

# UNDERSTANDING THE CONCEPT OF HUMANITY:

- Etymology: The word humanity comes from the Latin *humanitas* which describes good/"civilized" human beings. It entered English usage in the 14th century. The main definition of the singular form -- humanity -- refers to being "humane" and is synonymous with well-educated.
- Humans refers to primate classification of Homosapiens who are anatomically similar and related to the great apes.
- Humans are distinguished by a more highly developed brain and a resultant capacity for articulate speech and abstract reasoning.

***The study of humanities teaches how we create the world we live in now, and how the world we live in makes us the kind of people we are as a collective human race!.***



# THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL - MERISM!

- Scholars defined the term “knowledge of good and evil” as **merism**!

- **Merism** expresses **totality**, and it implies **everything in between**

Examples: the **west and the east**,  
**heaven and hell**, etc.

- Merism, “good and evil,” is actually a very common meaning. It refers to “any kind of thing” or it means “everything.”







## OUR ALTERED HUMANITY: THE ID, EGO, AND SUPER EGO

Sigmund Freud, the renowned psychoanalyst, was the first person to propose defense mechanisms as part of his psychoanalytic theory.

According to Freud, human behavior is formed through an interaction between three components of the mind, i.e. Id, Ego and Super Ego.

- ❑ The Id is the primitive part of the mind that seeks immediate gratification of biological or instinctual needs. Biological needs are the basic physical needs while the instinctual needs are the natural or unlearned needs, e.g., hunger, etc. It is unconscious and gives little thought to what is right or wrong!
- ❑ Super Ego relates to the social or the moral values which develops as we mature. It acts as an ethical constraint on behavior and helps an individual to develop a conscience.

# UNITING THE APOSTLE PAUL & SIGMUND FREUD

## 12 Defense Mechanisms: Sigmund Freud

- |    |  |
|----|--|
| 1  | <b>Compensation:</b> Strengthen one to hide another.       |
| 2  | <b>Denial:</b> Refuse to face a negative behavior.         |
| 3  | <b>Displacement:</b> Take it out on someone else.          |
| 4  | <b>Identification:</b> Attach to something positive.       |
| 5  | <b>Introjection:</b> Conform feelings for approval.        |
| 6  | <b>Projection:</b> See your faults & foibles in others.    |
| 7  | <b>Rationalization:</b> Excuse and justify mistakes.       |
| 8  | <b>Reaction Formation:</b> Pretend you are different.      |
| 9  | <b>Regression:</b> Act much younger to feel better.        |
| 10 | <b>Repression:</b> Putting things into darkness.           |
| 11 | <b>Ritual &amp; Undoing:</b> Override negative with habit. |
| 12 | <b>Sublimation:</b> Divert negative into acceptable.       |



## DEFENSE MECHANISMS IN OPERATION

- **Projection** Attributing one's unacceptable feelings or desires to someone else. A bully constantly ridicules a peer about insecurities; the bully might be projecting his own struggle with self-esteem onto the other person.
- **Denial** Refusing to recognize or acknowledge real facts or experiences would lead to anxiety. For instance, someone with anger or mood disorder are not able to clearly see and accept their behaviorism.
- **Repression** Blocking difficult thoughts from entering into consciousness, such as a trauma survivor shutting out a tragic experience.
- **Regression** Reverting to the behavior or emotions of an earlier developmental stage.
- **Reaction Formation** Behaving or expressing the opposite of one's true feelings. For instance, a man who feels insecure about his masculinity might act overly aggressive.
- **Sublimation** Channeling sexual or unacceptable urges into a productive outlet, such as work or a hobby.
- **Intellectualization** Focusing on the intellectual rather than emotional consequences of a situation. For example, if a roommate unexpectedly moved out, the other person might conduct a detailed financial analysis rather than discussing their hurt feelings.



Knowing your own darkness is the best method for dealing with the darkness's of other people.



DEFENSE MECHANISM AFFECTS OUR SPIRITUALITY AND CLOSE RELATIONSHIPS. THEY AROUSE OUR DEEPEST EMOTIONS, AND SOMETIMES WE TURN TO DEFENSES AND ABANDON WHAT IS MOST SACRED!

WHO LOOKS OUTSIDE, DREAMS;  
WHO LOOKS INSIDE, CAN AWAKE!

*COME SEE A MAN, WHICH TOLD ME ALL THINGS THAT I EVER DID: JOHN 4:29*

*FOR UNTO US...WONDERFUL, COUNSELOR, THE MIGHTY GOD...,ISAIAH 9:6*