

## Physical, Mental, and Emotional Environmental Care Bible Study

**Objective:** When we face grief from natural disasters, anxiety over climate change, or the emotional weight of poor emotional environments, it can be cumbersome to find the strength or even desire to make things anew. But the Bible teaches us that real peace, resilience, and hope come from a deeper place – cultivated by our unwavering trust in God’s provision. This study focuses on how God’s provision has its handle on every part of our lives, building enduring compassion, wisdom, peace, and trust. But how is that trust maintained in the midst of poor, strained, or neglected environments? Through Scripture, God invites us to experience wholeness – physically, emotionally, mentally, and spiritually – even when environments feel heavy.

### Key Components

#### Science (S): Grief, Healing, and the Natural World

##### Objective:

- ☐ Understand how grief affects our physical and emotional health, and discover how God’s peace and healing can restore both nature and human hearts.

##### **Scripture Focus:** Psalm 34:18 (NIV)

*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

- **Reflection:** How have recent environmental crises, global events, or personal stories impacted your heart and mind? Where can you invite God’s healing into your grief to manage emotions and track stress levels?

<p><b>Technology (T): Witnessing The Unthinkable</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Reflect on how we can consume troubling content that may be hard to process or trouble the heart.</li> </ul>	<p><b>Scripture Focus:</b> <i>1 John 1:5 (NIV)</i></p> <p><i>"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness."</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> How can we stay informed with the intention to project empathy, hope, and constructive action rather than fear or blame?</li> </ul>
<p><b>Engineering (E): Recultivating Community and Environment</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore how faith inspires us to rebuild — homes, ecosystems, relationships — after disasters, and how resilience is an act of faith and trust in God's strength.</li> </ul>	<p><b>Scripture Focus:</b> <i>2 Corinthians 4:8–9 (NIV)</i></p> <p><i>"We are hard pressed on every side, but not crushed; perplexed, but not in despair."</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> What areas — in your life or community — need God's provision and grace? How can you trust God as you help rebuild, restore, or renew?</li> </ul>
<p><b>Arts (A): Expressing Climate Grief and Hope Creatively</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Understand how creative outlets (writing, art, music, dance) process environmental grief and express the beauty of creation and hope for restoration.</li> </ul>	<p><b>Scripture Focus:</b> <i>Psalms 56:8 (NIV)</i></p> <p><i>"Record my misery; list my tears on your scroll — are they not in your record?"</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> What tears have you been holding lately — for yourself, your community, or the world? How can you offer them to God through creative</li> </ul>

	positive expression, trusting He sees and cherishes them?
<p><b>Math (M): Measuring the Weight of Compassion and Responsibility</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Reflect on how compassion and responsibility for the earth and others are part of a larger equation – and how God’s grace carries what we can’t bear alone.</li> </ul>	<p><b>Scripture Focus:</b> <i>Galatians 6:2 (NIV)</i></p> <p><i>“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> What pain are you carrying for others or those close to you? Where can you share the load with community or with God?</li> </ul>
<p><b>Social Studies (SS): Living Out Forgiveness and Peace in Community</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Study how societies thrive when people pursue peace and forgiveness. Reflect on your responsibility to extend grace, seek reconciliation, and build unity through faith.</li> </ul>	<p><b>Scripture Focus:</b> <i>Hebrews 12:14 (NIV)</i></p> <p><i>“Make every effort to live in peace with everyone...”</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> What steps can you take to model care in good faith for physical, mental, and emotional environments?</li> </ul>

### Key Takeaways

This Bible study reminds us that grief, natural disasters, and compassion are all part of living in a broken world – but they are not the final word. God uses our emotional, mental, physical, and spiritual experiences to shape us into people of resilience, stewardship, and hope. We are invited into a life anchored in hope: not because we avoid sorrow or responsibility, but because we trust God to walk with us through them, guiding us toward restoration and peace – for ourselves, our communities, and creation.

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