

“The Soul, The Psyche”

A sermon series preached at Grace Baptist Church by Pastor Dave Lueloff

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The Soul / The “Psyche”

1 Thessalonians 5:23 And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

God is primarily a spirit that has a soul (personality) so He can commune with man. Man is primarily a soul that has a spirit so he can commune with God. 2 Cor. 13:14

The Soul & Spirit are different

Hebrews 4:12 For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discernor of the thoughts and intents of the heart.

Spirit – Dead in Sins / Given Life thru New Birth (Eph. 2:1-2, John 3:6, Rom. 8:2)

Soul – Whole Being (**Greek word for soul is *psyche***)

Walk into church – see the body / Talk in foyer – see the soul & body / During Preaching, God deals with the Spirit. The spirit, soul and body are all at work in House of God during Preaching.

Soul is the Whole Being

Matthew 22:37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

Matthew 26:38 Then saith he unto them, My soul is exceeding sorrowful, even unto death...

John 12:27 Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.

The word for *life* is the Greek word *Psyche* in John 10:15 and Matt. 20:28. Jesus gave His ALL:

John 10:15 As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep.

Matthew 20:28 Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.

Isaiah 53:10-12 Yet it pleased the LORD to bruise him; he hath put *him* to grief: when thou shalt make his soul an offering for sin, he shall see *his* seed, he shall prolong *his* days, and the pleasure of the LORD shall prosper in his hand. He shall see of the travail of his soul, and shall be satisfied: by his knowledge shall my righteous servant justify many; for he shall bear their iniquities. Therefore will I divide him *a portion* with the great, and he shall divide the spoil with the strong; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors.

Soul is lost and can be saved

Hebrews 10:39 But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul.

James 1:21 ...and receive with meekness the engrafted word, which is able to save your souls.

James 5:20 Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.

Matthew 16:26 For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

Soul goes to heaven or hell at death

2 Cor. 5:6 ...always confident... whilst we are at home in the body, we are absent from the Lord:

2 Cor. 5:8 ...confident...and willing rather to be absent from the body, and to be present with the Lord.

Matthew 10:28 And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

Acts 2:27 ... thou wilt not leave my soul in hell, neither wilt thou suffer thine Holy One to see corruption.

Rich Man had it wrong

Luke 12:19-20 And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, *and* be merry. But God said unto him, *Thou* fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?

Saved soul can be vexed by sin

2 Peter 2:8 (For that righteous man dwelling among them, in seeing and hearing, vexed *his* righteous soul from day to day with *their* unlawful deeds;)

1 Peter 2:11 Dearly beloved, I beseech *you* as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;

Spirit and Flesh war against each other

Galatians 5:16-17 *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

The Soul decides if it will yield to the flesh or yield to the Spirit.

SOUL / PSYCHE – Intellect, Emotion, Will

The Soul – The Mind

Isaiah 55:8-9 For my thoughts *are* not your thoughts, neither *are* your ways my ways, saith the LORD. For *as* the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

1 Corinthians 3:20 And again, The Lord knoweth the thoughts of the wise, that they are vain.

Hebrews 4:12 For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discernor of the thoughts and intents of the heart.

Salvation gives you a “right mind”

Mark 5:15 ...see him that was possessed with the devil... sitting, and clothed, and in his right mind...

2 Tim. 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

His name is Counselor / The Holy Spirit gives you emotional well-being

Follow example of Jesus with your mind

Philippians 2:5 Let this mind be in you, which was also in Christ Jesus:

Philippians 2:6-8 Who, being in the form of God, thought it not robbery to be equal with God: But made himself of **no reputation**, and took upon him the form of **a servant**, and was made in the likeness of men: And being found in fashion as a man, he **humbled himself**, and became **obedient unto death**, even the death of the cross.

1 Corinthians 2:16 For who hath known the mind of the Lord, that he may instruct him? But **we have the mind of Christ**.

1 Peter 4:1 Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves **likewise with the same mind**: for he that hath suffered in the flesh hath ceased from sin;

Ephesians 4:22-24 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be **renewed in the spirit of your mind**; And that ye put on the new man, which after God is created in righteousness and true holiness.

Romans 12:2 And be not conformed to this world: but be ye **transformed by the renewing of your mind**, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

The mind works with the will to serve God

Romans 7:25 I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Unity of spirit in the church is to be of ‘one mind’

Phil. 2:2 Fulfil ye my joy, that ye be likeminded, having the same love, *being* of one accord, of one mind.

Phil. 4:2 I beseech Euodias, and beseech Syntyche, that they be of the same mind in the Lord.

1 Corinthians 1:10 Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and *that* there be no divisions among you; but *that* ye be perfectly joined together in the same mind and in the same judgment.

Saved that allow the mind to drift = carnal

Romans 8:7 Because the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be.

James 4:4 Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.

Mark 7:21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

Total rejection of God ends shows up in the mind

Ephesians 2:3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

Titus 1:15 Unto the pure all things *are* pure: but unto them that are defiled and unbelieving *is* nothing pure; but even their mind and conscience is defiled.

Genesis 6:5 And GOD saw that the wickedness of man *was* great in the earth, and *that* every imagination of the thoughts of his heart *was* only evil continually.

Romans 1:28 And even as they did not like to retain God in *their* knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;

Conclusion

Psalms 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if *there be* any wicked way in me, and lead me in the way everlasting.

The Soul – The Will

The will is a faculty in a rational, conscious being by which he has power to choose a course of action and continue in it. Part of your soul is the will.

Lucifer has a Will The will is decided “within the heart”

Isaiah 14:13-14 For thou hast said **in thine heart**, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High.

Ephesians 6:6 ...but as the servants of Christ, **doing the will of God from the heart**;

The will can be against the will of God = rebellion. This is not a light thing.

1 Samuel 15:23 For **rebellion is as the sin of witchcraft**, and stubbornness *is as* iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from *being* king.

God has a Will

Genesis 17:1-8 ...Abram was ninety years old and nine, the LORD appeared to Abram, and said...**I will** make my covenant between me and thee, **and will** multiply thee exceedingly...And **I will** make thee exceeding fruitful, and **I will** make nations of thee...And **I will** establish my covenant between me and thee and thy seed after thee in their generations for an everlasting covenant...And **I will** give unto thee, and to thy seed after thee, the...land of Canaan, for an everlasting possession; and **I will** be their God.

The Bible is unique among religions in that there is purpose and supernatural help. Other religions are to serve God for the benefit of God – like slaves on a plantation. The LORD works for us - a personal God!

Ephesians 1:3 Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ:

Isaiah 40:31 But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

God desires to give mercy and grace! We do not deserve it, but it is there for our taking (Heb. 4:16).

Jesus has a Will

Luke 22:42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

Besides Calvary, the 2nd greatest day in life of Christ was Gethsemane. Here He yielded His will to the will of God – to die on the cross. (Servant = slave)

Philippians 2:7-8 But made himself of no reputation, and took upon him the form of a **servant**, and was made in the likeness of men: And being found in fashion as a man, **he humbled himself**, and became **obedient** unto death, **even the death of the cross**.

You have a Will

The Spirit and the Flesh struggle within you – you ultimately decide – your will chooses which you will yield to. Faith (Heb. 11) is to find the will of God and then to do it.

There is nothing higher than to find the will of God and then to choose to follow in that will.

Will of God for you: (1) Obey plain teachings of Scripture; (2) Leading of the Holy Spirit; (3) Permission from God to do something (David – build God an house); (4) Unity within a local church where you serve

- It is the will of God for you to be saved

2 Peter 3:9 The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, **not willing** that any should perish, but that **all should come to repentance**.

Revelation 22:17 And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And **whosoever will**, let him take the water of life freely.

Whosoever is found 110 times in the N.T.. Each time it is found, your name could be there (John 3:16).

- It is the will of God for you to yield your all to God

Romans 6:13 Neither yield ye your members *as* instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members *as* instruments of righteousness unto God.

1 Peter 2:21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:

- It is voluntary, however, there is a pleading for you to be (A) Saved & (B) Yielded

2 Corinthians 5:11 Knowing therefore the terror of the Lord, we persuade men; but we are made manifest unto God; and I trust also are made manifest in your consciences.

Jude 1:22-23 And of some have compassion, making a difference: And others save with fear, pulling *them* out of the fire; hating even the garment spotted by the flesh.

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.

Ultimately You Decide – Your Will Chooses

You are Accountable for your Choices

The Soul - Emotions

Psalms 25:1 *A Psalm of David.* Unto thee, O LORD, do I lift up my soul.

Psalms 35:9 And my soul shall be joyful in the LORD: it shall rejoice in his salvation.

Psalms 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me?

Psalms 86:4 Rejoice the soul of thy servant: for unto thee, O Lord, do I lift up my soul.

Psalms 94:19 In the multitude of my thoughts within me thy comforts delight my soul.

The soul contains emotions. They are not to be relied upon for spiritual discernment. They are to be used to help your *Psyche*. They are to be controlled for your personal benefit and for a testimony to the lost. Emotions will help you to rejoice in good times and heal in bad times.

You are to not allow your body, your flesh, nor your emotions control you. Your spirit is to control your soul, which is to control your body.

Proverbs 25:28 He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls.

Romans 12:15 Rejoice with them that do rejoice, and weep with them that weep.

List of emotions

Happiness, sadness, fear, anger, surprise, disgust, trust, anticipation

Happiness

A command: **Philippians 4:4** Rejoice in the Lord always: *and* again I say, Rejoice.

Joy overcomes *LIFE*. We are not put on earth to be happy. Someone said that happiness is found on pathway of duty. If you seek for happiness, you will not find it. Read Ecclesiastes. Solomon sought for happiness and he concluded:

Ecclesiastes 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this *is* the whole *duty* of man.

You don't have enough time in this life to try what Solomon tried. So learn from him and serve God. It will give you the most happiness that you can find in this life.

Sadness

Psalms 42:5 Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance.

Your help in sadness should come from God. Who can help in your sadness. As social creatures, it is good to find comfort from other human beings.

2 Corinthians 1:3-4 Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

However, the greatest comfort in sadness comes from the One Who created the Psyche / Soul. Seek the Comforter in your sadness.

2 Corinthians 4:15-18 For all things *are* for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal.

Fear

“Fear knocked at the door, faith answered – no one was there.” Fear can be paralyzing. Faith is a fruit of the Spirit and a by-product of obeying the Lord.

1 John 5:4 For whatsoever is born of God overcometh the world: and **this is the victory that overcometh the world, *even* our faith.**

We will find that the ones who are the most stable in this life (in their psyche) are the ones that live a life of faith. There are exceptions – but truly to follow the Words of the Creator can help us in our life. Life is full of complexities that we can never figure out. However God can be your true source of help.

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God *is* faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

Anger

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

Anger is a natural emotion but must be controlled. Out of control anger is a frightful event to a child. Proverbs has many verses that one should memorize if they are afflicted with anger. Temperance is a fruit of the Spirit. (Prov. 14:17, 14:29, 15:1, 15:18, 16:32, 21:19, 22:24, 28:25, 29:22)

Surprise

I have nothing to say about this – surprise!

Disgust

We can be disgusted with ourselves and others. We overcome this by:

1. We must forgive all of anything and everything. We need – it is imperative to forgive others and even to forgive ourselves of all that has been done.

We cannot undo the past, so we must live for the present and the future. In order to do that, we must address any unforgiveness. Forgiving others and ourselves liberates us to live life to the fullest. Unforgiveness shackles and enslaves our soul. You become enslaved by the one you will not forgive!

Ephesians 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

2. Remind us that we are accountable to God for ourselves – and our disgust with others will be their problem. Don't allow their problem(s) become your problem(s).
3. Look for the Rapture to help you overcome your disgust.

Trust

Proverbs 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Anticipation

Titus 2:13 Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;

Psalms 119:105 NUN. Thy word *is* a lamp unto my feet, and a light unto my path.

The Bible is to guide your life. It is not just there to be carried around to look spiritual. It is to help in a very practical way. Here is how it can help.

- 1) Find your root issue in life
- 2) Find Bible verses that address that root issue
- 3) Write out those verses on a 3x5 card and daily memorize those verses
- 4) Allow the Holy Spirit to take the Word of God to change you
- 5) Change = Growth
- 6) A Christian ought to be in a constant state of change
- 7) We resist change – so do dogs

You have now been given these tools from a man called of God to help you. What you do with it is between you and the Lord. God wants to help you. Use the Bible wisely. What a Book of God!

1 Thessalonians 2:13 For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received *it* not *as* the word of men, but as it is in truth, **the word of God, which effectually worketh also in you that believe.**

Soul / Psyche Who Am I?

TEXT: 1 Sam. 21:10-15

- **You are Uniquely Created**

Psalms 139:13-14 For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

- **You are Accepted By God / Accept Yourself**

Psalms 139:15-16 My substance was not hid from thee, when I was made in secret, *and* curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in thy book all *my members* were written, *which* in continuance were fashioned, when *as yet there was* none of them.

Romans 9:20 Nay but, O man, who art thou that repliest against God? Shall the thing formed say to him that formed *it*, Why hast thou made me thus?

Socrates said, "Know Thyself." The Bible teaches to *Change Thyself* (Eph. 4:22-24, Rom. 12:2).

What you cannot change, you must accept and value as that makes you a unique person. What you can change is that which adds value to your life. (Serenity Prayer)

- **Unchangeable Evaluation**

Biological – male or female

Social – wealth, poverty, metro area vs. rural

Psychological – emotions, passions, temperament

Body – race, height, age, ancestry

Outward – stress, general health

- **Changeable Qualities**

How you treat your body / What you put in your body (food, drink, drugs)

You mental health can change within the framework of your psyche.

- **Analysis of Self**

What do I accept as unchangeable? / What can I change?

Physical Health – drug abuse, excessive eating, life...

Mental Health – 1 of 4 have mental illness in life

You can change to be the best you can be. There will be limitations, but strive for improvement

ANALYSIS

Strengths and Weaknesses

Areas of strengths is what makes you unique – they are God-given. Areas of weakness are not to be emphasized except when they hinder your Christian testimony.

Patterns

When did pattern start? How often does it occur? Timing of issues – monthly, daily, hourly?
Triggers that bring it on? HALT Hungry, Anxious, Lonely, Tired (2nd week of Oct – Psych Ward)

CHANGE

A young couple, lost on a rural road, spotted an old farmer, so they stopped the car and asked him a question. “Sir, could you tell us where this road will take us?” Without a moment’s hesitation the old farmer said, “Son, this road will take you anywhere in the world you want to go, if you are moving in the right direction.”

Can Measure Change -- Change occurs in the mind / brain. You decide to train to brain.

Change occurs with little things

If you want to change the world, start off by making your bed. If you make your bed in the morning, you will have accomplished the first task of the day. It will give you a small sense of pride and encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed.

Making your bed will also reinforce the fact that the little things in life matter. If you can’t do the little things right, you will never be able to do the big things right. And if by chance you have a miserable day, you will come home to a bed that is made. That you made. And a made bed give you the encouragement that tomorrow will be better.

U.S. Navy Admiral McRaven

GOALS

SMART goals – Specific, Measurable, Attainable, Relevant, Timely

Zig Ziglar: Don't become a wandering generality. Be a meaningful specific. Zig's Born to Win:

1. Identify the goal

If you don't identify a target, you will never hit it. When you identify a goal, it means that you write it down and describe it clearly. If you want to have specific success, you must have specific targets.

2. List the benefits -- what's in it for me? Let's face it we only do the things we want to do and are willing to do. If there are no personal benefits, your motivation for completing the goal will be diminished. Remember that changing your life is not always easy, and you will hit some rough spots in the road as you move forward. You will need all the personal motivation you can muster, and understanding what's in it for you is vitally important. Don't skimp on this step!

3. List the obstacles to overcome. Think it through and make a complete list of all the things that can prevent you from being successful. Ask a trusted friend who knows you well to help you finish the list.

4. List the skills and knowledge required. Knowledge gives us the power to accomplish things we would not otherwise be able to do, and skills give us the tools to take advantage of our knowledge. There is a direct relationship between knowing and doing, and successfully accomplishing your goals will require that powerful combination. Never forget that knowledge and skill will be required to successfully complete any goal.

5. Identify the people and groups to work with. We do a better job when we have the help of others. They can help us with knowledge and skill and can offer valuable advice we need to be successful. So when you set your goals, always consider the people and the groups you can work with that can help you be more success.

6. Develop a plan of action. This is the most critical step, and it involves thinking through the details of how you will achieve your goal.

7. Set a deadline for achievement.

Example of King David – His Mighty Men

King David had great fear:

1 Samuel 21:12-13 And David laid up these words in his heart, and was sore afraid of Achish the king of Gath. And he changed his behaviour before them, and feigned himself mad in their hands, and scrabbled on the doors of the gate, and let his spittle fall down upon his beard.

King David had mighty men – 37 in all (2 Sam. 23:39)

2 Samuel 23:8-9 These *be* the names of the mighty men whom David had: The Tachmonite that sat in the seat, chief among the captains; the same *was* Adino the Eznite: *he lift up his spear* against eight hundred, whom he slew at one time. And after him *was* Eleazar the son of Dodo the Ahohite, *one* of the three mighty men with David, when they defied the Philistines *that* were there gathered together to battle, and the men of Israel were gone away:

Where did these mighty men come from? Started in a cave – perhaps down by the river

1 Samuel 22:1 David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard *it*, they went down thither to him.

Where did they start?

1 Samuel 22:2 And every one *that was* in distress, and every one that *was* in debt, and every one *that was* discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

Where are you at? You can change. You can become a mighty person for the Lord. Yes, you.

Soul / Psyche Stress, Anxiety & Depression

There is no pat answer to the following. These are not all-inclusive answers but hopefully some of this will be beneficial. One thing that is helpful is to remind us that we are not alone.

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

- ❖ **Stress** – a highly orchestrated response to a perceived threat or challenge - can affect us emotionally, behaviorally and even physically.

Some stress is good. You cannot escape stress – every life has it.

Lamentations 3:27 *It is good for a man that he bear the yoke in his youth.*

Causes of stress? Financial woes / inter-personal difficulties / can be in conjunction with depression and/or anxiety.

We can stress out with things that may never happen. Is what I am stressing about real or perceived? Am I worrying about something that may never happen? Here is an example of real stress:

1 Samuel 30:6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.

Psalms 18:5-6 The sorrows of hell compassed me about: the snares of death prevented me. In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, *even* into his ears.

Type of stress? Chronic – continually / “all the time” or acute – one time type

If chronic – this can be with stress, and the other issues such as anxiety, depression and anger – the mind has been trained to focus on this with tunnel vision. This is a difficult thing but the thinking must be and can be changed. This can only occur with help of the Holy Spirit and meditating upon the Word of God. Allow the Word to change your thinking. You can change.

Go back to last week’s notes – analysis of self is helpful to control stress – to not let it paralyze you.

Coping with Stress

“Take the bull by the horns” – do something about issues in your psyche. Access to the Internet can give us ways to deal with any of our issues. Here are some simple ways to cope with stress.

- **Get others to relieve you in areas of your stress**

Stress from too much house work – assign tasks to family members / have a ‘house work day’

- **Find a Place of Rest**

Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

- **Get proper sleep / Exercise or take a walk**

The body works in conjunction with the soul and spirit.

Psalms 127:2 *It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

Slow breathing relaxation can be helpful. One can google help for this via YouTube.

- **Walk with God** – it is the easiest way to handle it, for you are not handling it alone.

Matthew 11:29-30 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For **my yoke is easy, and my burden is light.**

Psalms 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

1 Peter 5:7 Casting all your care upon him; for he careth for you.

Psalms 127:1 A Song of degrees for Solomon. Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh *but* in vain.

Ending Stress

As with all of these issues in the psyche, we will never end having stress; we must learn to deal with it.

- ❖ **Anxiety** - an unpleasant vague sense of apprehension which can trigger fear.

Phobias, obsessive-compulsive disorder, PTSD, social anxiety, panic attacks, general fear and anxiety... It is a vague sense of apprehension. In extreme cases, it can paralyze oneself.

There are degrees of anxiety. It also can paralyze oneself. One can take the *Beck Anxiety Inventory*.

One may have unrealistic, frightening, anxiety producing thoughts and must recognize that one may detach from those thoughts and learn to ignore them.

Psalms 56:3 What time I am afraid, I will trust in thee.

As with all individual issues, I personally recommend in this order: (1) personal inner change; (2) herbal remedies to help; and lastly (3) prescription drugs. No one has all the answers to your life. Be wise in your approach to your inner difficulties.

Everyone has issues. Most people can live their life without drugs. There is a wealth of information today to help you diagnose, analyze and address your specific issues.

Go back to last week's notes – analysis of self is helpful to control anxiety – to not let it paralyze you.

- ❖ **Depression** – Many degrees of depression from everyday sadness to a serious disorder with loss of interest in normal everyday activities. One may take the *Beck Depression Inventory* to determine their level of sadness.

The easiest way to lose weight is to not put it on. Even so the best way to keep oneself from a helpless state of depression is to address the depression in its early state. One can measure the level of depression with *Beck's Hopelessness Scale*.

Things that can help in depression.

Assess yourself. Are there any root issues such as unforgiveness. Hatred or rebellion against God as Creator. If there is a root issue, find biblical solutions to address these.

Tithe & Faithful to church, Exercise, Singing, Success in little activities, Social activity with others...

Focusing on others – witness, pass out tracts, write to missionaries, get involved in bus ministry...

Can be a result of self-centered

Jonah 4:9 And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, *even* unto death.

Weary in Life

1 Kings 19:1 & 4 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword...But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers.

James 5:17 Elias was a man subject to like passions as we are....

Music

1 Sam. 16:23 And it came to pass, when the *evil* spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

Go back to last week's notes – analysis of self is helpful to control depression – to not let it paralyze you.

Soul / Psyche Thinking

Proverbs 23:7 For as he thinketh in his heart, so *is* he: Eat and drink, saith he to thee; but his heart *is* not with thee.

Label given: “I have a mental health diagnosis.” These labels are based on a subjective check-list. No objective tests are used because scientists have not been able to find any structural or other brain differences between patients with mental health problems and healthy individuals. Assigning labels contribute to a stigma and can lead to a “what’s the use” syndrome.

Proverbs 23:7 For as he thinketh in his heart, so *is* he...

Thinking can be changed by your emotions. And **emotions** will affect **behavior**. I.E. Depression can produce excessive sleep. Here are 2 choices:

I do things that make me happy / my happiness makes me think good / I live up to who I want to be
I slowly close myself off to the world / I become more unhappy / I sleep too much / depression

Depression can lead to excessive sleep

Proverbs 6:9-10 How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? *Yet* a little sleep, a little slumber, a little folding of the hands to sleep:

Proverbs 20:13 Love not sleep, lest thou come to poverty; open thine eyes, *and* thou shalt be satisfied with bread.

Proverbs 24:33-34 *Yet* a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come *as* one that travelleth; and thy want as an armed man.

Proverbs 26:14 As the door turneth upon his hinges, so *doth* the slothful upon his bed.

Ask- Do I need a lot of sleep? Am I sleeping too much due to depression? Am I just a sluggard (lazy)?

Activity monitoring – chart out activity for a day and corresponding emotions. Plan activities which change your environment.

Depression can lead to anger – this may be the root of anger

Proverbs 14:29 *He that is* slow to wrath *is* of great understanding...

Proverbs 15:1 A soft answer turneth away wrath: but grievous words stir up anger.

Proverbs 15:18 A wrathful man stirreth up strife: but *he that is* slow to anger appeaseth strife.

There can be many root causes to anger. We need to address the root issues of life.

Unjust treatment can lead to anger. As a Christian, we have no “rights.” Being crucified with Christ is a death to our self, what we want, and what we are owed.

Finding the Root Cause of Emotions / Behaviors

Often bitterness, frustration and anger can be the result of unforgiveness. Hence, the issue to address is not the fruit – bitterness; but rather the root – unforgiveness.

This is not as easy as one may think. We must be honest with ourselves when we try to discover our root issues. One knows that the Bible teaches that we tend to not be honest with ourselves.

Eph. 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. **(Forgiveness – forgive any and all of any and all they have said or done)**

Conclusion

- 1) We address our emotions to help us have the correct behavior. Emotions can be changed: healthy eating / exercise / activity one enjoys / spending time with people one enjoys / serving others...

One entering depression will slowly pull away from that which brings happiness. Sad emotions will start a downward path – lead to depression which compounds.

- 2) The key is to address and change our emotions before things get out of control.

- 3) Christians are to overcome this life with a supernatural response

We must always remember that the spirit of man is a greater force than the psyche. The spirit can override emotions of the soul. The spirit can override the soul and the soul can override the body.

Prov. 25:28 He that *hath* no rule over his own spirit *is like* a city *that is* broken down, *and* without walls.

“Every man is permitted, in a large measure, to be his own sovereign. No tyrant can invade the secret sanctuary of his thoughts. His ideas, passions, and will are his own. God has given to us freedom of will, so that we can give the rein to our passions or restrain them. The inner man is like a city full of life. We are each called upon to keep order in our own cities, and, if we do not respond to the call, the result will be riotous confusion. There are wild beasts within that must be chained and caged, or they will break loose and ravage the streets—murderous propensities that must be shut in a deep dungeon; ugly and vile tendencies to sin that need to be crushed lest they usurp the control of the life. When the will is not fortified and exercised against these evil things, we suffer from lack of self-control.” PULPIT HELPS

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

Cannot one overcome many of life's difficulties with a greater law – the law of a Spirit-filled life.

Rom. 8:2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

John 14:16-18 ...the Father...shall give you another Comforter, that he may abide with you for ever; *Even* the Spirit of truth...for he dwelleth with you, and shall be in you. I will not leave you comfortless...

Soul / Psyche Traumatic Events

Today PTSD is most common symptom of psyche response to trauma.

Traumatic events started with the sin of Adam and Eve. The first funeral ever:

Genesis 4:8 And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.

Besides sexual assault, it is more likely that men will suffer from trauma. Symptoms can include nightmares and flashbacks. People can 'cope' with these feelings with alcohol, drugs, violence, homelessness or joblessness.

Social Help

It is thought that bottled up feelings should be vented with someone who can be trusted. Write out the trauma, how it has affected oneself and discuss this with a trusted confidante. Healing can occur with venting, tears, and verbal expression of events.

Spiritual Help

As strange as it may seem, forgiveness of any and all is a necessary step to address traumatic events.

One must leave vengeance with the Lord. The vengeance of Abel was between God and Cain:

Genesis 4:15 And the LORD said unto him, Therefore whosoever slayeth Cain, vengeance shall be taken on him sevenfold. And the LORD set a mark upon Cain, lest any finding him should kill him.

Romans 12:19 Dearly beloved, avenge not yourselves, but *rather* give place unto wrath: for it is written, Vengeance *is* mine; I will repay, saith the Lord...

God does an adequate job of avenging and meting out judgment. Allow Him to have His rightful place.

Hebrews 13:4 Marriage *is* honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Nahum 1:2-3 God *is* jealous, and the LORD revengeth; the LORD revengeth, and *is* furious; the LORD will take vengeance on his adversaries, and he reserveth *wrath* for his enemies. The LORD *is* slow to anger, and great in power, and will not at all acquit *the wicked*: the LORD *hath* his way in the whirlwind and in the storm, and the clouds *are* the dust of his feet.

Psalms 147:3 He healeth the broken in heart, and bindeth up their wounds.

One with traumatic events should immerse themselves in the Psalms and should meditate upon Scriptures that the Lord gives thru this reading. What can more address the inner need than the healing power of the Word of God.

Soul / Psyche Forgiveness

Ephesians 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

To forgive is to have a supernatural response to events of life.

Forgiveness does not excuse nor condone an event. It does forgive and frees up the person that does the forgiving. Jesus insisted that forgiveness was necessary to have a proper relationship with God. You cannot be right with God and not forgive another human being.

Mark 11:25-26 And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.

How Can I Forgive

It may be impossible to forgive someone. This is a case to test if you are a hypocrite or a genuine Christian.

Luke 1:37 For with God nothing shall be impossible.

We forgive by working the following in conjunction with your spirit: Word of God (Eph. 4:32); your mind and thinking; your talking to God.

God, my Father, Who has forgiven me millions of times; I do not feel like forgiving _____, but I now quote Eph. 4:32 and God, I ask you to help me forgive – I do forgive.

NOW CHANGE YOUR THOUGHTS TO SOMETHING ELSE.

When your thoughts come back to unforgiveness – sometimes a few seconds later – repeat this process. In time, your unforgiveness will have longer times between – until you have experienced a supernatural forgiveness to someone who does not deserve it.

Conclusion

Can you say:

“I am 100% right with every human being on earth. I have forgiven any and all of any and all.”

Acts 24:16 And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.

*“He that cannot forgive others breaks the bridge over which he must pass himself;
for every man has need to be forgiven.”* Thomas Fuller

Soul / Psyche Thankfulness

We can help our soul, our psyche, by thankfulness. It is a key to inner happiness. Here are some steps to thankfulness.

1. Eyes Off of Self

Hebrews 12:2 Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

We can get tunnel vision on our problems. Our life becomes self-centered rather than centered around the Throne of God. The earth revolves around the sun...

2. Spend Quality Time with God – True Fellowship

Psalms 55:17 Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.
Psalms 119:164 Seven times a day do I praise thee because of thy righteous judgments.

Remind Yourself of Character of God

Overcomes selfishness / See true perspective of Who God is & who you are in relation to Him

3. Be Thankful for What you Have

Body – mind, eyes, ability to walk, ears that listen, a car, a home to live in, clothes...

Eternal Life / Sins Forgiven / Home in Heaven / Promise of Rapture / Preserved Word of God
Indwelling Holy Spirit / Church to Serve In / Fruit that Will Abound to Your Account (Missions)

4. Have Gratitude

Unthankfulness can give one tunnel vision – only see the negative
Thankfulness broadens our vision – see the world thru eyes of God / a proper perspective

Unthankfulness causes us to isolate ourselves
Thankfulness leads to a good social interaction

Unthankfulness is a damnable sin. It hardens the heart and can lead to a reprobate mind:

Romans 1:21 Because that, when they knew God, they glorified *him* not as God, **neither were thankful**; but became vain in their imaginations, and their **foolish heart was darkened**.

Unthankfulness is “sandwiched” between rebellion and unholiness:

2 Timothy 3:2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, **unthankful**, unholy,

May God deliver us from our petty, selfish little lives and realize that all of creation centers around the Throne of God. All revolves around that throne – as it will be the place of judgment.

5. Believe that Difficulties Will Work for Good

Proverbs 3:5 Trust in the LORD with all thine heart; and **lean not unto thine own understanding.**

1 Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

Everything is not good – everything will work together for good

Romans 8:18 For I reckon that the sufferings of this present time *are* not worthy *to be compared* with the glory which shall be revealed in us.

6. Praise the Lord – For Who He Is

There are 150 Psalms whose central theme are praising the Lord thru prayer. Ps. 145 to Ps. 150 are all focused on praising the Lord. When you truly realize Who God is, praise will be a natural outflow. Praise will be a common theme in heaven and ought to be common among Christians.

Psalms 22:3 But thou *art* holy, *O thou* that inhabitest the praises of Israel.

Praise, praises our praised is found 152 times in the Psalms.

Psalms 106:1 Praise ye the LORD. O give thanks unto the LORD; for *he is* good: for his mercy *endureth* for ever.

Psalms 107:8 Oh that *men* would praise the LORD *for* his goodness, and *for* his wonderful works to the children of men!

Psalms 145:2 Every day will I bless thee; and I will praise thy name for ever and ever.

Psalms 146:2 While I live will I praise the LORD: I will sing praises unto my God while I have any being.

Psalms 149:1 Praise ye the LORD. Sing unto the LORD a new song, *and* his praise in the congregation...

Psalms 150:6 Let every thing that hath breath praise the LORD. Praise ye the LORD.

Are you discouraged, sad, lonely, depressed, angry, disappointed, fearful, worried, anxious? There is One Who is seated on His throne and everything is just fine there. If you would humble yourself and seek His face, His glory and divine help would change your perspective.

Isaiah 57:15 For thus saith the high and lofty One that inhabiteth eternity, whose name *is* Holy; I dwell in the high and holy *place*, **with him** also *that is* of a contrite and humble spirit, **to revive the spirit of the humble, and to revive the heart of the contrite ones.**

Soul / Psyche Addiction

There are good addictions and harmful addictions. Habits in life can be either for the Lord or for self.

1 Corinthians 16:15 ...the house of Stephanas, that...**they have addicted themselves to the ministry...**

Revelation 9:21 Neither repented they of their murders, nor of their **sorceries**, nor of their fornication...
The Greek word *pornia* (Similar to the English word *porn*) is the word for fornication in Rev. 9:21.
The Greek word *pharmakia* (Similar to the English word *pharmacy*) would be interpreted as *drug use*, is found in Rev. 9:21 and in these following verses:

Galatians 5:20 Idolatry, **witchcraft**, hatred, variance, emulations, wrath, strife, seditions, heresies,

Revelation 21:8 But the fearful, and unbelieving... and **sorcerers**, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Revelation 22:15 For without *are* dogs, and **sorcerers**, and whoremongers, and murderers...

Proverbs 1:10-11 My son, if sinners entice thee, consent thou not. If they say, Come with us, let us...

Addictions of drugs and pornography have always been around, but the Bible teaches that they will be prevalent in the Tribulation Period. *Pharmakia* would be the word for *drug use*, which is rampant today.

Psychoactive drugs affect the function of the brain and produce psychological effects like changes in mood, perception and cognition. Psychoactive drugs – like heroin, cocaine and marijuana are often addictive. Nicotine, alcohol and caffeine are also in this category. Addicts often need more and more of a drug to produce the same effect / the same high.

Sometimes a person will need to take some of these drugs for medical conditions. There are times, like in extreme pain, when a person needs to take narcotics. One must be able to justify the use of such drugs to the Lord. It is best for each to account for oneself and allow the judging of drug use to be between each person and the Lord. Pain is unseen and use or abuse is only known by the user himself.

Marks of addiction include abuse, dependence, craving and compulsive behavior. The brain of the addict is changing with the continued addiction. Addictions hijack the brain's reward circuit and reinforces harmful behaviors.

Stimulating the septal region of the brain has been found to be chosen over sleep, taking care of children and sex. This sounds a lot like addiction

There are three main components of the brain that are involved in processing reward: the nucleus accumbens, the prefrontal cortex, and the ventral tegmental area.

The nucleus accumbens is associated as a pleasure center. The prefrontal cortex plays a central role in processing reward and controlling addictive behavior. Brain cells in the VTA project to both the nucleus accumbens and the prefrontal cortex and also influence pleasure and self-control. VTA neurons fire with an unexpected reward. Your brain will respond to the decisions you make in life. You decide.

2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

1 Corinthians 2:16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Repeated use of addictive drugs changes the brain. Overstimulation of the brain's reward circuit numbs the response of its pleasure center; strengthens cravings; and weakens inhibition which undermines self-control.

Often addicts cannot enjoy themselves in usual ways as they are "burned out" by overstimulation of their pleasure center. These excessive highs, brought on by drugs, leads to a numbing of pleasure. The body does this by producing a molecule called CREB, which produces dynorphin. This leads to more and more stimulation to get the same level of reward. This applies to drugs, pornography, gambling, etc.. Everyday pleasures can become almost non-existent to the addict. Happiness is almost non-existent.

Cravings can increase even though pleasure from the drug is declining. When the VTA neurons fire, dopamine is released. Dopamine is associated with *craving* – rather than *liking*. This craving is an impulsive urge. Thus addiction is complicated by this chemical release in the brain.

Proverbs 13:15 Good understanding giveth favour: but **the way of transgressors is hard.**

These urges to the addiction can be resisted, but with repeated use, the dopamine causes cravings to become stronger and stronger so that they are virtually irresistible. Here it is necessary to understand triggers that lead to cravings and continual use. I.E. HALT Hungry, anxious, lonely, tired... The earlier that one quits, the better, as quitting becomes near impossible with continued use.

Dopamine is released by pleasurable events in life. A gigantic amount of it is released by drug use. This will trigger the association between drug use and all visual affects around. Those stimuli can induce cravings. If an addict sees anything associated with drug use, it will trigger a strong desire to use.

The prefrontal cortex plays an important role in exerting self-control. This area considers future consequences, rational decisions and appropriate actions. The prefrontal cortex does not fully develop until the age of 25 and marijuana use will stunt it's develop. Cocaine use changes its structure after just one month. Logical and rational thought processes are hindered via drug use.

With repeated drug use, the reward system has been hijacked via positive reinforcement. Repeated use overstimulates that reward system and makes changes in the brain itself.

One can be genetically susceptible to addictions. This means that they are *at risk*, not that they will become addicts. This is the same with many sins – lying, adultery, homosexuality, drunkenness...

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear *it*.

James 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.

Isaiah 53:6 All we like sheep have gone astray; we have turned every one **to his own way**; and the LORD hath laid on him the iniquity of us all.

The brain cells fire between neurons via synapses. Neurotransmitters – dopamine, serotonin, and acetylcholine – are used by brain cells to communicate with each other. Many drugs bind to these neurotransmitters which give a greater abnormal effect. Continued drug use can result in the fact that more of a drug can no longer increase the drug's effect. Eventually one may take the drug, not to get a high, but just to feel normal again. This is especially so with heroin.

Drug dependence means that physical changes that have led to tolerance of the drug leads to withdrawal symptoms if the drug use is stopped.

Marijuana – Cannabis

It has been proven that there are receptors in the brain that THC of marijuana binds to. These affect the excitatory and inhibitory synapses. Marijuana use directly affects excitation, inhibition and memory loss. As with other drugs, happiness is difficult to obtain and **inhibition changes cause marijuana to be a gateway drug to stronger drugs**. Some encourage use of marijuana for use in PTSD patients to *forget* some of their trauma. Marijuana also is found in receptors in the brain that affect fear and anxiety.

10% of the people that try marijuana become addicted. 15% of people who drink become addicts and 17% of those who use cocaine become addicts. Withdrawal symptoms from marijuana include anxiety, depression, irritability, cravings and reduced appetite.

Stimulants - Cocaine, amphetamine, methamphetamine...

Uppers increase alertness and focus and decrease fatigue and appetite. They produce a feeling of excitement and euphoria. Cocaine snorted or smoking crack intensifies their effects. Ritalin and Adderall fit in this category also. In 2014, three million children in the USA were taking one of these meds. They are prescribed in low doses to help them 'stay on task.' Crystal Meth is also included in this group.

Stimulants stimulate the nervous system which has some positive effects; however the negative effects can be disastrous and addictive. The increased dopamine levels in the brain and the high lasts up to twelve hours, which helps them to be **the most abused drugs in the world**. Euphoria of double the amount of dopamine leads to severe bingeing behavior and addictions. Cocaine users may repeat the use of cocaine for days without sleeping or eating, until they run out of money or crash from exhaustion.

Repeated use changes the brain and makes it more and more difficult to quit. These addicts have up to a 90% relapse rate.

Opioids – Pain Drugs

Opioid drugs include Morphine, Codeine, Vicodin, Percocet, Fentanyl, Methadone, OxyContin and Heroin. These are highly effective for pain treatment but are also highly addictive. Many heroin addicts have gotten addicted to Vicodin and then when unable to afford it, they turn to the cheaper heroin. There is a heroin epidemic today. Much of this has its beginning in the use of pain killers.

Opioids produce a dream-like euphoric state. Like most of these other classes of drugs, opioids work by binding to receptors in the brain. This contributes to tolerance to the pleasurable effects of drugs.

Endorphins and enkephalins are both natural painkillers in the body. Endorphins are also released during stress, strenuous exercise, long distance running, and eating spicy foods. This release also produces a pleasurable high. The release of dopamine, endorphins, enkephalins... and the actual change within the brain produced by drugs makes the quitting of and victory over drugs near impossible.

Luke 1:37 For with God nothing shall be impossible.

Withdrawal symptoms include depression, pains and diarrhea. It can take from 5 to 7 days to withdraw from heroin. This can be extremely painful and difficult. One should consider medical help thru this process.

Gambling, Pornography, Video Games, Cell Phones, Junk Food

Gambling

That which hyper-stimulates the brain's reward circuit can be addictive. Drug addicts and gamblers have similar behavioral symptoms and similar neural substrates. Chronic gamblers need to gamble larger amounts of money to feel the same rush of excitement. They also experience withdrawal when they stop gambling. 97% of pathological gamblers had cravings and 87% were restless and irritable when they tried to stop gambling. 2/3 had headaches, insomnia, sweating and shaking.

Pornography

- Revenue from internet porn is in excess of \$3 billion annually.
- Nine of ten internet porn users access free material. This material is also accessible to your children if your computers and devices are not set up to block it.
- Global porn revenues have declined by 50% since 2007 due to the amount of free pornographic material that is available on the internet.
- One in five mobile web searches are for pornography.
- When polling Smartphone users, 24% admitted to having porn on their device
- Unintentional exposure to porn has happened to 28% of 16-17 year olds.

In the *Journal of Adolescent Research*, 49% of young adult women agree that viewing pornography is an acceptable way of expressing one's sexuality. According to a survey of more than 11,000 college-age women, 52% of young women today are exposed to sexually explicit material by the age of 14.

Video Games, Cell Phones, Junk Food

These can also be areas of addiction. This is a *gray area*.

I Have An Addiction / Now What?

Best way to quit an addiction – is to not start. However, if one has started... It must be the choice of the addict to quit. He must realize that this is a battle of his life and future. To lose this battle is to become a criminal, a junkie, or one that has an early death.

What works for you? Support group / accountability partner / Comedy Routine / Exercise
Motivational Material – Zig Ziglar... / Bible Methodology / Faithful to Church / Focus on Others

Use a combination of the above. Focus on 100% victory. Celebrate victories. Celebrate 30 days of victory; 90 days of victory; 6 months victory; 1 year victory....

The power of Jesus Christ is greater than any drug

Ephesians 1:19-22 And what *is* the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set *him* at his own right hand in the heavenly *places*, Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: And hath put all *things* under his feet, and gave him *to be* the head over all *things* to the church,

The earlier you quit, the easier it will be. It will not be easy, as an addiction has changed your brain. Changing your brain to quit an addiction goes against the grain of that which your brain has learned.

Make sure you are saved / born again / know Jesus Christ is *your* Savior.

Memorize verses of the Bible as they speak to you (during your daily reading)

Read Romans chapters 6-8 daily. Memorize verses such as: Rom. 13:14, Gal. 2:20, 1 Cor. 9:24-27

Have 3"x5" cards to write Bible verses to memorize, meditate and internalize

Allow the Faith of Jesus Christ to live through you

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh **I live by the faith of the Son of God**, who loved me, and gave himself for me.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, **faith**,

Romans 14:12 *So then every one of us shall give account of himself to God.*

Zig Ziglar Quotes

You don't pay the price for success. You pay the price for failure.

You need a plan to build a house. To build a life, it is even more important to have a plan or goal.

You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win.

Your attitude, not your aptitude, will determine your altitude.

What you get by achieving your goals is not as important as what you become by achieving your goals.

There has never been a statue erected to honor a critic.

Unless you have a definite, precise, clearly set goals, you are not going to realize the maximum potential that lies within you.

You are the only person on earth who can use your ability.

You cannot climb the ladder of success dressed in the costume of failure.

Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.

Remember that failure is an event, not a person.

Sometimes adversity is what you need to face in order to become successful.

It's not what you've got, it's what you use that makes a difference.

I've got to say 'no' to the good so I can say 'yes' to the best.

Life is too short to spend your precious time trying to convince a person who wants to live in gloom and doom otherwise. Give lifting that person your best shot, but don't hang around long enough for his or her bad attitude to pull you down. Instead, surround yourself with optimistic people.

Marriages would be better if the husband & wife clearly understood that they are on the same side.

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.

If you wait until all the lights are "green" before you leave home, you'll never get started on your trip to the top.

Every choice you make has an end result.

The Soul / The Psyche Finding Your Purpose

Some things to consider:

1) You are going to die & you don't know when. 2) Everyone you know will die & you don't know when. 3) Your material wealth will not make you a better or happier person. 4) Your time is more valuable than your money. 5) You cannot make everyone happy. 6) You are a flawed individual. 7) Your actions speak louder than your words. Who you are is your legacy. 8) Focusing on the past is a waste of time. 9) Nobody cares how difficult your life is. 10) Become the person your dog thinks you are. 11) Invest in that which will outlast this life.

Dr. Partha Nandi states, "Finding your purpose in life can add seven years to your life and cut your Alzheimer's risk by 52%." (Channel 7 news on 09/11/17)

He who has a WHY to live can bear with almost any HOW. Seeing the *Big Picture* allows us to *overcome* traumatic events.

What matters to you? What do you spend your time and money on? What is worthy of your time, energy, money and resources?

Purpose is not something you stumble upon. Purpose ought to be a driving force in your life. If anyone in life ought to have purpose, it ought to be a member of Grace Baptist Church.

➤ Personal Reward in Eternity

Titus 1:2 In hope of eternal life, which God, that cannot lie, promised before the world began;

James 1:12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

2 Timothy 4:8 Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

Your influence in life is very limited. It is multiplied through the church you are a part of.
Your part of serving the Lord within the church:

1 Corinthians 12:14 For the body is not one member, but many. You are a *part* of the *whole*.

➤ Church – Fruit that abounds to the Church in Eternity Via Missions Giving

Philippians 4:15-17 Now ye Philippians (CHURCH) know also, that in the beginning of the gospel, when I departed from Macedonia, no church communicated with me as concerning giving and receiving, but ye only. For even in Thessalonica ye sent once and again unto my necessity. Not because I desire a gift: but I desire fruit that may abound to your (CHURCH) account.

Hebrews 6:10 For God *is* not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister.

GBC & Purpose

- **The world can be reached with the gospel**

Romans 10:18 But I say, Have they not heard? Yes verily, their sound went into all the earth, and their words unto the ends of the world.

Romans 16:25-26 ...to my **gospel**, and the preaching of Jesus Christ...**made known to all nations...**

Colossians 1:5-6 ...the word of the truth of the **gospel**; Which is **come unto you, as *it is* in all the world...**

Colossians 1:23 ...the hope of the **gospel**, which ye have heard, **and which was preached to every creature which is under heaven**; whereof I Paul am made a minister...

- **Church planting was the way that the gospel was spread to the whole world**

The church at Jerusalem started the church at Antioch, which sent out Paul and Barnabus...

- **Training nationals was the methodology that Paul used in the Book of Acts**

Acts 14:23 And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

- **Supporting Baptist Institutes is the most effective use of missions' money**

A church should emphasize supporting Institutes. This produces a multiplication effect.

2 Corinthians 8:9 For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich.

2 Corinthians 9:15 Thanks *be* unto God for his unspeakable gift.

You ought to be convinced that your life has eternal purpose at GBC.

Key Components in Finding Purpose

- Perspective – Life is limited
- Priority – Find time and money to invest in that which matters the most
- Preparation – You must plan ahead, or you will squander your life.
What you intended to do = nothing
- Practice – Effort must be devoted to activities that fulfill your purpose –
Discipline is necessary
- Presence – Live for today – not in the past

Paul had a plan. Your life needs a plan / Your church needs a plan:

Acts 20:24 But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.

Spirit, Soul & Body

1 Thessalonians 5:23 And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

The psyche will be at its' zenith when the body and spirit are at their best. The body, soul and spirit are so inter-connected that it is extremely important to be in the best health possible in both the body and spirit. When you are right with God, the soul can be 'at its best.'

Here are ways to affect the soul via the spirit.

➤ **Know you are saved**

2 Corinthians 13:5 Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

➤ **Death to self**

Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Romans 6:6 Knowing this, that our old man is crucified with *him*, that the body of sin might be destroyed, that henceforth we should not serve sin.

➤ **Trust in the Lord**

Proverbs 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

➤ **Do what you know to do**

Joshua 1:8 This book of the law...thou shalt meditate therein day and night, **that thou mayest observe to do** according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

John 13:17 If ye know these things, happy are ye if ye do them.

➤ **Yield to God**

Romans 6:13 Neither yield ye your members *as* instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members *as* instruments of righteousness unto God.

➤ **Meditation on the Word of God**

Psalms 1:2 But his delight *is* in the law of the LORD; and in his law doth he meditate day and night.

➤ **Tithe**

Acts 20:35 I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

➤ **Spend time with the Lord**

Psalms 119:164 Seven times a day do I praise thee because of thy righteous judgments.

Psalms 55:17 Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

➤ **Ask God to search you**

Psalms 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if *there be any* wicked way in me, and lead me in the way everlasting.

Align your Condition with your Position

- **Your Position**

Eph. 2:6 And hath raised *us* up together, and made *us* sit together in heavenly *places* in Christ Jesus:

Colossians 3:1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

Colossians 3:3 For ye are dead, and your life is hid with Christ in God.

Colossians 3:10 And have put on the new *man*, which is renewed in knowledge after the image of him that created him:

- **Your Condition**

Colossians 3:4-5 When Christ, *who is* our life, shall appear, then shall ye also appear with him in glory.

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

2 Peter 3:18 But **grow in grace**, and *in* the knowledge of our Lord and Saviour Jesus Christ. To him *be* glory both now and for ever. Amen.

Philippians 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, **work out your own salvation** with fear and trembling.

1 John 1:9 If we **confess our sins**, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.