

## THERE'S A BATTLE FOR YOUR MIND

*We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies.*

Romans 8:22-23 (NIV)

### ❖ The 5 Greatest Emotional Struggles in our Mind:

#### 1. The struggle with WORRY.

*Why are you downcast, O my soul? Why so disturbed within me?*

Psalms 42:5a (NIV)

*"Worry is what you get when you pray to yourself instead of God."*

Matt Smethurst

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Matthew 6:33-34 (NIV)

#### 2. The struggle with FEAR.

*Adam answered (God), "I heard you in the garden, and I was afraid because I was naked; so I hid."*

Genesis 3:10 (NIV)

*"I've learned that courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."*

Nelson Mandela

*For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."*

Romans 8:15 (NIV)

#### 3. The struggle with ANXIETY.

*A person's anxiety will weigh him down...*

Proverbs 12:25a (GW)

*"Our anxiety does not come from thinking about the future, but from wanting to control it."*

*Cast all your anxiety on him because he cares for you.*

1 Peter 5:7 (NIV)

#### 4. The struggle with ANGER.

*... but on Cain and his offering God did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, "Why are you angry? Why is your face downcast?"*

Genesis 4:5-6 (NIV)

*"Speak when you are angry and you will make the best speech you will ever regret."*

*My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. Your anger can never make things right in God's sight.*

James 1:19-20 (NLT)

*"Courageous people do not fear forgiving, for the sake of peace."*

Nelson Mandela

5. The struggle with DEPRESSION.

*I am bowed down and brought very low; all day long I go about mourning.*

Psalms 38:6 (NIV)

WORRY to FEAR to ANXIETY to ANGER to DEPRESSION

*"Depression is a sinister thing, you are both the prisoner and the cruel jailer."*

*The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all.*

Psalms 34:18-19 (NIV)

❖ God's Answer to our Destructive Emotions:

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.*

Romans 12:1-2 (NIV)

1. He says to TRUST... quit trusting in yourself and TRANSFER it to Him.

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.*

Proverbs 3:5-6 (NIV)

2. God says to WALK... make sure you are walking with the RIGHT people.

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.*

1 John 1:7 (NIV)

3. He says to WAIT... God's ANSWER may not come quickly but it is always right.

*But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

Isaiah 40:31 (NLT)