

RESET!

Spirit·Mind·Body



Devotional

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"And Jesus grew in wisdom and stature, and in favor with God and man." Luke 2:52

Dr. Luther Gulick helped to found the physical department in 1897 at what is now known as Springfield College. Dr. Gulick created what is now known as the inverted triangle while at the college. We in the YMCA recognize this as the YMCA triangle where the three sides of the triangle represent "spirit, mind and body." Dr. Gulick's creation was to display, leaning on scripture, that the three sides were not separate units but instead represented the wholeness of mankind.

"The triangle is not simply three separate sides, but these three sides are so joined together as to form a triangular figure, which differs in shape absolutely and radically from any one of its sides. Thus with the individual man, he is not a body and a mind and a spirit, but a wonderful result of their union, something entirely different from any single aspect of himself." Dr. Luther Gulick

The phrase "spirit, mind and body" is bantered about by many groups today. However, we need to be mindful in the YMCA community, that this is rooted in scripture and adopted by the YMCA to represent not just our attentiveness to our wholeness but also to each other. The final two words spoken by Jesus in Luke 2:52 are "...and man." This is to represent our responsibility to each other and community where we find in the mission of the YMCA.

Scriptural references:

Deut. 6:5

2 Kings 23:25

Deut. 10:12

Deut. 30:6

Matt. 22:37

Luke 10:27

Mark 12:30