

FROM THE INSIDE OUT

Part 3: A Healthy Soul | Ps. Donna Taylor | 03.22.26

1. THE DIFFERENCE BETWEEN SOUL AND SPIRIT.

1 Thessalonians 5:23 NKJV

- When we are born again the change occurs in our spirit, and not in our soul. Many who do not realize this can get disillusioned and feel they are not saved. The moment we are born again, our spirit is as perfect as it will ever be, but the rest our lives will consist of two things. Renewing and receiving.

James 1:25 NIV

- It can not just be a casual glance. We must look intently. We deceive ourself if we think we can skip this part.
- When our spirit and soul agree we experience the life of God. However if we allow our mind and body to gang up we will go around the mountain again and again repeating negative patterns.
- That is why some can live all their lives as Christians and still not experience any real victory. It is like dying of thirst while we are leaning against a well of living water.
- That is why it is vital to have a healthy soul.

2. EMOTIONAL ENEMIES

- We have to guard against being led by feelings and emotions. The word of God is eternal but our emotions are fickle.

Romans 8:6 NKJV

- Carnality means to live by the five senses and let our thoughts center on how we feel. This is when our emotions become our enemy.

A. FEAR

- Fear is a response to a perceived threat. The phrase “do not fear” appears numerous times in the Bible. In this life we will have multiple opportunities to fear.

2 Timothy 1:7 NKJV

- Fear is an evil spirit that produces feelings. Fear want us to shrink back and withdraw. The word fear means to take flight. Fear want us to run away, when God wants us to confront!
- What about fear of disapproval?
- Approval addiction is the need to be validated and accepted by others. This fear can cause us to freeze and not take action. The fear of making a mistake can hold us back from doing things in life. It stems from insecurity.
- What ever the fear the path to freedom Is the same. We must believe that God is both with us and for us. David was able to face Goliath because he knew that God was with him.

Romans 8:31 NKJV

Psalm 118:6 NKJV

Romans 8:15 NKJV

- We are free from the bondage of living in fear because we have a loving Father who has adopted us, and given us full standing as His heirs and children.
- The only attitude we must have as a Christ follower is I WILL NOT FEAR!

B. WORRY

- “Worry does not empty tomorrow of its sorrow, it empties today of its strength.” Corrie ten Boom
- How much time have people spent worrying about things that never happened. Worry can become a habit.

1 Peter 5:7 AMP

Philippians 4:6-7 AMP

- He is our burden bearer. Give it to him. Rest in Him. Refuse to worry.

C. DEPRESSION

- King David often spoke of his feelings.

Psalm 40:1-2 NIV

- We must resist and not make friends with depression. If you grew up with depression in your family you have to resist giving into anger and self pity. When we say things like “my depression” we are in agreement with it. God does not want us to be emotionless, but we do need to avoid extremes and lead a balanced life.
- Joy is the opposite of depression.

John 15:11 NKJV

1 Samuel 30:6 NKJV

- We can combat it. We might wake up feeling depressed , but we can put on the garment of praise for the spirit of heaviness.

Matthew 11:28 NIV

- Emotional stability is part of our inheritance.

3. DIVINE STRATEGY

- Mark 11:23 NKJV

- Jesus did not say pray to the mountain He said speak to it.

A. We must identify the mountain and name it.

B. Speak directly to it out loud.

C. Replace it with truth.

- Freedom begins the moment the mountain is confronted!