

The Mind Can Be A Dangerous Thing

June 28, 2020

The mind/emotions can be just as deceptive and dangerous to our spiritual health as our flesh. In one way or another, we are all teetering on the brink of insanity.

2 Corinthians 4:4 ESV

4 In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

2 Corinthians 11:3 ESV

3 But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.

Genesis 3:6 ESV

6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

2 Corinthians 10:4-5 ESV

4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

2 Corinthians 11:22-31 ESV

22 Are they Hebrews? So am I. Are they Israelites? So am I. Are they offspring of Abraham? So am I.

23 Are they servants of Christ? I am a better one -- I am talking like a madman -- with far greater labors, far more imprisonments, with countless beatings, and often near death.

24 Five times I received at the hands of the Jews the forty lashes less one.

25 Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea;

26 on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers;

27 in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure.

28 And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

29 Who is weak, and I am not weak? Who is made to fall, and I am not indignant?

30 If I must boast, I will boast of the things that show my weakness.

31 The God and Father of the Lord Jesus, he who is blessed forever, knows that I am not lying.

2 Corinthians 1:8-10 ESV

8 For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.

9 Indeed, woe felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

10 He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

Psalm 42:9-11 ESV To the choirmaster. A Maskil of the Sons of Korah.

9 I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"

10 As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?"

11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

The Bible's solution for mental and emotional health: fight to find your peace in God, then fight to keep your peace in God.

Psalm 43:2-5 ESV

2 For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?

3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

4 Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God.

5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Genesis 32:1-28 ESV

1 Jacob went on his way, and the angels of God met him.

2 And when Jacob saw them he said, "This is God's camp!" So he called the name of that place Mahanaim.

3 And Jacob sent messengers before him to Esau his brother in the land of Seir, the country of Edom,

4 instructing them, "Thus you shall say to my lord Esau: Thus says your servant Jacob, 'I have sojourned with Laban and stayed until now.'

5 I have oxen, donkeys, flocks, male servants, and female servants. I have sent to tell my lord, in order that I may find favor in your sight.'"

6 And the messengers returned to Jacob, saying, "We came to your brother Esau, and he is coming to meet you, and there are four hundred men with him."

7 Then Jacob was greatly afraid and distressed. He divided the people who were with him, and the flocks and herds and camels, into two camps,

8 thinking, "If Esau comes to the one camp and attacks it, then the camp that is left will escape."

9 And Jacob said, "O God of my father Abraham and God of my father Isaac, O LORD who said to me, 'Return to your country and to your kindred, that I may do you good,'"

10 I am not worthy of the least of all the deeds of steadfast love and all the faithfulness that you have shown to your servant, for with only my staff I crossed this Jordan, and now I have become two camps.

11 Please deliver me from the hand of my brother, from the hand of Esau, for I fear him, that he may come and attack me, the mothers with the children.

12 But you said, 'I will surely do you good, and make your offspring as the sand of the sea, which cannot be numbered for multitude.'"

13 So he stayed there that night, and from what he had with him he took a present for his brother Esau,
14 two hundred female goats and twenty male goats, two hundred ewes and twenty rams,
15 thirty milking camels and their calves, forty cows and ten bulls, twenty female donkeys and ten male donkeys.

16 These he handed over to his servants, every drove by itself, and said to his servants, "Pass on ahead of me and put a space between drove and drove."

17 He instructed the first, "When Esau my brother meets you and asks you, 'To whom do you belong? Where are you going? And whose are these ahead of you?'"

18 then you shall say, 'They belong to your servant Jacob. They are a present sent to my lord Esau. And moreover, he is behind us.'"

19 He likewise instructed the second and the third and all who followed the droves, "You shall say the same thing to Esau when you find him,

20 and you shall say, 'Moreover, your servant Jacob is behind us.'"

For he thought, "I may appease him with the present that goes ahead of me, and afterward I shall see his face. Perhaps he will accept me."

21 So the present passed on ahead of him, and he himself stayed that night in the camp.

22 The same night he arose and took his two wives, his two female servants, and his eleven children, and crossed the ford of the Jabbok.

23 He took them and sent them across the stream, and everything else that he had.

24 And Jacob was left alone. And a man wrestled with him until the breaking of the day.

25 When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him.

26 Then he said, "Let me go, for the day has broken." But Jacob said, "I will not let you go unless you bless me."

27 And he said to him, "What is your name?" And he said, "Jacob."

28 Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed."

Philippians 4:6-9 ESV

6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

9 What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

Matthew 14:22-33 ESV

22 Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,

24 but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them.

25 And in the fourth watch of the night he came to them, walking on the sea.
26 But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear.
27 But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."
28 And Peter answered him, "Lord, if it is you, command me to come to you on the water."
29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus.
30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."
31 Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?"
32 And when they got into the boat, the wind ceased.
33 And those in the boat worshiped him, saying, "Truly you are the Son of God."

Matthew 6:27 ESV

27 And which of you by being anxious can add a single hour to his span of life?

Matthew 6:33-34 ESV

33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.
34 Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.