

1-Salvation of the Mind

1/2/21

INTRO:

1. → **2 Timothy 1:3-7**

3 I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, 4 greatly desiring to see you, being mindful of your tears, that I may be filled with joy,

→ *5 when I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also.*

→ *6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind. (NKJV)*

II. [THE ASMAT PRAYER SCROLLS](#)

Body:

I. The Spirit of Power

Grk (*dúnamis*) force, ability, miraculous power

A. We do not need perfect circumstances to find mental health.

1) **Philippians 4:12-13**

I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me. (NKJV)

2) [DID MY PROBLEM EXIST BEFORE THIS CIRCUMSTANCE?](#)

B. If we are going to get better we cannot be afraid to fail.

1) **2 Corinthians 4:8-9**

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2) [FIRST LESSON—DON'T BE AFRAID TO FALL](#)

II. The Spirit of Love

Grk (*agápe*) love, charity

A. Our love of others is limited by our ability to receive love.

1) **1 John 4:18**

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

2) People who are judgmental are people who feel guilty

B. Jesus taught us to love God, neighbor and self.

1) **Mark 12:30-31**

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

2) **ADAM ROA—"YOU ARE WHO YOU'VE BEEN LOOKING FOR"**

III. The Spirit of Mental Health

Grk (*sózo*) save, heal, preserve, do well, be whole

Grk (*phrén*) feelings, reason, understanding, heart, mind

A. Sometimes the battle we face is more than just spiritual.

1) **Ezekiel 36:26**

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

2) **THE CHURCH STRUGGLING WITH MENTAL HEALTH**

B. Healthy thinking begins with seeing ourselves the way God sees us.

1) **Romans 12:2**

*Do not conform 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.*

2) **ON THE BEACH—I AM YOUR RIGHTEOUSNESS**

1 John 4:12

No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

2 Thessalonians 2:16-17

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, 17 encourage your hearts and strengthen you in every good deed and word.

Ephesians 3:17-19

And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

OTHER SCRIPTURES: