



*THE STRUGGLE
IS REAL*

PART III

Week One...

Understand The Voices That Affect The Mind, Body, and Soul

Failure To Utilize Weapons, Causes Us To Lose Focus

Failure To Utilize Weapons, Causes Us To Become Fatigued

Failure To Utilize Weapons, Causes Us To Abandon Fellowship

Failure To Utilize Weapons, Causes Us To Rely On Feelings

God Gives Relief Through Ordinary Resources

Week Two.....

HOPE IS HAVING A "CONFIDENT EXPECTATION"

HOPE IS THE ANCHOR OF THE SOUL

HOPE IS ROOTED IN THE FAITHFULNESS OF GOD

HOPE ANTICIPATES THE OUTCOME

HOPE REQUIRES ENDURANCE

RESILIENT PEOPLE SPEAK A DIFFERENT LANGUAGE

Introduction

Taking a “**HOLISTIC APPROACH**” to something means looking at the **WHOLE SITUATION** and *not just one or two parts*. When it comes to mental health, a **HOLISTIC APPROACH** considers how a person’s well-being is affected by their physical, psychological, emotional, social, and spiritual condition. A **HOLISTIC APPROACH** to mental health will treat all these elements **AS PIECES OF A LARGER PUZZLE** that must be **INDIVIDUALLY ADDRESSED** to achieve healing, which is something that traditional medicine doesn’t always do. God desires for us **TO BE WHOLE AND COMPLETE**, not just **PHYSICALLY** but **INTERNALLY** as well. It is possible for us to be seemingly in order **ON THE OUTSIDE** but be in shambles **ON THE INSIDE**.

Because we are *more than physical beings*, our approach must go beyond the body. We consist of three parts – **BODY**, **SOUL** and **SPIRIT**.

Genesis 2:7 (KJV)

7 And the LORD God *formed man of the dust of the ground*, and *breathed into his nostrils the breath of life*; and man *became a living soul*.

1 Thessalonians 5:23-24 (NIV)

23 May God himself, the God of peace, sanctify you through and through. May your *whole spirit, soul* and *body* be kept blameless at the coming of our Lord Jesus Christ.

If We Are Composed of 3 Parts....Why Do We only Spend Time Treating Certain Parts

Introduction

You can *affect your entire life* by taking care of one aspect, **YOUR SOUL**.

YOUR SOUL is the part of you that gives **LIFE AND MOVEMENT** to your body and thoughts to your mind.



BODY ~ Formed From The Dust ~ *Receives Information Through The Senses* {See, Feel, Hear}

THE SOUL ~ The Control Center of The Mind, The Will, and The Emotions

THE SPIRIT ~ For The Saved Person ~ Connects Us To God

THE SOUL Is The Mediator Between **THE SPIRIT** and **THE BODY**

THE SOUL DICTATES WHAT YOUR SPIRIT RECEIVES

There Is A Battle For Your Soul ~ Whoever Controls The Soul, Rules The Man

The Components Of The Soul

The Mind ~ The Knowledge Center

Proverbs 24:14 (NIV)

14 Know also that **wisdom is sweet to your soul**; if you find it, there is a future hope for you, and **your hope will not be cut off**.

The Mind ~ The Memory Bank

Lamentations 3:19-23 (NIV)

19 **I REMEMBER** my affliction and my wandering, the bitterness and the gall.

20 **I well remember them**, and **MY SOUL IS DOWNCAST WITHIN ME**.

21 **Yet this I call to mind and therefore I have hope**: 22 Because of the LORD's great love **WE ARE NOT CONSUMED**, for his compassions never fail.

23 **THEY ARE NEW EVERY MORNING; GREAT IS YOUR FAITHFULNESS**.

THE WILL ~ THE CHOICE CENTER

1 Chronicles 22:19 (NKJV)

19 **Now set your soul to seek the LORD your God**. Therefore arise and build the sanctuary of the LORD God...

Psalms 103:1-2 (NKJV)

1 **Bless the LORD, O my soul**; And all that is within me, **bless His holy name!**

2 **Bless the LORD, O my soul**, And **forget not all His benefits**:

THE Emotions ~ THE FEELINGS CENTER

Isaiah 61:10 (NKJV)

10 I will **greatly rejoice** in the LORD, **My soul shall be joyful in my God**;

Introduction

It is God's Desire for our **INTERNAL WORLD** to define and **IMPACT OUR EXTERNAL WORLD** – not the other way around. So often, believers allow the **STATE OF THEIR INTERNAL WORLD** to be defined by **EXTERNAL CIRCUMSTANCES**.

Biblical Passages

3 John 1:2 (NKJV)

*2 Beloved, I pray that you may prosper in all things and be in health, **JUST AS YOUR SOUL PROSPERS.***

Mark 8:36-37 (NKJV)

*36 For what will it profit a man if he gains the whole world, and **LOSES HIS OWN SOUL?***

*37 Or what will a man give **IN EXCHANGE FOR HIS SOUL?***

1 Peter 2:11 (NKJV)

*11 Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which **WAR AGAINST THE SOUL,***

Matthew 10:28 (NKJV)

*28 And do not fear those who kill the body but **CANNOT KILL THE SOUL.***

*But rather fear Him who is able to destroy **BOTH SOUL AND BODY IN HELL.***

*These Passages Show The Significance of a **Healthy Soul***

Biblical Illustration

Mark 5:25-34 (NKJV)

25 Now a certain woman **had a flow of blood for twelve years,**

26 and had suffered many things from many physicians. **She had spent all that she had** and was no better, but rather grew worse. 27 **When she heard about Jesus,** she came behind Him in the

crowd and **touched His garment.** 28 For she said, "If only I may touch His clothes, **I SHALL BE MADE WELL.**" 29 Immediately the fountain of her blood was dried up, and **SHE FELT IN HER BODY THAT SHE WAS HEALED OF THE AFFLICTION.**

30 And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?"

31 But His disciples said to Him, "You see the multitude thronging You, and You say, Who touched Me?" "

32 And He looked around to see her who had done this thing.

33 But the woman, **fearing and trembling,** knowing what had happened to her, came and fell down before Him and **TOLD HIM THE WHOLE TRUTH.**

34 And He said to her, "Daughter, **YOUR FAITH HAS MADE YOU WELL.** Go in peace, and **BE HEALED** of your affliction."

There Was A Battle Between Her Faith...Her Flesh... Her Feelings

The Struggle Between Faith and Feelings

EMOTIONS are the external expression of *the state of the internal world*. When you find yourself over or under reacting to a situation, you have reason to **CHECK ON YOUR SOUL**. The lie that has infiltrated our culture is that *our feelings is* “**TRUTH**” and we are to “*follow our heart*”.

The Bible says that “*the heart is deceitful above all, who can understand it?*” (*Jeremiah 17:9*). We are not called to *live by feelings* but *by faith in God*. And whenever our feelings do not measure up to our faith, we have reason to question those feelings.

Psalm 43:5 (ESV)

*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.*

Faith Comes By Hearing and Hearing By the Word of God

If what you're *seeing, hearing, and thinking* is **CAUSING YOU** to be *angry, fearful, or confused*, none of which are from God, you must see, hear, and think **SOMETHING ELSE INSTEAD**.

Ephesians 4:26-28 (ESV)

26 BE ANGRY and *DO NOT SIN*; do not let the sun go down on your anger,
27 and GIVE NO OPPORTUNITY TO THE DEVIL.

The Struggle Between Faith and Feelings

This requires **DILIGENCE AND ACTION**. You can't be **passive about the thoughts YOU ALLOW to stay in your mind if you want your soul to prosper**. The Word of God can separate the thoughts of your soul from the thoughts of your spirit.

Hebrews 4:12 (NIV)

12 For the word of God is living and active. Sharper than any double-edged sword, **IT PENETRATES EVEN TO DIVIDING SOUL AND SPIRIT**, joints and marrow; it judges the thoughts and attitudes of the heart.

2 Corinthians 10:3-5 (NIV)

3 For though we live in the world, we do not **WAGE WAR** as the world does.

4 The weapons we fight with are not the weapons of the world. On the contrary, they have **DIVINE POWER** to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, **AND WE TAKE CAPTIVE EVERY THOUGHT TO MAKE IT OBEDIENT TO CHRIST**.

2 Timothy 3:16-17 (NIV)

16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and **training in righteousness**, 17 so that the man of God may be **THOROUGHLY EQUIPPED** for every good work.

Galatians 5:16-17 (NIV)

16 So I say, **live by the Spirit**, and **you will not gratify the desires of the sinful nature**.

17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. **They are in conflict with each other**, so **THAT YOU DO NOT DO WHAT YOU WANT**.

God Promises Rest and Restoration For The Soul

If you are constantly **busy, stressed,** and **on the edge,** **YOUR SOUL LIFE IS IN DANGER.**

It is not a **SIN** to be busy. **WE ALL HAVE SEASONS OF BUSYNESS.**

That's what it is supposed to be "**A SEASON**"

If you are constantly **BUSY AND OVERWHELMED,** you have to be **INTENTIONAL** with making a choice to **analyze the way you manage your time, organize your priorities and unwind.**

We always have **A CHOICE** to do what is **BEST FOR OUR SOUL.**

Luke 10:38-42 (NKJV)

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. 40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." 41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

Matthew 11:28-30 (NIV)

28 "**Come to me,** all you who are weary and burdened, and **I WILL GIVE YOU REST.**
29 **Take my yoke upon you** and **learn from me,** for I am gentle and humble in heart, and you will find **REST FOR YOUR SOULS.** 30 For my yoke is easy and my burden is light."

Psalms 23:3 (NIV)

3 **HE RESTORES MY SOUL.** {Must Be Intentional}

Psalms 41:4 (NKJV)

4 I said, "LORD, be merciful to me; **HEAL MY SOUL,** for I have sinned against You."

In Conclusion

*The Soul Is The Control Center of
The Will, The Mind, and The Emotions*

*There Is A Battle For Your Soul
Whoever **Controls The Soul**, Rules The Man*

There Is A Struggle Between Faith and Feelings

God Promises Rest and Restoration For The Soul