

# **MENTAL HEALTH**

by

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# WHAT IS A MISSIONARY

Somewhere between saintliness and foolishness we find a creature called a missionary. Missionaries come in assorted sizes, weights and colors, but all are sent by the one Lord who commanded this people to evangelize.

Missionaries are found everywhere: going to, lifting up, launching out, coming from, staying with, bringing around, bearing with and standing for. Christians love them, governments tolerate them, parents pity them, pagans ignore them and Christ protects them. A missionary is a truth with a broken jeep axle in it's hand, beauty with a sick child in it's arms, wisdom with a Bible in it's pocket and hope with Christ in it's heart.

A missionary has the patience of a fisherman, the audacity of a tight-rope walker, the carefulness of a bookkeeper, the vision of a dreamer, the strength of a builder, the intelligence of a teacher, the wit of a humorist, the irresponsibility of a child and when he attempts something, he is all prayer.

He likes letters from home, children, preaching, mission recruits, returning from furloughs, faith promise rallies, tracts, printing presses, radio stations, translators, mission airplanes, villages, Bible studies, cities, correspondence courses and bookstores. He is not much for high pressure promotions, red tape, devaluation of the dollar, lukewarm faith, hypocrisy and discrimination.

Nobody else is so quick to care, and so slow to give up. Nobody else gets so much fun out of crocodiles, boiled rice, elephants, sunsets, mimeograph machines, passports, electrical failures, pet cobras, earthquakes, visas, monsoons, droughts and conversations. Nobody else can crowd into a jeep two native preachers, seven singing young people, a cow being taken to the veterinarian, three chickens on the way to the market, 15 songbooks, 40 Bibles, a pump organ, one slide projector, one electric generator, two tents and two ox yokes (one with ox).

A missionary is an unusual creature. You can send him to a far off country, but you had better not forget him. You can get him out of your hair, but you can't get him out of your heart. He is your servant, your right hand, your dependent, a Bible preaching, God fearing, God serving self sharing bundle of love. When you come to church with that smug feeling that you are pretty super Christian, he can shatter it with the simple words, "Come on over and help us."

Author Unknown

# SPIRITUAL WARFARE SERIES

## Introductory Lesson: “Saved on Purpose for a Purpose”.

Scripture: Rom. 8:28; Acts 26:15-18

Introduction:

1. We are at WAR - Worldwide!! Eph. 6:10-13.
2. We have been for this hour and for this purpose. - Eph. 2:8-10; Rom. 8:28.
3. Missionaries and Pastors use Great Commission from Mt. Mk. And Jon., but rarely from Lk. 24:45-49 (the revelation of the Message and Promised power of the Gospel):

45 Then opened he their understanding, that they might understand the scriptures, 46 And said unto them, Thus it is written, and thus it behooved Christ to suffer, and to rise from the dead and the third day: 47 And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem. 48 And ye are witnesses of these things. 49 And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high.

4. Note the further instruction and content of the Commission in Acts 26:15-18:15 And I said, who art thou, Lord? And he said, I am Jesus whom thou persecutest. 16 But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast see, and of those things in the which I will appear unto thee; 17 Delivering thee from the people, and from the Gentiles, unto whom now I send thee, 18 To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me.

1. Revelation of the Person of Christ - vs. 15
2. Revelation of the Purpose of Christian -vs. 15-18a
  - 1) To make us a minister and witness:
    - a. Of things seen
    - b. Of things to come (revealed later)
  - 2) To deliver us from those to whom we're sent - vs. 17 (II Tim. 1:7)
  - 3) To open their eyes - vs 18a
  - 4) To turn them from darkness to light
  - 5) To turn them from power of Satan unto God - vs 18b

Result? Vs. 18c That:

1. They may receive forgiveness (Justified in Christ; guilt free, etc.)
2. They may receive and understand their inheritance in Christ - Eph. 2:1  
They may become part of Body (Church) sanctified in Christ and gifted to be God's witness. See I Cor. 6:9-11

# SPIRITUAL WARFARE SERIES

## Lesson #1 - "The Battle of the Ages"

Text: Gen. 1:26-28; 3:1-21

Introduction:

1. What's on your mind? "As a man thinketh in his heart (mind) so is he."
2. Man born in WARFARE -schizophrenic; "born to trouble as the sparks fly upward" (Job 5:7)
3. Conflict of the Ages: Divine Warfare between God and Satan
4. Genesis - the book of beginnings; reveals the history of "psychological warfare"
5. Axiom: whoever possesses your mind, possesses you!

### I. God's purpose for man - Gen. 1:26-28

- A. To reflect His image - 1:26a
- B. To rule His creation - 1:26b (including Self)
- C. To reproduce others - 1:28

### II. Satan's plan (counter) for man - Gen 3:1f

- A. To alienate man from God 3:1-5
  1. Doubt the Word of God vs. 1
  2. Double-pronged temptation vs. 5
    - a. Appeal the SPIRIT realm - Pride
    - b. Appeal to SENSUAL realm
  3. Bottom line sin: Living independently of God!
- A. To alienate man from others (eg. Wife)
  1. She ate and gave Adam vs. 6
  2. They were separated vs. 7-13
    - a. By clothes
    - b. By conscience
    - c. By "passing the buck"! (\*Need to face responsibility for sin)

### III. God's provision for man

- A. Compassionate grace vs 9
- B. Coming Seed vs. 15
- C. Covering skin vs. 21

Conclusion:

1. "Where sin abounded, grace did much more abound" (Rom. 5:20)
2. Because of the Sacrifice (Last Adam), man can now:
  - a. Reflect God's image
  - b. Rule creation (self)
  - c. Reproduce others – Wining souls!

Our responsibility: Rom. 12:1-2

## **Lesson #2 - “Is There Healing for the Mind?”**

Scripture: II Tim. 1:1-12; Rom. 8:1-17; Mark 5:1-15

Introduction:

1. “Mental illness”, depression and suicide are on the climb.
2. God has given us a Manual to go with his product
3. Sin caused communication gap between God and man (Gen. 3)
4. Christians suffering from “nervous break-downs”, paranoia, etc. - what’s wrong? Is there hope? Is there healing for the mind?
5. Diagram (circle) of spirit, soul and body (see -pg. 115 in HEALING FOR THE MIND)

### **I. A Biblical Declaration of Mental Healing (Health)**

- A. Sound mind - II Tim. 1:7
- B. Spiritual mind (of Christ) - Rom. 8:1-9; 13-17
  1. Freedom from power of sin (OSN) - Rom. 6:1-7
  2. Freedom from law of sin and death 8:2
  3. Freedom to mind (obey) the Spirit 8:5
  4. Freedom to enjoy God (life and peace) 8:6
  5. Freedom from spirit of fear (bondage) 8:15
    - a. In sin - bound to do wrong
    - b. In religion - bound up to do right
    - c. In grace - free to do right!

### **II. A Biblical Demonstration of Mental Healing Mark 5:1-15**

- A. Description of “mental case” (maniac)
  1. Unclean spirit vs. 1
  2. Unsociable spirit (hid in tombs) vs. 2
  3. Unnatural strength (snapped chains) vs. 3-4a
  4. Untamed spirit vs. 4b
  5. Unceasing restlessness vs. 5a
  6. Uncontrolled weeping vs. 5b
  7. Urgency to destroy self vs. 5c
  8. Unstable mind vs. 6-7 (schizophrenic; double-minded)
- B. Deliverance of the maniac
  1. Release 8-13
  2. Restoration vs. 15

Conclusion:

1. There IS healing for the mind!
2. If God delivers “maniacs”, there’s hope for us!
3. REMEMBER: ALL unsaved people are under Demonic Control!!  
See John. 8:44; Eph. 2:1-3; I Cor. 4:3-4; Heb. 2:14-15

**Thus the GREAT COMMISSION of Acts 26:15-18**

## **Lesson #3 - How to Deal with the Spirit of Fear**

Scripture: Ps. 27; II Tim. 1:7; Ps. 34:1-4

Introduction:

1. World gripped with fear! (eg. Economy, crime, world affairs, IRS, Social Security, etc.)
2. Church gripped with fear too! (worry, legal drug addicts - believers who can't cope with life, etc.)
3. II Tim. 1:7 - Paul addresses "fear" of young preacher

### **I. Description of the Spirit of Fear**

- A. Godly fear
  1. Natural - eg. Fire, high-voltage, roller coaster
  2. Spiritual - "fear of God" - Prov. 1:7; II Cor. 7:1
    - a. Bridges def. - pg. 14 in HEALING
    - b. See I John 2:3-6; 4:16-19
    - c. Love = fear of God = fruit of Holy Spirit = victory over unholy fear!
- B. Ungodly fear
  1. Characterized by:
    - a. Anxiety, doubt, discouragement, intimidation
    - b. Slander, accusations, guilt "trips:", etc.
    - c. Unfaithfulness and inferiority - see Mat. 25:25f
    - d. Unwholesome fear of Satan himself - refusing to deal with him.
  2. Caused by unbelief and Satanic attacks
  3. Creates interference with our
    - a. Wellbeing (body)
    - b. Worship
    - c. Witness
    - d. Willingness to go on (fear of failure)

### **II. Display of the Spirit of Fear - see eg.**

1. Elijah - I Kings 19
2. Nehemiah - Neh. 6:5, 8-16
3. Timothy - II Tim. 1:7

### **III. Deliverance from the Spirit of Fear**

- A. Matter of fact
  1. Accomplished by finished work of Christ - Heb. 2:14f
  2. Appropriation of Christ (Blood) - Rev. 12:7-12
- B. Matter of Faith
  1. Peter - Luke 22:31-32
  2. Elders - I Peter 5:7-9; James 4:7

C. Matter of freedom

1. Recognize what it is (or “who” it is)

**Devil**

**God**

- |                         |                           |
|-------------------------|---------------------------|
| 1. Drives               | 1. Leads                  |
| 2. Confuses             | 2. Clarifies (definite)   |
| 3. Hopeless (Ps. 3:1-2) | 3. Hopeful (Ps. 37:23-25) |
2. Repent of unbelief - Take responsibility
3. Remember God’s provision
- a. II Tim. 1:7 - eg. “red flag”
- b. 365 “fear nots” in Bible; one a day!
4. Regard meditation and obedience - Ps. 1; Joshua 1:8-9
5. Rejoice in deliberate praise - Ps. 34:1-4

## Lesson #4 - Mental Depression: Satan's Choice Weapon

Scripture: Acts 10:38; II Tim. 1:7; Eph. 6:10

Introduction:

1. The world has a right to see rejoicing saints! (Most powerful sermon is "joyful holiness: - Spurgeon)
2. Satan is bent on extinguishing light of saints
3. He attacked Christ, Peter, etc. and YOU!
4. All of man's problems are THEOLOGICALLY based
5. Depression begins with discouragement - a unique tool of Satan. See Illustration. "Discouragement"
6. "Mental illness" - failure to effectively deal with personal problems eg. Suicide and believer??

### I. Mental Depression Described - Ps. 73

- A. Depression stems from wrong thinking about God
- B. Asaph's problem outlined: HE SEES:
  1. World through his own eyes 73:1-12
  2. Himself through his own eyes 13-16
  3. World through God's eyes 17-20
  4. Himself through God's eyes 21-28

### II. Mental Depression Defined

- A. Discouragement - "Not seeing God for Who He is"; "losing heart" eg. Is. 6 - Upward, Inward and Outward look
- B. Depression - Lit. "to press down"; a prolonged spirit of fear
- C. Oppression - (Acts 10:38)
  1. "To exercise power over another"
  2. "To keep in subjection (bondage) by harsh or unjust force: eg. Lot "vexed" his own soul
  3. Extreme and intense depression (disobedience at root)
- D. Obsession
  1. "To trouble the mind to excessive degree"
  2. "The mind haunted and captivated by compulsive, unwanted thoughts"
  3. Oppression of the mind

### III. Mental Depression Demonstrated (eg. Saul's life)

- A. His call of faith (believer)
  1. Chosen of God - I Sam. 9:15f
  2. Anointed as king - 10:1
  3. God gave him new heart - 10:9
  4. Holy Spirit came upon him -10:10
  5. He prophesied in the Spirit - 10:10
  6. His meekness demonstrated - 10:22-24

- B. His course of failure (Pride of mind) He:
  - 1. Over-stepped his bounds - I Sam. 13:8-14
  - 2. Lost his reign - I Sam. 15:23
  - 3. Lost God's anointing - 16:14
  - 4. Became terrified - 16:14 (fear has torment)
  - 5. Defeated before enemy - ch. 17 (Goliath)
  - 6. Overcome by jealousy and bitterness - 18:8-12
  - 7. Lost touch with God - ch. 28 (witch)
  - 8. Committed suicide - 31:4
    - a. "Sin unto death" - I John 5:16
    - b. Every mental breakdown begins like Saul's
- C. His control by enemy analyzed - I Sam. 16:14-18, 23
  - 1. Caused by pride and disobedience
  - 2. Concerted praise ministry of David brought partial release
  - 3. Complete deliverance could have come by Saul's repentance (it never did!)

Conclusion:

- 1. Let's confess pride and disobedience
- 2. Let's forsake unbelief - feast on Word
- 3. Let's learn to submit to God and resist the Devil (James 4:7)
- 4. Let's learn to "trust and obey, for there's no other way...."
- 5. Let's learn to bring "every thought" under Christ's Lordship!

## Lesson #5 - Declaring War on Worry

Scripture: Phil. 4:4-9; Mat. 6:19ff

Introduction:

1. Worry is a KILLER!
    - a. It is reaching epidemic proportions in the country
    - b. Probably leading factor in “psychosomatic illness”
  2. Worry - one of the most acceptable and excused sins among Christians (along with “gossip” and “gluttony”)
  3. Tranquility on the moon, but not in man
  4. God intended for man to be whole and complete
    - a. Holy in spirit
    - b. Whole in soul
    - c. Healthy in body
- WORRY has destroyed this!

### I. The Cause of Worry

- A. Surface cause - Preoccupation with materialism prompted by fear regarding daily need (supply) Mat. 6:24-26
- B. Root cause - sin of unbelief before an All-Sufficient God
- C. Defined'
- D. Worry = “careful” (Phil. 4:6)
  1. Root meaning - Merizo - “to draw in different direction or distract: Double-minded! (Mat. 6:22-24)
  2. Anglo-Saxon means “to strangle or choke”
- D. Described”
  1. Distraction of the mind (perception, feeling, etc.)
  2. Worry is bearing burdens God never intended
  3. Worry is thinking God made a mistake and doesn't care
  4. Worry is human interference with God's divine plan

### II. The Curse of Worry It Will:

- A. Rob (choke) spiritual stamina
  1. Connection of worry and warfare - I Peter 5:7-8
  2. Illustration by Mary and Martha - Luke 10:38-42
- B. Rob (choke) mental soundness
  1. Double-mindedness (Schizophrenia) James 1:8
  2. Read Pg. 59 (HEALING)
- C. Rob (choke) physical strength
  1. See Job 20:11; Prov. 3:7-8; 14:30; 15:30; 16:24
  2. Read S.I. McMillen, Pg. 45f (HEALING)

### III. The Cure for Worry

- A. Consider the cause - eg. Sin of unbelief!
- B. Confess it completely (don't try to excuse, forget or drug it)

- C. Cast ALL your care upon the Lord - Ps. 55:22; 37:5; Phil. 4:6-7
- D. Concentrate on God's character - MEDITATION See: Phil. 4:8; Josh. 1:8; Ps. 1:2; Is. 26:3; 40:12-17; 25-31
- E. Conquer every enemy attack with holy resistance (James 4:7)

Conclusion:

1. God said it, that settles it! ( Poem pg. 66 - HEALING)
2. Illustration: "Hitchhiker with sack on back"
3. "We do not live by explanations, but by promises" - Wiersby

## Lesson #6 - Biblical Brainwashing: Key to Spiritual Maturity

Scripture: Joshua 1:1-9; Ps. 1-1-3

Introduction:

1. This is an age of shallowness and amusement (sp. Thinking at low ebb)
2. Satan using “psychological warfare” to control minds
  - a. TM replaced Bible in schools; Yoga, martial arts, etc.
  - b. Dangers of Transcendental Meditation
    - (1) Passivity of mind and body
    - (2) Repeating “mantras” or names of Hindu gods
    - (3) Opens door for occult and demonic activity
3. Biblical meditation (a lost art) is
  - a. Root: “to groan, utter sounds, muse” (opp. “amusement”)
  - b. Ability to relax body while activating the mind (soul) through the Word (NO passivity - see Mat. 12:43-45)
  - c. The mind must be
    - (1) Changed
    - (2) Renewed
    - (3) Controlled
    - (4) Indoctrinated (“Brainwashed with Word”)
  - d. Process includes deprogramming and reprogramming!
  - e. We become what we think!
4. Three ways to “program” Word into us
  - a. Reading - eg. Partaking of appetizer at banquet
  - b. Memorizing - eg. Chewing and swallowing food
  - c. Meditation - eg. Digesting and assimilating meal (cow-cud)
    - (1) Ps. 119:11; Jer. 15:16
    - (2) “Memorizing is downpour, meditation - soaking in”

### I. Prerequisites to Biblical Meditation - Ps. 1:1-3

- A. Salvation - “Blessed” 1a
- B. Separation - “Walk, stand, sit”
- C. Sanctification:
  1. Delight in the Word
  2. Digestion (mediation) of the Word ---“Trees”

### II. Principles of Biblical Meditation

- A. Produces communication with God
- B. Promotes intimate knowledge of God
- C. Provides renewal and cleansing of mind
  1. Garbage vanishes (deprograms) as Word fills mind
  2. We scrub body, why not mind? II Cor. 10:5; Phil. 2:5; Rom. 12:2
- D. Provides time of refreshment
  1. Relax from “rat race” of life
  2. “Be still and know that I am God”

- E. Produces true zeal and discipline
  1. TM zealots rise at 5:30am to “meditate”
  2. Meditation brings body under control of mind
- F. Promotes creativity
  1. Clarity of thought
  2. May remove learning barriers - Goatherd
- G. Produces spiritual effectiveness and power
  1. Focus on God removes hindrance of world, self, etc.
  2. Yields spiritual power (depression drains vitality)

### **III. Practice of Biblical Meditation**

- A. Commit yourself to it - count cost eg. Jogging, etc.
- B. Take time each day - eg. 15 min. twice a day
- C. Get alone with God - seclusion
- D. Relax in God’s presence
  1. Body relaxed - mind alert! (Sabbath of body)
  2. Flex and relax each muscle group - feet to head
- E. Select verse - reading and focusing eg. Ps. 23:1
- F. Reflect on it; ask - “how can I apply it?”
- G. Praise God the truth of passage
- H. End time in prayer - “casting all your care upon Him”

#### Conclusion:

1. Review all of the above for MEDITATION is a MUST!!
2. TM and other cultic practices are false; Bible meditation is REAL and ESSENTIAL
3. Joshua 1:8 - Key to mental and spiritual success.

## Lesson #7 - “The Cancer of Bitterness”

Scripture: Mark 11:20-26

Introduction:

1. Foremost need of man: ACCEPTANCE and FORGIVENESS eg. Rejection by parents, etc.
2. Man doesn't know how to handle guilt - eg. Drugs, alcohol, gambling, etc. leads to suicide.
3. FORGIVENESS needed:
  - A. Demonstrated on day of atonement (:Yom Kippur”) Lev. 16 TWO GOATS
    1. Old Testament Kaphar - PI. “to cover over, pacify, made propitiation”:. Aram. Root - “to wash away, rub off, this obliteration of sin”. Used of ark (Gen. 6:14) - “thou shalt pitch it within and without with PITCH”
    2. New Testament Aphiemmi - “to bare or send away, cancel forgive debt” found only in Christ: eg. John 1:29 - “Behold the lamb of God...” Col. 1:12-14 - “Giving thanks to the father...who hath delivered us from the power of darkness and hath translated us into the kingdom of His dear son; in whom we have redemption through His blood, even the forgiveness of sins: - both CLEANSING and REMOVAL
  - C. Deals with God's character: Ps 86:5; “For thou, Lord, art good and ready to forgive; and plenteous in mercy unto all them that call upon thee.” cf. I John 1:9
    1. Yet many believers suffer guilt and lack of forgiveness. Why? They won't forgive God nor others!
      - a. BITTER SPIRIT - 99%
      - b. Though forgiven, they won't forgive, thus they don't enjoy forgiveness!
    2. Satan's strategy: to keep us bound with a murderous, bitter spirit - cf. John 8:44
      - a. I John 3:14-15 - “We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death. Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him”.
      - b. The Cain spirit - Gen. 4: anger and long face (depression)
      - c. Check Heb. 12:14-15: - “Follow peace with all men, and holiness, without which no man shall see the Lord; looking diligently lest any man fail of the grace of God; lest any ROOT OF BITTERNESS springing up trouble you and thereby many be defiled”

*Let's consider three (3) results of bitterness:*

### **I. It Will PARALYZE Your Faith (Authority) - Mark 11:23-24**

- A. Wrong attitude = wrong praying = power shortage
- B. Ps. 66:18 - “If I regard iniquity in my heart...”

### **II. It Will PREVENT God's forgiveness vs. 25-26**

- A. Lord's Prayer - Mat. 6:12-15; see Luke 11:4 - :and forgive us our sins, for we also forgive everyone that is indebted to us”

B. Unforgiving servant - see Mat. 18:21ff

### III. It Will PLAGUE Your Physical Well - being

A. Mat. 18:34 - "Tormentors + powers of darkness

B. Eph. 4:26f - "Be ye angry and sin not: Let not the sun go down on your wrath; neither give place to the devil....and grieve not the Holy Spirit of God....let all bitterness, wrath and anger....and evil speaking be put away from you....and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

C. Bitterness gives place to the devil and the "root of bitterness can produce bodily affliction, see HEALING OF THE MIND, pg. 46,48

D. Mind affects the body" See Prov. 3"5-8; Also Prov. 14:30 - A sound (healed) heart (mind) is the life (health or reviving) of the flesh, but envy is the rottenness of the bones"

Prov. 15:30 - "...A good report maketh the bones fat"

16:24 - "Pleasant words are as an honey comb, sweet to the soul, and health to the bones

17:22 - "A merry heart doeth good like a medicine; but a broken spirit drieth the bones."

## CONCLUSION:

### Reflections:

1. How is it that the King forgives but slaves won't?
2. How can such tremendous debt (10 million) be forgiven, small debts go unforgiven?
3. Why can't forgiven sinners forgive forgiven sinners? Especially when the holy, sinless God forgives sinners?
4. An unforgiving spirit reveals an ignorance and / or absence of God's grace.

### Remedy:

The word of God - Heb. 4:12 - "For the word of God is quick and powerful and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow. And is a discerner of the thoughts and intents (motives) of the heart."

Ps. 107:20 - "He sent His word and healed them, and delivered them from their destruction."

### SINNER:

Repent of your murder and believe the gospel!

### SAINT:

1. Take full responsibility for your sin (ie. Quit blaming others, etc.)
2. Repent of and confess all bitterness to God (choose to forgive individuals by name)
3. Take back ground (place) given to Satan
4. Claim God's forgiveness - I John 1:9
5. Make restitution where needed
6. Forgive all others, including anyone who has offended you in the past; eg. Parents, siblings, preacher, etc.

Mat. 5:23-24 - "If thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee; leave there thy gift before the altar and go thy way; first be reconciled to thy brother and then come and offer thy gift."

### Two Illustrations:

1. Job - Healed after he prayed for (forgave) his friends
2. Jesus on cross - "Father, forgive them..."  
Prov. 28:13 - "He that covers his sin shall not prosper..."

\*You can choose to be BETTER or BITTER!

\*Eg. Husband whose wife was killed on way to store after a heated argument. He'll take that to the grave.

## Lesson #8 - “Dealing With Burnout and Depression”

Scripture: Ps. 42

Introduction:

1. D. Martyn Lloyd-Jones says: “Unhappy Christians are, to say the least, a poor recommendation for the Christian Faith. And there can be little doubt but that exuberant joy in the early Christians was one of the most potent factors in the spread of Christianity.” (Intro. To book SPIRITUAL DEPRESSION)
2. Spurgeon said: “The most powerful of all sermons is one who lives in joyful holiness”
3. Popular psychological explanations for Defeat:
  - a. Professional hazard;
  - b. Mid-life crisis (Menopause)
  - c. Male “Menopause”
  - d. Change of life syndrome
  - e. Burnout
4. Other suggested causes”
  - a. Over-word
  - b. Genetic predisposal
  - c. Temperament
  - d. Nationality, etc.
5. Great need for honesty and directness - see Ps. 13; 42:5

### I. Cause of Burnout and Depression

#### A. Surface causes”

1. Unfulfilled goals
  - a. Visions and dreams that never materialize
    - (1) eg. Monetary, job position, house, car, children, etc.
    - (2) Leads to depression, resulting in unthankfulness
    - (3) Illus.:
      - (a) David’s desire to build temple only to be refused; (I Chron. 17; Ps. 42:5)
      - (b) Elijah’s anticipation of Ahab’s conversion (I Kings 18)
  - b. Visions that materialize, then shatter
    - (1) Goal reached but doesn’t satisfy
    - (2) Eg. Moses - delivered people who then rebelled; see Num. 11:10-17 (“stressed out”)
2. Losing sight of God in the work. Eg. Jer. 20:7ff - disillusionment and despair
3. Wrong response to trials (stress)
  - a. Three responses to trial - Heb. 12:5-7
    - (1) Despise (reject)
    - (2) Faint
    - (3) Endure (eg. 3 Hebrews)
  - b. To fail here is to become disillusioned and cynical
  - c. “You can become BITTER or BETTER!”
4. Lack of positive response and appreciation from others

- a. Misunderstanding and judging leader's motive. Eg. Moses - Acts 7:25; Ex. 17:1-4
  - b. True love tested. eg. Paul - II Cor. 12:14-15' Gal. 4:13-16
- B. Root causes:
1. Covetousness
    - a. Def. - "lusting after that which God has not allowed you to have"; "gluttony of the soul"
    - b. Three areas of attack: Power, Money and Sex (I John 2:15f)
    - c. Eg. Asaph - Ps. 73
  2. Unbelief
    - a. Opposite of "taking God at His Word", for "without faith it is impossible to please Him....(Heb. 11:6)
    - b. Unbelief - slandering God's character (root of all sin)
      - (1) eg. Gen. 3 - Satan's strategy
      - (2) DANGER: Motivation by feelings rather than will. Producing passivity (eg. Heb. 11 - all DID something by faith)
      - (3) GOD IS GOOD! - deny this truth and you're headed for burnout and depression
  3. Resentment toward God
    - a. Cain syndrome - Gen. 4:1f; John 8:44
      - (1) Two-pronged battle with sin (lying and murder)
      - (2) Issue with Abel because issue with God (depression)
    - b. Unforgiving spirit (getting "burned up" - burnout!)
      - (1) Losing sight of God's forgiving grace - (Mat. 6:14-15; 18:21ff)
      - (2) Leads to other personal problems
        - (a) Paralyze faith and authority - Mark 11:21-16
        - (b) Generates physical illness - Prov.3:7-8; 14:30;15:30;17:22; see FORGIVEN booklet
  4. Hopelessness
    - a. Losing sight of who God is - eg. Peter - "I go fishing"
    - b. Labor becomes useless and vitality wanes - I Thess. 1:3
    - c. Hope produces:
      - (1) Purity - I John 3:3; Titus 2:11-14
      - (2) Patience - I Thess. 1:3
      - (3) Boldness - Romans 5:5
      - (4) Joy - Romans 12:12; 15L13

\*THESE ARE KILLED IN BURNOUT!

\*NOTE: Progression of downfall: Failure → Discouragement → Disillusionment  
 → Burnout (dropout) → Depression (bitterness) → "Clinical (extreme) Depression"  
 → Oppression ("basket case") → Potential suicide.

## II. Cure for Burnout and Depression

- A. Acknowledge your TRUE condition without excuse.
  1. Repent of unbelief and bitterness (see FORGIVEN, pg. 20f)
  2. Accept your acceptance and forgiveness in Christ
- B. Affirm God's Sovereignty in everything
  1. Prov. 21:1; Dan. 4:34-35; Rev. 19:6

2. All things and PEOPLE work for good - Rom. 8:28-29 eg. Joseph, Moses, Jesus, etc.
  3. "Shall not the Judge of all the earth do right?" Gen. 18:25
- C. Understand God's purpose for trial (stress)
1. To develop patience (endurance)
    - a. See Rom. 5:1-5; James 1:3f
    - b. Promotion comes from God, not man (Ps. 75:7-7)
  2. To gain further intimate knowledge of Christ (Phil. 3:10)
  3. To make us effective in ministry to others (II Cor. 1:3f)
  4. To insure greater degree of glory in Heaven (II Cor. 4:15f)
- D. recognize that no problem or circumstance can defeat you or rob your joy
1. Possible to be unhappy (in body and / or soul) and still maintain the fruit of the Holy Spirit!
  2. We are still "more than conquerors" by RIGHT choices! Eg. Ps. 42:5; 13 (cf. Ps. 16); Jer. 15:15-18
  3. You and God make a majority...STOP listening to yourself and START talking to yourself!
- E. Purpose to live ONLY for God's Glory
1. "Whether you eat or drink or whatsoever you do, do ALL for the GLORY of God" - I Cor. 10:31
  2. Glory: "The manifestation of God's majesty and character in me" (Salvation = Divine invasion)
  3. Three principles: Col. 3:15-17
    - a. LET the peace of God rule...vs. 15 see I Peter 5:5-11
    - b. LET the Word of Christ indwell richly vs. 16
      - (1) Programming Christ indwell richly vs. 16
      - (2) Filled with Word = Filled with Holy Spirit - Eph. 5:18
    - c. Let everything be done with THANKSGIVING VS. 17
      - (1) Eucharist - from "charis" (grace) and "chara" (joy); NO room for bitterness, etc.
      - (2) See Heb. 3:17-19; Mat. 6:33
      - (3) Eg. Old missionaries stuck it out on the field because they labored for God's Glory - NOT their own!

Conclusion:

1. "Plow on"--- you CAN, when living for God's Glory
2. This is the key to BURNING ON, rather than BURNING OUT!

## **Lesson #9 - Strategy for Mental Combat**

Scripture: II Cor. 18:3-5; James 4:7; Rev. 12:11

Introduction:

1. “Onward Christian soldiers marching as to war:!”
2. Battle is in the MIND, not the brain, thus drugs ineffective
3. We can’t live above our thought - Right thinking essential
4. What is a Christian? A saint with full provision for victory eg. I Cor. 1:1-9; Eph. 1:3; II Cor. 2:14; I Peter 2:9, etc.

### **I. Need to be Filled With the Holy Spirit**

- A. Principle of Pentecost essential - Acts 1:8; 2:4
  1. All believers Baptized by Holy Spirit, but not all filled - Eph. 5:18
  2. Day of “extremes” and controversy - “spirit AND truth”
  3. We cannot be vacuums; need for Spirit control (eg. Drunk)
- B. Supernatural talk demands supernatural power - Is. 61:1f
  - \* “Fight the GOOD FIGHT of faith

### **II. Need to Exercise WILL over Emotion (Feeling)**

- A. Faith makes right choice even if it feels wrong
  1. Eg. David - Ps 34:1; 42:5, 11; 77:7-12
  2. Eg. Heb.11 - “by faith” = “I will”! (NO Passivity!)
- B. Such ability stems from “who we are in Christ” - Phil 4:13; 2:12f (Balance of Sovereignty and Responsibility)

### **III. Need to Practice “Red Flag” Strategy (Confronting the Enemy)**

- A. Thoughts either from God or Satan - eg. Luther - birds overhead
- B. Enemy’s scheme to paralyze our faith by:
  1. Accusations of past sins, “skeletons in closet”, etc.
  2. Attacks of lust, fear, worry, anger, etc. eg. My testimony
  3. Confession of sin, but no relief eg. “unpardonable sin”
- C. God’s Remedy:
  1. Recognize source of attack - “red flag” (driving us leading)
  2. Realize fact and source of victory - Rev. 12:7-11; I John 5:4
    - a. Illustration: Peter - Luke 22:31-32, 62; Acts 2:14f; I Peter 5:7-9
    - b. NOTE: Darkest times lead to new heights of effectiveness
  3. Refuse and resist ALL enemy thoughts - II Cor. 10:5; James 4:7
  4. Receive ALL of God’s provision for Combat! Eph. 6:10-18
    - \*\*READ WARFARE PRAYER

## Lesson #10 - How to Maintain Sanity in an Insane World

Scripture: Ecc. 7:11-15

Introduction:

1. This world is an asylum run by the inmates! See Ecc. 9:3 - "There is an evil...under the sun" the heart of the sons of men is full of evil and madness is in their heart."
2. Solomon is not a pessimist, but a realist, realizing that only the sane can make it in an insane world.
  - A. SANITY - being in touch with reality (Truth)
  - B. Sol. ( the Preacher) is relating how that life without God is meaningless; but recognizing Him as the Source of every good and perfect gift, life can be enjoyed to the hilt! (no suggestion of monastic approach or "the Christian misery" theology)!
  - C. TWO EXTREME MIND-SETS (Attitudes):
    1. Those totally discouraged about serving God because of the dark situation of world and church. This leads to hopelessness, laziness, bitterness and worldliness!
    2. Others are on a gigantic ego trip, trying to play God in their attempt by "super faith" to change the circumstances, calling it "revival"
  - D. BALANCED NEEDED: Moving with God in obedience of Biblical faith, buying up every opportunity in a dark world to demonstrate God's power and grace, while looking for that "Blessed Hope and Glorious appearing of our Great God and Savior Jesus Christ!" Hope says: WE CAN
3. WISDOM (vs. 11-12) Produces this balance
  - A. Wisdom is profitable"
    1. To see life from God's perspective - seeing life from above the sun, rather than "under the sun"! vs. 11
    2. Living life skillfully
    3. Having abundant life (shelter in storms) which money alone cannot produce (vs. 12) John 10:10
    4. Wisdom = Fear of God in Prov. 3:11f (living under God's authority, thus producing divine order Prov. 3:5-6
  - B. WE NEED TO GET REAL IN THE REALITY OF CHRIST!

### I. Perplexity of Inflexible Circumstances (vs. 13)

- A. Crooked vs. Straight eg. Bodies, roads, governments, politicians, homes, jobs, and HEARTS
- B. We were all born "crooks", but Jesus came to make the crooked straight, but wisdom and grace needed in changing circumstances - see vs. 8
- C. See Ps. 139:7-12 Darkness = Light in God!

### II. Perplexity in Changing Economy (vs. 14)

- A. Joy in prosperity, wisdom in adversity (considering God's sovereign purpose - James 1:5 "If any of your lack...")
- B. Worship God who has allowed situation

1. Rich and poor under His control - Prov. 22:2 “The rich and poor meet together, the Lord is the maker of them all”
2. He grants balance: He that has much has none left over and he that has little has no lack (II Cor. 8:14-15)
3. David said: “I was young and now am old...”
- C. God has fixed it so that men cannot trust material things ultimately:
  1. Nothing left at death - see Ecc. 9:4-6, 10
    - a. Help others while you’re alive
    - b. Leave rest to Lord’s work - squabbling
  2. Man must trust God for power and knowledge. We don’t need psychics and occult! (future)

### **III. Perplexity in Seeming Moral Injustice vs. 15**

- A. Just men die early, while wicked live on!
- B. See Ps. 73
- C. We must fear God and follow Him without playing God; that’s WISDOM!
  1. Rom. 8:28-29
  2. See Dan. 4:34-36
  3. Heb. 3:17-19

#### **Conclusion:**

1. Confess unbelief and resentment
2. Claim fullness of Holy Spirit
3. Program the word into your heart (Ps. 119:11)
4. Walk in wisdom, keeping short accounts

# WARFARE PRAYER

Heavenly Father, I bow in worship and praise before you. I cover myself with the blood of the Lord Jesus Christ as my protection during this time of prayer. I surrender myself completely and unreservedly in every area of my life to yourself. I do not take a stand against all the workings of Satan that would hinder me in this time of prayer, and I address myself only to the true and living God and refuse any involvement of Satan in my prayer.

Satan, I command you in the name of the Lord Jesus Christ to leave my presence with all your demons and I bring the blood of the Lord Jesus Christ between us.

Heavenly Father, I worship you, and I give you praise, I renew my allegiance to you and pray that the blessed Holy Spirit would enable me in this time of prayer. I am thankful, Heavenly Father, that you have loved me from eternity past, that you sent the Lord Jesus Christ into the world to die as my substitute that I would be redeemed. I am thankful that the Lord Jesus Christ came as my representative, and that through Him you have completely forgiven me; you have given me eternal life; you have given me the perfect righteousness of the Lord Jesus Christ so I am now justified. I am thankful that in Him you have made me complete, and that you have offered yourself to me to be my daily help and strength.

Heavenly Father, come and open my eyes that I might see how great you are and how complete your provision is for this new day; In the name of the Lord Jesus Christ, I take my place with Christ in the heavenlies with all principalities and the powers of darkness under my feet. I am thankful that the victory the Lord Jesus Christ won for me on the cross and in his resurrection has been given to me and that I am seated with the Lord Jesus Christ in the heavenlies; therefore, I declare that all principalities and powers and all wicked spirits are subject to me in the name of the Lord Jesus Christ.

I am thankful for the armor you have provided, therefore I put on the girdle of truth, the breastplate of righteousness, the sandals of peace and the helmet of salvation. I lift up the shield of faith against all the fiery darts of the enemy, and take in my hand the sword of the Spirit, the Word of God, and use your word against all the forces of evil in my life; and I put on this armor and live and pray in complete dependence upon you, blessed Holy Spirit.

I am grateful, Heavenly Father, that the Lord Jesus Christ spoiled all principalities and powers and made a show of them openly and triumphed over them in Himself. I claim all the victory for my life today. I reject out of my life all the insinuations, the accusations, and the temptations of Satan. I affirm that the Word of God is true, and I choose to live in obedience to you and in fellowship with yourself. Open my eyes and show me the areas of my life that would not please you. Work in my life that there be no ground to give Satan a foothold against me. Show me any area of weakness. Show me any area of my life that I must deal with so that I might please you. I do in every way stand for you and the ministry of the Holy Spirit in my life.

By faith and in dependence upon you, I put on the new man and stand into all the victory of the resurrection and the provision He has made for me there to live above sin. Therefore, right now, I put off the old nature with its selfishness, and I put on the nature with its love. I put off the old nature with its fear and I put on the new nature with its courage. I put off the old nature with its weakness and I put on the new nature with its strength. I put off the old nature with all its deceitful lust and put on the new nature with all its righteousness and purity. I do in every way stand into the

victory of the ascension and the glorification of the son of God where all principalities and powers were made subject to him, and I claim my place in Christ victorious with him over all the enemies of my soul.

Blessed Holy Spirit, I pray that you would fill me. Come and break down every idol and cast out every foe. I am thankful, Heavenly Father, for the expression of your will for my daily life as you have shown me in your word. I therefore claim all the will of God for today. I am thankful that you have blessed me with all spiritual blessings in heavenly places in Christ Jesus. I am thankful that you have begotten me unto a living hope by the resurrection of Jesus Christ from the dead. I am thankful that you have made a provision so that today I can live filled with the Spirit of God with love and joy and self-control in my life; and I recognize that this is your will for me, and therefore reject and resist all the endeavors of Satan and his demons to rob me of the will of God. I refuse in this day to believe my feelings, and I hold up the shield of faith against all the accusations and against all the insinuations that Satan would put in my mind. I claim the fullness of the will of God for today.

I do, in the name of the Lord Jesus Christ, completely surrender myself to you, Heavenly Father, as a living sacrifice. I choose not to be conformed to this world. I choose to be transformed by the renewing of my mind, and I pray that you would show me your will and enable me to walk in all the fullness of the will of God today.

I am thankful, Heavenly Father, that the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, to the casting down of imaginations and every high thing that exalts itself against the knowledge of God and to bring every thought into obedience to the Lord Jesus Christ. Therefore in my own life today I tear down the strongholds of Satan, and I smash the plans of Satan that have been formed against me. I tear down the strongholds of Satan against my mind, and I surrender my mind to you, blessed Holy Spirit. I affirm Heavenly Father, that you have not given us the spirit of fear, but of power and of love and of sound mind. I break and smash the stronghold of Satan formed against my emotions today, and I give my emotions to you. I smash the strongholds of Satan formed against my will today, and I give my will to you and choose to make the right decisions of faith. I smash the strongholds of Satan formed against my body today, and I give my body to you, recognizing that I am your temple; and I rejoice in your mercy and your goodness.

Heavenly Father, I pray that now through this day you would quicken me; show me the way that Satan is hindering and tempting and lying and counterfeiting and distorting the truth in my life. Enable me to be the kind of person that would please you. Enable me to be aggressive in prayer. Enable me to be aggressive mentally and to think your thoughts after you, and to give you your rightful place in my life.

Again, I now cover myself with the blood of the Lord Jesus Christ and pray that you, blessed Holy Spirit, would bring all the work of the crucifixion, all the work of the resurrection, all the work of the glorification, and all the work of Pentecost into my life today. I surrender myself to you. I refuse to be discouraged. You are the God of all Hope. You have proven your power by resurrecting Jesus Christ from the dead, and I claim in every way your victory over all satanic forces active in my life, and I reject these forces; I pray all this in the name of the Lord Jesus Christ with thanksgiving. Amen.