

Mental Help

Even Heroes Struggle

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Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.

Deuteronomy 31:8 NLT

The mind of the flesh is death, but the mind of the Spirit is life and peace.

Romans 8:6 BSB

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

2 Timothy 1:7 KJV

Biblical Heroes Show That...

1. When I'm crushed | must trust.

Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. I am forgotten as though I were dead; I have become like broken pottery. But I trust in you, LORD; I say, "You are my God."

Psalm 31:9-10,12,14 NIV

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.

Psalm 23:4a BSB

2. When I feel like quitting ask what I'm forgetting.

He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

1 Kings 19:4b NIV

Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you.

1 Kings 19:5,7 NIV

Yet I [God] reserve seven thousand in Israel—all whose knees have not bowed down to Baal "

1 Kings 19:18 NIV

3. Spiritual warfare is scriptural warfare.

[Jesus] was tempted by the devil for forty days. . .

- ... Jesus told him, "No! The Scriptures say, 'People do not live by bread alone."
- . . . Jesus replied, "The Scriptures say, 'You must worship the Lord your God and serve only him."
- . . . Jesus responded, "The Scriptures also say, 'You must not test the Lord your God."

Luke 4:1-13 NLT

Weekend Music: