



THE STRUGGLE IS REAL

PART IV

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

In Week 3

*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

Tonight

***Taking Control
Of
Your Mental Health***

***The Reality ~ The Resources
The Responsibility ~ The Recovery***

Introduction

The *Depression and Bipolar Support Alliance {DBSA}* says that Depression is a **treatable medical condition** related to how our brains work, especially how our brains process information, emotions, and stress. It's not a **character flaw** or a **sign of personal weakness**. Just like you can't "**WISH AWAY**" diabetes, heart disease, or any other significant illness, you can't make depression go away by trying to "**SNAP OUT OF IT.**"

Depression, Anxiety, Grief, and Mental Anguish does not just disappear; they must be **DEALT WITH...** There are so many things that rob us of our **INNER PEACE**. Therefore, our **MENTAL HEALTH MUST BE A PRIORITY... MAINTAINING INNER PEACE MUST BE INTENTIONAL**

Research shows there is a **CONSTANT BATTLE** for **INNER PEACE AND MENTAL HEALTH**. During this study of the Struggle Is Real, I was introduced to a new word, "**PSYCHOMACHY**". In Greek, *psyche* denotes the **mind** and *mache* a struggle or fight, so a "Psychomachy" is the effort to cope with mental problems—addiction, anxiety, explosive anger, and so on—and overcome them. It is **A BATTLE** for **THE SOUL**
IT IS A BATTLE BETWEEN VIRTUES AND VICES...

There is a Constant Battle Between **Inner Peace** and **Fleshly Pleasure...**
You must decide if you are going to **Fight For Your Peace** or **Forfeit Your Peace...**

Famous Rapper Nipsey Hussle said on his album Victory Lap....
"Would You rather be **at war with yourself and at peace with the world,**
or **AT PEACE WITH YOURSELF AND AT WAR WITH THE WORLD.**"

The Reality Of The Struggle

Romans 7:15-25 (NLT)

15 I don't really understand myself, for **I WANT TO DO WHAT IS RIGHT, BUT I DON'T DO IT. INSTEAD, I DO WHAT I HATE.** 16 But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17 So I am not the one doing wrong; it is sin living in me that does it. 18 And **I KNOW THAT NOTHING GOOD LIVES IN ME**, that is, in my sinful nature. **I WANT TO DO WHAT IS RIGHT, BUT I CAN'T.** 19 **I WANT TO DO WHAT IS GOOD, BUT I DON'T. I DON'T WANT TO DO WHAT IS WRONG, BUT I DO IT ANYWAY.** 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. 21 I have discovered **THIS PRINCIPLE OF LIFE**—that **WHEN I WANT TO DO WHAT IS RIGHT, I INEVITABLY DO WHAT IS WRONG.** 22 I love God's law with all my heart. 23 But **THERE IS ANOTHER POWER WITHIN ME THAT IS AT WAR WITH MY MIND.** This power makes me a slave to the sin that is still within me. 24 Oh, **WHAT A MISERABLE PERSON I AM!** Who will free me from this life that is dominated by sin and death? 25 Thank God! **THE ANSWER IS IN JESUS CHRIST OUR LORD.** So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

There is a **DELLIMMA** ~ The Battle Within {Good vs. Evil} ~ Spirit is willing but flesh is weak...

There is a **DESIRE** ~ The Pursuit of What Is Right ~ Seek First The Kingdom of God

There is **DELIVERANCE** ~ Trust In Jesus Christ ~ Who Can Deliver Me?

There is a **DECISION** ~ Let Christ Rule and Reign or Struggle On My Own

The Struggle Within Is **NORMAL** ~ You Struggle With All Sorts Of Emotions **CONSTANTLY...**
The **PRESENCE OF YOUR EMOTIONS** does not have to be the **PRISON OF YOUR EMOTIONS...**

Resources With Responsibility

John 14:23-26 (NIV)

23 Jesus replied, "**IF ANYONE LOVES ME, HE WILL OBEY MY TEACHING.** My Father will love him, and **WE WILL COME TO HIM AND MAKE OUR HOME WITH HIM.** 24 He who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

26 But the Counselor, the Holy Spirit, whom the Father will send in my name, will **TEACH YOU ALL THINGS AND WILL REMIND YOU OF EVERYTHING I HAVE SAID TO YOU.**

To Deal With The Emotional Trauma Within, God sends his most Powerful Resource To Live Within Us

He goes where the Battle Is Located!!! **Jeremiah's Fire on the Inside!!!**

Whatever Arises, You will have **ADEQUATE AMMUNITION TO MAINTAIN YOUR INNER PEACE...**

John 14:27 (NIV)

27 **PEACE I LEAVE WITH YOU; MY PEACE I GIVE YOU.** I do not give to you as the world gives. **DO NOT LET YOUR HEARTS BE TROUBLED AND DO NOT BE AFRAID.**

God **GIVES US THE INNER PEACE** We Need To **OVERCOME THE STRUGGLE**

There are things that the World Offers as **SUBSTITUTES FOR TRUE PEACE**

1 Samuel 16:23 (NLT)

23 And whenever the tormenting spirit from God troubled Saul, **David would play the harp.**

Then Saul would feel better, and the tormenting spirit would go away.

GOD'S SOLUTIONS OFFER HEALING...NOT TEMPORARY HELP

Resources With Responsibility

John 16:33 (NASB)

33 "These things I have spoken to you, **SO THAT IN ME YOU MAY HAVE PEACE. IN THE WORLD YOU HAVE TRIBULATION, BUT TAKE COURAGE**; I have overcome the world."

2 Thessalonians 3:16 (NLT)

16 **NOW MAY THE LORD OF PEACE HIMSELF GIVE YOU HIS PEACE AT ALL TIMES AND IN EVERY SITUATION.** The Lord be with you all.

Isaiah 26:3 (NKJV)

3 **YOU WILL KEEP HIM IN PERFECT PEACE, WHOSE MIND IS STAYED ON YOU, BECAUSE HE TRUSTS IN YOU.**

Romans 15:13 (NKJV)

13 Now may the God of hope **FILL YOU WITH ALL JOY AND PEACE IN BELIEVING**, that you may abound in hope by the power of the Holy Spirit.

Psalms 119:165 (NLT)

165 **THOSE WHO LOVE YOUR INSTRUCTIONS HAVE GREAT PEACE AND DO NOT STUMBLE.**

Proverbs 16:7 (NKJV)

7 **WHEN A MAN'S WAYS PLEASE THE LORD,** He makes even his enemies to **BE AT PEACE WITH HIM.**

Resources With Responsibility

Take Control of your Peace, By Being Committed To Christ

Psalm 34:14 (NIV)

14 TURN FROM EVIL AND DO GOOD; SEEK PEACE AND PURSUE IT.

Romans 8:6 (ESV)

6 For to set the mind on the flesh is death, but TO SET THE MIND ON THE SPIRIT IS LIFE AND PEACE.

Job 22:21 (NLT)

21 "SUBMIT TO GOD, and YOU WILL HAVE PEACE; then THINGS WILL GO WELL FOR YOU.

Colossians 3:15 (NLT)

*15 And LET THE PEACE THAT COMES FROM CHRIST RULE IN YOUR HEARTS.
For as members of one body you are called to live in peace. And always be thankful.*

Philippians 4:6-7 (NKJV)

*6 BE ANXIOUS FOR NOTHING, 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 minds through Christ Jesus.*

In The Midst Of The War, You May Lose Some Battles

2 Samuel 11:1-5 (NLT)

*1 In the spring of the year, **when kings normally go out to war**, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. **However, David stayed behind in Jerusalem.** 2 Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. **As he looked** out over the city, he noticed a woman of unusual beauty taking a bath. 3 He sent someone to find out who she was, and he was told, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.” 4 Then David sent messengers to get her; and when she came to the palace, he slept with her.. 5 Later, when Bathsheba discovered that she was pregnant, she sent David a message, saying, “I’m pregnant.”*

2 Samuel 11:6-9 (NLT)

*6 Then David sent word to Joab: “Send me Uriah the Hittite.” So Joab sent him to David. 7 When Uriah arrived, David asked him how Joab and the army were getting along and how the war was progressing. 8 **Then he told Uriah, “Go on home and relax.” David even sent a gift to Uriah after he had left the palace.** 9 But Uriah didn’t go home. He slept that night at the palace entrance with the king’s palace guard.*

2 Samuel 11:13 (NLT)

*13 **Then David invited him to dinner and got him drunk.** But even then he couldn’t get Uriah to go home to his wife. Again he slept at the palace entrance with the king’s palace guard.*

2 Samuel 11:14-15 (NLT)

*14 So the next morning David wrote a letter to Joab and gave it to Uriah to deliver. 15 The letter instructed Joab, **“Station Uriah on the front lines where the battle is fiercest. Then pull back so that he will be killed.”***

Resources That Allow Restoration

David lived in **depression, discouragement, and defeat** because of his unconfessed sin. The consequences of his wrong choices weighed on him emotionally and physically.

Psalm 31:9-10 (NLT)

9 Have mercy on me, LORD, for **I AM IN DISTRESS**. Tears blur my eyes. **MY BODY AND SOUL ARE WITHERING AWAY**. 10 **I AM DYING FROM GRIEF**; my years are shortened by sadness. **SIN HAS DRAINED MY STRENGTH; I AM WASTING AWAY FROM WITHIN.**

Psalm 13:2 (NLT)

2 **HOW LONG MUST I STRUGGLE WITH ANGUISH IN MY SOUL**, with **SORROW IN MY HEART EVERY DAY?**

Psalm 38:3-6 (NLT)

3 Because of your anger, **MY WHOLE BODY IS SICK**; my health is broken because of my sins. 4 **My guilt overwhelms me—it is a burden too heavy to bear**. 5 **My wounds fester and stink because of my foolish sins**. 6 I am bent over and racked with pain. **All day long I walk around filled with grief.**

Psalm 6:6-7 (NLT)

6 I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears. 7 **MY VISION IS BLURRED BY GRIEF;**

Resources That Allow Restoration

David realized he had the necessary Resources For Mental Restoration

Psalm 42:4-6 (NIV)

4 **THESE THINGS I REMEMBER AS I POUR OUT MY SOUL:** how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

5 Why are you downcast, O my soul? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 142:7 (ESV)

7 Bring me out of prison, **THAT I MAY GIVE THANKS TO YOUR NAME!**

Psalm 51:2-3, 10-12 (ESV)

2 **Wash me thoroughly from my iniquity, and cleanse me from my sin!**

3 For I know my transgressions, and my sin is ever before me.

10 **Create in me a clean heart, O God, and renew a right spirit within me.**

11 Cast me not away from your presence, and take not your Holy Spirit from me.

12 Restore to me the joy of your salvation, and uphold me with a willing spirit.

Although Negative Emotions Are **PRESENT** ~ They Don't Have To Be A **PRISON**

In Closing...

Maintaining Inner Peace Begins With....

*An Awareness Of **The Reality** Of The Struggle*

*An Awareness of **The Resources** Available*

*An Awareness of Our **Personal Responsibility***

*An Awareness That **The Resources** Bring Restoration*