

Mental Help

The Good Fight!

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3 Places We Fight . . .

1. The Narrative 2. The Body 3. Spiritual Warfare

For as he thinks in his heart, so is he.

Proverbs 23:7a NKJV

God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 NKJV

Fight the good fight of the faith. Take hold of the eternal life to which you were called.

1 Timothy 6:12a BSB

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Matthew 5:3 NIV

The Fight is Fought by Humbly . . .

1. Accepting my Humanity and my need for help.

"In the pride of your heart you say, 'I am a god...' But you are a man and not a god, though you think you are as wise as a god."

Ezekiel 28:2 NIV

But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble."

James 4:6 ESV

You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.

Proverbs 28:13 GNT

2. Receiving God's divinity and His help.

We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead.

2 Corinthians 1:9 TLB

"I, yes I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear?"

Isaiah 51:12 NLT

3. Pursuing Godly community and letting them help.

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:4 NLT

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-10 NLT

Weekend Music:

Inhabit (Leeland) • King of Heaven (Vineyard Worship) Our Father (Bethel Music)