



## **Teaching Guide: The Two Kingdoms Within**

### **Theme: How our nervous system mirrors two spiritual kingdoms**

The Sympathetic Nervous System (SNS) – often hijacked by the enemy through fear, performance, and survival.

The Parasympathetic Nervous System (PNS) – aligned with God’s rest, connection, and healing.

We’ll also see how this ties to spiritual gifts, emotional health, and how healing restores divine order to our spirit, soul, and body.

While spiritual connection comes through the spirit, the state of the body deeply influences how we perceive, experience, and respond to God.

### **1. Introduction: The Battle in the Body**

We live in a body with a nervous system that reflects a deeper spiritual battle.

Like there are two kingdoms spiritually (light/dark), there are two primary operating systems in your body:

- Sympathetic = fight/flight (survival, reaction, stress)
- Parasympathetic = rest/digest (safety, connection, healing)

### **Key Scripture:**

*“Be still and know that I am God.” — Psalm 46:10*

This is a parasympathetic command — to slow down, be safe, and commune.

### **2. Understanding the Two Systems**

#### **Sympathetic Nervous System (SNS):**

- Activates during stress, fear, deadlines, over-functioning.
- Triggers cortisol, heart rate, shallow breathing.
- Spiritually aligns with striving, performance, and fear.

#### **Parasympathetic Nervous System (PNS):**

- Activates during worship, prayer, sleep, safety, and bonding.
- Releases serotonin, oxytocin, and healing responses.
- Spiritually aligns with rest, connection, and renewal.

### **These systems affect:**

- Your thoughts
- Your emotions
- Your behaviour
- Your faith walk
- Your physical health

We want to make our lives as safe as we can - power and control.

### **Emotions, Trauma & the Body**

Trauma can trap the body in a constant SNS state.

This causes:

- Anxiety, overthinking, fatigue, digestive issues
- Difficulty hearing from God
- Emotional disconnection

### **Healing shifts you from survival to safety.**

The amygdala (emotional brain) holds fear memories.

- Right side = unconscious emotion
- Left side = narrative and words

Trauma often disconnects the two, creating emotional confusion or numbness.

Here are several key scriptures that express the biblical truth that we cannot serve two kingdoms—God’s Kingdom and the kingdom of the world (or the enemy’s kingdom):

### **Key Scriptures on Serving Only One Kingdom**

#### **1. Matthew 6:24**

*“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”*

**Insight:** This verse speaks directly to allegiance—our hearts cannot be divided. Though it references money, the principle applies to all dual loyalties.

#### **2. James 4:4**

*“You adulterers! Don’t you realise that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God.”*

**Insight:** The kingdom of the world and God's kingdom operate on opposing principles. Aligning with one is turning away from the other.

### 3. 1 Kings 18:21

*"Elijah went before the people and said, 'How long will you waver between two opinions? If the Lord is God, follow him; but if Baal is God, follow him.' But the people said nothing."*

**Insight:** Elijah challenges the Israelites to stop wavering—mirroring the inner conflict between the two kingdoms.

### 4. Matthew 12:25–26

*"Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand. And if Satan casts out Satan, he is divided against himself. How then will his kingdom stand?"*

**Insight:** This shows the internal conflict when one tries to engage both kingdoms—ultimately leading to collapse.

### 5. Romans 6:16

*"Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?"*

**Insight:** Who we obey determines the kingdom we serve.

### 6. Galatians 1:10

*"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."*

**Insight:** There's a distinction between living for God's purposes and seeking worldly approval.

### 7. John 18:36

*"Jesus said, 'My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.'"*

**Insight:** Jesus distinguishes His kingdom from the systems and power structures of the world.

## 4. Spiritual Implications

- The enemy often keeps us stuck in a survival mode.
- God's kingdom is accessed in peace, presence, and stillness.

- Healing restores the divine rhythm of your body.

Worship, prayer, rest, creativity, and community activate the PNS and open your spirit to connection with God.

## 5. Redemptive Gifts & the Nervous System

### From Arthur Burk's teaching on Redemptive Gifts:

**Prophet Gift** = Parasympathetic Nervous System

- Discerns, sees deeply, feels strongly
- But can get overwhelmed and needs to retreat for restoration

**Giver Gift** = Sympathetic Nervous System

- Builds, sustains, supports life and action
- But can't over-function without burning out

When the Prophet (PNS) steps back and the Giver (SNS) steps forward, a healthy rhythm is created in both the body and the Body of Christ.

## 6. Healing Modalities that Align You with God's Kingdom

You can support your nervous system through:

**Color therapy:** calming colors (blues, greens) shift the body into PNS.

**Sound therapy:** 444 Hz (David's key) restores spiritual and emotional resonance.

**Essential oils:** Lavender, Frankincense, Bergamot help calm the nervous system.

**Somatic release:** releases trapped emotions and energetic imbalances in the body.

**Somatic work:** gentle movement, breath, grounding to release tension.

**Timeline healing:** asking Jesus into past moments to restore safety and truth.

### Reflection Questions:

- Do you recognise when you're in SNS vs. PNS?
- Have you been living in survival or healing mode?
- What is one small shift you can make this week to activate God's peace in your body?

### Prayer Focus:

- Invite Jesus into your nervous system and memory.
- Break agreement with fear-based patterns.
- Declare peace over the brain, body, and heart. Activate redemptive rhythms between Prophet and Giver.

*This teaching guide needs to be used alongside watching the teaching for context. The teaching is on our YouTube channel on the Women of Inspiration playlist.*

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