

Mature & Secure

Part 3: The War of The Nerves

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This is actual military term that is a part of psychological warfare.

Definition: a conflict characterized by psychological tactics (such as threats and intimidation) designed primarily to create confusion, indecision, or breakdown of morale; a competition or fight in which someone tries to beat their opponent by making them worried or afraid.

Throughout the centuries, armies have understood the power of psychological warfare. If you can “get inside the enemy’s head” then you can defeat him. Astute military leaders have understood this weapon and employed it to win battles. In ancient times, it might have been as simple as instructing the troops to “shout” as they went into battle. Anyone faced with 10,000 shouting warriors would definitely feel intimidated!

(1 Samuel 4:5-7 NKJV)

In World War II, both military sides used psychological warfare via radio to undermine the morale of the other side. Can you see the spiritual analogies?

1. Who is your real enemy?

Ephesians 6:10-13 (NKJV)

“Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

1 Peter 5:8-9 (NKJV)

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.”

- a. How about attacks of sickness and disease?

Luke 13:16 (NKJV)

“So ought not this woman, being a daughter of Abraham, whom Satan has bound—for eighteen years, be loosed from this bond on the Sabbath?” **(John 10:10 NKJV)**

- b. What are some of his most powerful tools when he attacks? Fear, worry, anxiety, and confusion to create enough emotional distress that could lead to nervous exhaustion and eventually a nervous or mental breakdown.

If Satan can “get in your head” and mess with your thoughts and emotions, then he can cause you mental problems and will eventually bring defeat if you give in to his tactics. Fears about your future, fear of loss, guilt and shame from your past or present mistakes, declaring that you’re not strong enough, your resources are not enough and powerless, you’ve messed up

too many times, and the idea that “you’re just no good” are some of the weapons in his military arsenal.

The Bible teaches that we are involved in a spiritual warfare between good and evil, Jesus and His Church, against Satan. The battle is spiritual in nature, but the battlefield is primarily in THE MIND.

We all face the normal “ups and downs” that come with life (**John 16:33 NKJV**) -- but at times, the fight of faith can get very intense (**I Timothy 6:12 NKJV**). This is especially true when you’re hit with unexpected problems, issues, and bad reports, problems at home or on the job, disappointments, sickness attacks, and financial struggles.

All of us have been mentally and emotionally knocked down at times. Some people become completely hopeless, give up because of the lingering problems, never get back up or even contemplate suicide.

Micah 7:8 (AMP)

“Do not rejoice over me [amid my tragedies], O my enemy! Though I fall, I will rise; Though I sit in the darkness [of distress], the LORD is a light for me.”

Satan, the enemy of our souls, wages psychological warfare against us. He wants to torment you, render you ineffective, and stop God’s plan and your destiny. But the wonderful news is that YOU CAN WIN this fight!

The apostle Paul identifies the answer when he describes one of the most discouraging, stressful, and life-threatening moments of his life and ministry.

2 Corinthians 1:8-11 (NKJV)

“For we do not want you to be ignorant, brethren, of our trouble (oppression & affliction) which came to us in Asia: that we were burdened (weighed down & pressed down) beyond measure, above strength, so that we despaired (to renounce all hope) even of life. 9 Yes, we had the sentence (a judicial decision) of death in ourselves, that we should not trust in ourselves but in God who raises the dead, 10 who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us, 11 you also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many.”

Likewise, your key will be learning how to trust in GOD’S ABILITY and not your own. God’s strength (His grace) can take you far beyond your own power and abilities.

1 John 4:4 (NKJV)

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”

Romans 8:37-39 (NKJV)

“Yet in all these things we are more than conquerors through Him who loved us. 38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

2. Like the Apostle Paul, we must put our total trust in God and know that He make a way, when there is no way!!

Proverbs 3:5-6 (NKJV)

“Trust in the LORD with all your heart, and lean not on your own understanding; 6 In all your ways acknowledge Him, and He shall direct your paths.”

Psalms 37:39-40 (NKJV)

“But the salvation of the righteous is from the LORD; He is their strength in the time of trouble. 40 And the LORD shall help them and deliver them; He shall deliver them from the wicked, And save them, Because they trust in Him.”

Psalms 34:17-19 (NKJV)

“The righteous cry out, and the LORD hears, and delivers them out of all their troubles. 18 The LORD is near to those who have a broken heart, and saves such as have a contrite spirit. 19 Many are the afflictions of the righteous, but the LORD delivers him out of them all.”