

# Dualism vs. Monism and Trinitarianism

Andrii Zvorygin yN-PH2196 mtH2a1 & GPT4  
attender of Glad Tidings Fellowship, Tara, ON  
anabaptist.ca andrii@liberit.ca

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## 1 Discussion on Dualism vs. Monism and Trinitarianism

**Dualism** separates material and spiritual, making it hard for God to interact with us. **Monism** unifies them, allowing for a close relationship with God. **Trinitarianism** fits with Monism, showing God as united and interactive.

## 2 Dualism



**Dualism** is the idea that there are two main parts of reality: the material (physical) and the spiritual. This often means separating the created world from the Creator (God). The most common form is mind-body dualism, which sees the mind and body as different things that somehow interact.

### Problems with Dualism:

**Interaction Problem:** It's hard to explain how two completely different things (material and spiritual) can affect each other.

**God-Creation Gap:** Dualism suggests that God and the world are so different that

they can't really interact, making it hard to understand how God can influence our lives or how spiritual issues can cause physical problems.

- **Relationship with God:** Dualism makes it difficult to feel close to God because it separates the divine and the material.

## 3 Monism

**Monism** is the belief that everything comes from one source, without a strict separation between the material and the spiritual. This view fits well with the Bible's idea that our physical and spiritual health are connected.

### Benefits of Monism:

- **Unified Reality:** Monism shows that everything is connected. For example, Genesis 1:1 (NLT) states, "In the beginning God created the heavens and the earth." This means the spiritual and material are linked.
- **Closer Relationship with God:** Monism allows for a direct and personal connection with God. Acts 17:28 (NLT) states, "For in him we live and move and exist."
- **Holistic Health:** Proverbs 3:7-8 (NLT) teaches that fearing God and shunning evil brings health to our bodies: "Fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones."

## 4 Trinitarianism



**Trinitarianism** is the Christian belief that God is one but exists in three persons:

- **God the Father** (Creator),
- **God the Son** (Jesus, who became human),
- **God the Holy Spirit** (the Spirit who guides and sanctifies us).

## How Trinitarianism Fits with Monism:

**One Essence, Three Persons:** Trinitarianism shows a unified God with distinct roles. Jesus says in John 10:30 (NLT), "The Father and I are one."

**Incarnation and Interaction:** Trinitarianism provides a framework for understanding how the divine interacts with the material world. The Incarnation (God the Son becoming human) shows a direct connection between God and humanity, addressing dualism's separation. John 1:14 (NLT) says, "So the Word became human and made his home among us."

**Sin and Its Effects:** Trinitarianism also explains how sin affects both spiritual and physical well-being. Romans 6:23 (NLT) states, "For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord." This shows that sin leads to spiritual death and separation from God, which can manifest as physical ailments. Following Jesus and applying His commandments to our lives is what grants us eternal life, as stated in John 14:15 (NLT): "If you love me, obey my commandments." By living according to Jesus' teachings, we align ourselves with God and receive His gift of eternal life.

### Trinitarian Details:

**Jesus in Believers:** John 17:21 (NLT): "I pray that they will all be one, just as you and I are one."

**Holy Spirit's Guidance:** John 14:26 (NLT): "But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you."

**God the Father:** John 17:21 (NLT): "May they be in us so that the world will believe you sent me."

## 5 Spiritual Causes Leading to Physical Diseases

The Bible often links spiritual problems to physical sickness:

**Sin and Sickness:** Sin is frequently associated with physical ailments. In John 5:14 (NLT), after healing the man at the pool of Bethesda, Jesus says, "Now you are well; so

stop sinning, or something even worse may happen to you."

• **Repentance and Healing:** 2 Chronicles 7:14 (NLT): "Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land."

• **Faith and Healing:** Mark 5:34 (NLT): "Daughter, your faith has made you well. Go in peace. Your suffering is over."

• **Job's Reminder:** The Book of Job reminds us that the connection between sin and health is not absolute. Job was righteous yet suffered greatly, showing that not all suffering is a direct result of personal sin.

• **Judging Others:** Jesus reminds us in Matthew 7:1-2 (NLT): "Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged." We cannot judge others based on their suffering; rather, we must focus on our own spiritual readiness.

• **Preparation for Judgment:** Jesus' parable of the wise and foolish virgins (Matthew 25:1-13) teaches us to be ready for the final judgment with the light of love in our hearts, just as the wise virgins kept their lamps filled with oil.

Understanding the common spiritual causes of various physical ailments can help us personally assess our own lives and ensure we are living in alignment with God's will.

## 6 Conclusion

The problem with dualism is that it separates the Creator from creation, making it hard to explain how they interact, especially regarding how spiritual causes can lead to physical problems. Monism offers a more connected view of reality, fitting well with the Trinitarian view of God in Christian theology. Trinitarianism presents a unified yet interactive God through the Father, Son, and Holy Spirit. This view helps us understand how spiritual and physical aspects of life are connected. Believers should strive to follow Jesus's teachings and work on their inner transformation to be ready for a personal encounter with the Lord.