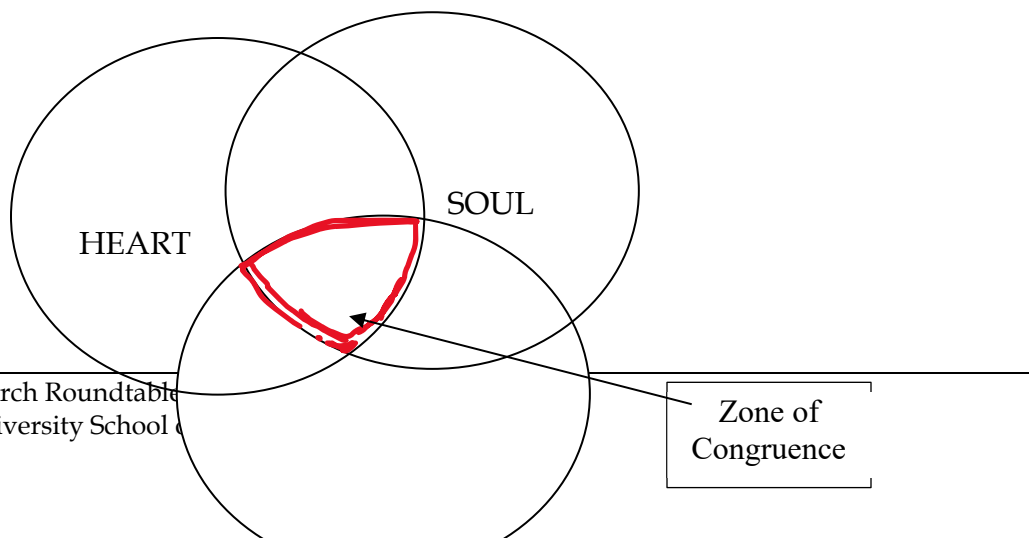
In Figure 1, circles represent the three building blocks. Notice the overlap between the heart and the mind, between the heart and the soul, and between the soul and the mind. The area of total overlap is the ZOC. The ZOC is relatively small and indicates the congruence among the heart, soul, and mind is low.

**Figure 1:** Relative Low ZOC Among the Heart, Soul, and Mind



Miller (2003) and Leaf (2013) confirmed that ingesting God’s Words tenaciously over time causes the heart, soul, and mind to coalesce (grow together), resulting in greater congruence among the three building blocks (see Figure 2).

**Figure 2:** Increased ZOC



The ZOC in Figure 2 is larger than the ZOC in Figure 1 because the power in God's Words that were ingested have caused the heart, soul, and mind to coalesce or grow in more unity. One would expect Jeremiah's ZOC to be large as a result of devouring God's Word: "When I discovered Your words, I devoured them. They are my joy (soul) and my heart's delight" (Jer. 15:16). Since Jesus was perfect in every respect, His ZOCe would totally encompass the three building blocks: "I and My Father are one" (John 10:30).

The increase in the ZOC is concluded to be the result of ingesting the power contained in Scripture for a 6-month period by the participants at Sedalia Church. The following data were obtained from a correlation study using the CSPP as the measuring instrument. The 12 members of Sedalia Community Church also completed the CSPP before and after the 6-month period. The character traits measured by this profile follow:

- SE = Spiritual Efficacy, AW = Awareness of God, LO = Love, JO = Joy, IP = Inner Peace
- PG = Patience/Gentleness, FA = Faith, KG = Kindness/Generosity, SC = Self-Control
- FO = Forgiveness, GR = Gratitude, CO = Compassion

*Note.* The term *spiritual efficacy* is used in lieu of *self-efficacy* because of the negative connotation of *self* among Christians.

The correlation of SE with each of the five character traits appears in Table 2. The top row, Pretest, shows the magnitude/confidence level of the correlation of each of the character traits with SE for the participants prior to the 6-month beta test. Row 2, Posttest, shows the magnitude/confidence level of the correlation after the 6-month seminar. The number before the back slash (/) is the magnitude of the correlation and can be between minus one (-1) and plus one (+1). The number after the (/) is the confidence that a correlation actually exists. A high confidence exists when this number is between .05 and .00. The smaller this value, the higher the confidence, with .00 being extremely high confidence. There was an amazing increase in the magnitude and confidence level of the correlation of CO with SE. The pretest magnitude of the correlation CO with SE was only .39 with a no confidence level of .14. After 6 months of focusing on and ingesting Scripture, the magnitude of correlation increased to .79, which is very high, with a confidence level of .00, which is extremely high confidence.

**Table 2:** Correlation of SE and Five Selected Character Traits

Test	Pretest	Post Test
AW	.52/.04	.79/.00
LO	.52/.04	.80/.00
JO	.59/.02	.74/.01
PG	.51/.04	.71/.01
CO	.39/.14	.79/.00

As the overarching finding of this study, the researcher opines that the power in God's Word assimilated by the participants penetrated barriers between the various character traits resulting in a significant increase in congruity among the traits evaluated. Based on these findings, the researcher developed a special training program that uses the biblical model of heart, soul, and mind as the basis of spiritual transformation of future kingdom entrepreneurs as they prepare themselves to run successful kingdom businesses. Named Rwanda Kingdom Entrepreneurship Caravan: Integrating Discipleship and Entrepreneurship for the Youth, this program was tested in two phases in Rwanda between 2012-2022. Phase 1, Who I am in Christ, takes participants through the transformation process illustrated in this paper. Phase 2, What I Do, is a series workshops to equip participants to run kingdom business. Miller addressed the theoretical basis for the content of the training; Habinshuti addressed the training as it was presented in Rwanda.

## Conclusion

The heart, soul, and mind are the building blocks Jesus, the Creator, used to create human beings; they are synergistically connected. The partnership established by the Creator results in joint responsibility between the Holy Spirit and each individual believer for the transformation of individuals and nations through spiritual growth and through spiritually managed kingdom businesses. The three steps to be used to assimilate the power contained in God's Word follow: (a) the Scripture verse is memorized with the mind, (b) the content of the verse is assimilated by the heart, and (c) the power contained in God's Word is manifested by growth of the soul and projected to transform society.

Personal Testimony: I, Richard Miller, suffered severely from posttraumatic stress disorder (PTSD) upon return from combat in Vietnam in 1969. I had violent nightmares and experienced paralyzing fear at the thought of leaving the house. A small pamphlet by Norman Vincent Peale (1951), *Thought Conditioners*, had been given to me as I was boarding the plane to depart Vietnam. The pamphlet contained 40 Scripture verses and instructions for how to use them. Out of desperation, I committed to try the suggested process for 30 days. One morning, I stepped through the door and stopped in



amazement; I was excited about leaving the house! I checked my packet of Scriptures; I had processed 21 Scriptures. The power contained in the Scripture verses conquered the PTSD in 21 days and launched a life journey of memorizing and ingesting Scripture. Forty-three years later, this 21-day transformation process has been confirmed by Caroline Leaf (2013) in *Switch on Your Brain*. In Chapter 10, "How and Why the 21-Day Brain Detox Plan Works," Leaf described the brain detox plan in detail, which is very similar to the plan Jesus mapped out for me in applying Peale's *Thought Conditioners* in 1969.

"It is to the glory of God to conceal a matter, but the glory of kings is to search out a matter" (Prov. 25:2). We have been given the magnificent privilege of taking an exciting journey of discovery with our Creator to align our lives with His and then to transform our culture through God-honoring kingdom businesses!

### About the Author

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**Richard L Miller, DSL**, is a mentor and volunteer consultant with Regent Center for Entrepreneurship, which seeks to transform people and nations through business. Being a U.S. Army Veteran, Miller worked on various leadership, business consulting, and engineering projects with the U.S. Army and beyond. He holds a Masters' degree in Electrical Engineering from Oklahoma State University and a Doctorate of Strategic Leadership from Regent University. Miller developed the curriculum on integrating discipleship and entrepreneurship for the youth, which has been tested, validated, and implemented in Rwandan schools by the Schools Entrepreneurship Network.

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