

#### 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

# Week Four

Taking Control Of Your Mental Health

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

# Week Five

Take Control Of Your Thoughts And Actions

Awareness Of Emotional Triggers

Identify Your Emotional Triggers

Utilize The Ammunition You Have In The Battle

Understand You Have The Control Of Your Actions

# Tonight LookAt Three Contributing Factors To The Rise In The Struggle

#### Introduction

From Our study, we can conclude these things....

1. The Struggle Is Real
2. The Struggle Is Relevant
3. The Struggle Has A Remedy
4. The Struggle Affects Relationships
5. The Struggle Is Rising

#### Introduction

All of us remember Big Mama, Granny, Madea, Nanna, or whatever name of endearment...

She did not have a huge salary
She did not have a big house
She did not have multiple cars
She was not as educated
She did not belong to many/any civic organizations
She did not have wealthy friends

#### But She Had Faith In God...

In his article, Faith of our Ancestors, Frederick Douglas asked the question...

How did our ancestors endure slavery

How did our ancestors endure the abuse

How did our ancestors endure the hostility

How did our ancestors endure being raped, beaten, and antagonized...

No Rights, No Privileges, No Freedom????

They Believed That GOD Would See Them Through!!!

# Introduction They Had A Peculiar Mindset This Mindset Was Verbalized Through Their Music

We've Come This Far By Faith Leaning On The Lord...
Trusting In His Holy Word... He's Never Failed Me Yet....

The Songs, The Hymns Were an Expression of their Faith They were not about style, but about Substance and Strength

There was a DEPENDENCE ON GOD
God WE NEED YOU to make a way
God WE NEED YOU to provide
God WE NEED YOU to protect
God WE NEED YOU to handle our enemies...

WE NEED YOU To Survive!!!
There Was Generation Who Was TOTALLY DEPENDENT On God

This is equivalent to the story of the Children of Israel... Exodus 3:7-9 (NIV)

7 The LORD said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.

8 So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey--the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. 9 And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are OPPRESSING THEM.

#### God Raised Up A Moses To Deliver his People From Bondage

He was a man of God who was given a commission to Bring Them Out...

He did not see the Promised Land... But He Brought Them Through Some Dark Days...

#### God Raised Up A Martin Luther King To Lead His People

He was a man of God who was given a commission to Lead His People He said in his speech... I might not get there with you, but I've been to the mountain top and seen the Promised Land

Note: We Often Remember King The Protestor, But Not King The Preacher/Pastor
The One Who Studied the Word of God
Didn't Just March The Streets ~ Studied the Scriptures

After God's People are DELIVERED FROM BONDAGE, Now they are preparing to WALK IN INCREASE....

Continuous Word of Warning

#### Deuteronomy 8:1-14 (NIV)

Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land that the LORD promised on oath to your forefathers. 2 Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. 3 He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

6 Observe the commands of the LORD your God, walking in his ways and revering him. 7 For the LORD your God is bringing you into a good land--a land with streams and pools of water, with springs flowing in the valleys and hills; 8 a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey; 9 a land where bread will not be scarce and you will lack nothing; a land where the rocks are iron and you can dig copper out of the hills. 10 WHEN YOU HAVE EATEN AND ARE SATISFIED, praise the LORD your God for the good land he has given you. 11 Be careful that you do not forget the LORD your God, failing to observe his commands, his laws and his decrees that I am giving you this day. 12 Otherwise, when you eat and are

satisfied, when you build fine houses and settle down, 13 and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, 14 then your heart will become proud

and YOU WILL FORGET THE LORD YOUR GOD, who brought you out of Egypt, out of the land of slavery.

A Continuous Word Of Warning ~ Don't Lose Your Dependence

#### *Numbers 32:13 (NIV)*

13 The LORD's anger burned against Israel and he made them wander in the desert forty years, until THE WHOLE GENERATION of those who had DONE EVIL IN HIS SIGHT WAS GONE.

After This God Sends Joshua To Lead This New Generation....

Then...

#### Judges 2:10-15 (NIV)

10 After THAT WHOLE GENERATION had been gathered to their fathers, ANOTHER GENERATION GREW UP, WHO KNEW NEITHER THE LORD NOR WHAT HE HAD DONE FOR ISRAEL.

11 Then the Israelites did evil in the eyes of the LORD and served the Baals.

12 THEY FORSOOK THE LORD, the God of their fathers, who had brought them out of Egypt.

They followed and worshiped various gods of the peoples around them. They provoked the LORD to anger

13 because they forsook him and served Baal and the Ashtoreths.

14 In his anger against Israel the LORD handed them over to raiders who plundered them. He sold them to their enemies all around, whom they were no longer able to resist.

15 Whenever Israel went out to fight,

the hand of the LOKD was against them to defeat them, just as he had sworn to them.

THEY WERE IN GREAT DISTRESS.

# Reason #1 ~ Distress That Comes From Neglect When God's Will, God's Word, and God's Ways Become Optional IT LEADS TO DISTRESS

We Begin Seeking Solutions That Will Never Satisfy Because The Problem Is Spiritual

#### Haggai 1:3-11 (NIV)

3 Then the word of the LORD came through the prophet Haggai:

4 "Is it a time for you yourselves to be living in your paneled houses, while this house remains a ruin?" 5 Now this is what the LORD Almighty says: "GIVE CAREFUL THOUGHT TO YOUR WAYS.

6 You have planted much, but have harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it."

9 "You expected much, but see, it turned out to be little. What you brought home, I BLEW AWAY. Why?"

declares the LORD Almighty. "Because of my house, which remains a ruin, while each of you is busy with his own house. 10 Therefore, because of you the heavens have withheld their dew and the earth its crops. 11 I called for a drought on the fields and the mountains, on the grain, the new wine, the oil and whatever the ground produces, on men and cattle, and on the labor of your hands."

# When God Is Neglected, You Are Fighting A Losing Battle

John 15:5 (NKJV)

5 I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; FOR WITHOUT ME YOU CAN DO NOTHING.

# Why Is It Rising? Reason #2 ~ Too Much Too Soon

Luke 15:11-20 (NKJV)

11 Then He said: "A certain man had two sons.

And the younger of them said to his father, 'Father, give me the portion of goods that falls to me.' So he divided to them his livelihood. 13 And not many days after, the younger son gathered all together, journeyed to a far country, and there wasted his possessions with prodigal living. 14 But when he had spent all, there arose a severe famine in that land, and he began to be in want. 15 Then he went and joined himself to a citizen of that country, and he sent him into his fields to feed swine. 16 And he would gladly have filled his stomach with the pods that the swine ate, and no one gave him anything.

17 But WHEN HE CAME TO HIMSELF, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! 18 I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you, 19 and I am no longer worthy to be called your son. Make me like one of your hired servants." '20 And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him.

#### Reason #2 ~ Too Much Too Soon

Bloomberg Report: There are 618,000 millennial millionaires in the U.S ~ Fastest Rising Age Group There Is A Danger Of Receiving More In The Hand Than The Mind Can Comprehend

Fame Without A Foundation Will Ultimately Lead To A Fall
Usually The Fall Is Mentally Before Physically

# Why Is It Rising? God's Plan Still Works

*Jeremiah 29:11 (NIV)* 

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans TO GIVE you hope and a future.

*Proverbs* 10:22 (NIV)

22 The blessing of the LORD brings wealth, and HE ADDS NO TROUBLE TO IT.

*Matthew 6:33 (NIV)* 

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

1 Kings 3:5-14 (NIV)

5 At Gibeon the LORD appeared to Solomon during the night in a dream, and God said, "Ask for whatever you want me to give you." 6 Solomon answered, "You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day. 7 "Now, O LORD my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties. 8 Your servant is here among the people you have chosen, a great people, too numerous to count or number. 9 SO GIVE YOUR SERVANT A DISCERNING HEART TO GOVERN YOUR PEOPLE AND TO DISTINGUISH BETWEEN RIGHT AND WRONG.

To The Lord was pleased that Solomon had asked for this. 11 So God said to him, "Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, 12 I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. 13 MOREOVER, I WILL GIVE YOU WHAT YOU HAVE NOT

ASKED FOR--BOTH RICHES AND HONOR--so that in your lifetime you will have no equal among kings.

## Reason #3 ~ The Pressure Of The Assignment

Numbers 11:10-15 (NIV)

10 Moses heard the people of every family wailing, each at the entrance to his tent. The LORD became exceedingly angry, and Moses was troubled. 11 He asked the LORD, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me?

12 Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their forefathers?

13 Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!'

14 I CANNOT CARRY ALL THESE PEOPLE BY MYSELF; THE BURDEN IS TOO HEAVY FOR ME.

15 If this is how you are going to treat me, PUT ME TO DEATH RIGHT NOW—

if I have found favor in your eyes--and do not let me face my own ruin."

# God EQUIPS Those Whom He Calls To Handle The Assignment

Many people are signing up for ASSIGNMENTS WITHOUT GOD'S ANOINTING

- Ask God For Clarity Of Your Assignment
- Ask God For Strength For Your Assignment
- Ask God For Assistants For Your Assignment

Many People Are Overwhelmed and Buckle Under The Anxiety of the Assignment

# 3 Contributing Factors For The Rise...

Reason #1 ~ Distress That Comes From Neglect When God's Will, God's Word, and God's Ways Become Optional IT LEADS TO DISTRESS

#### Reason #2 ~ Too Much Too Soon

There Is A Danger Of Receiving More In The Hand Than The Mind Can Comprehend Fame Without A Foundation Will Ultimately Lead To A Fall

Reason #3 ~ The Pressure Of The Assignment
Many people are signing up for ASSIGNMENTS WITHOUT GOD'S ANOINTING