**WINNING THE BATTLE FOR YOUR MIND**

**The Words I Tell Myself**

Sunday, May 21, 2023

**WE Slide 1 FIGHT CLUB- show the fun, team building stuff but there’s also the physical and spiritual aspects that the guys develop.** Proud of the guys who did it and especially the 4 who graduated- Jeff, Bill, Mark and Kalup.

**I’ll be honest, I’ve struggled with this week’s message.** Originally my plan was to deal with the negative, untrue things we tell ourselves which left unchecked lead to depression, anxiety, isolation, and sadly in some cases to suicide. **But over the last few years I’ve talked a lot about how God, when we read, study, memorize, meditate on, and apply His Word, will change how we think and when He changes how we think He empowers us to change how we live and honestly I don’t know how effective it’s been in convincing those who are depressed/anxious/isolated that God has what you need to WIN THE BATTLE FOR YOUR MIND.** Most seem to want the quick fix of medication that only deals with their symptoms, but not move passed the symptoms to allow God to deal with the wrong thinking behind their symptoms. **It seems to me that for those people their bigger issue is whether they can trust God or not.** Once you trust God then living out the process of change will follow.

**So, this morning I want to tell you about my God, the God I’ve placed my faith in, the God I’ve been allowing to renew my thinking and transform my life.** Turn to Psalm 139, pg. . **This is a poem written by King David who had bouts of severe depression throughout his life.** He dealt with them by expressing his heart to God and then taking his eyes off himself and focusing on who God is and obeying Him despite on David was feeling. **As we read about Him I’d like to challenge you to ask yourself a question, Can I trust this God?** Do I believe He knows better than me as to what is true about me/my live?Ultimately depression/anxiety is a fixation on what is NOT true about oneself/one’s situation/outlook on life. In the renewal/remodeling process that God wants to do is remove the wrong thinking/lies/wrong perspective we tell ourselves and replace it with His thinking, truth, proper perspective. **So, I thought I’d go a different route this morning and simply tell you about God and His interaction with you that you may not have even been aware of.** In doing so my prayer is you’ll trust God and like David did and take your focus off of yourself, your perspective, and take in God’s truth/His perspective. **READ Slide 2-5**

**GOD**

1. **OUR GOD**
2. **God Is Omniscient- He knows all about everything, including you, Psalms 139:1-6**
3. He searches/knows your inner thoughts, desires, fears, frustrations, hopes, dreams.
4. He knows everything you’re doing/going to do, everything you’re thinking/going to think, everywhere you’re going/going to go, everything you’re saying/going to say.
5. His hand is on you at all times- He is protecting you through everything you go through/will go through.
6. **Can you trust this God who knows your inner thoughts, desires, fears, what’s happening right now and what will be happening in your future, whose hand is there protecting you even when you are afraid to trust Him?**

**Not only does God know everything about you, but He is FULLY everywhere you are and everywhere you go. READ Slide 6-9**

1. **God Is Omnipresent- He is fully present everywhere at once, Psalm 139:7-12**
2. Everywhere you go physically He is fully present right you- never distracted by other things.
3. Everywhere you can go emotionally, even in the darkness of your loneliness, depression, anxiety, He is still there with His hand on you ready to respond to your needs.
4. He is the light that removes your darkness- He does that through you bringing in His Word- the Bible into your life.
5. Depressed people will say, “I’ve tried praying and it doesn’t work.”
6. Praying is bringing your thoughts to God; God needs you to take in His thoughts- the Bible.
7. Many with depression/anxiety choose to isolate themselves- they believe that will keep them safe.
8. Fear keeps them imprisoned in their homes, look what God says about that, **READ Slide 10-12** Proverbs 18:1-2
9. To not believe God will protect you and instead isolate yourself, God says you’re being selfish, rebelling against sound wisdom, acting as if He doesn’t exist (a fool), and want your own way.

**God is with you at all times, He’s intimately aware of your struggle.** If you’re depressed, even if you’ve declined to the point of isolating yourself and listening at home, God is there with you. **You need to humble yourself, reject your selfish thinking, and open up the Bible and focus your mind on God.** King David goes even further, BRINGS GOD EVEN CLOSER. **READ Slide 13-16**

1. **God Created You, Psalm 139:13-16**
2. He was personally involved in forming your entire being- physically, emotionally, spiritually.
3. Because of this He knows what you need at your spiritual, emotional, mental level.
4. No matter what value you put on yourself, God says you have great value!
5. Because He created you He loves you and wants to recreate you! **What does that mean?**
6. All of us were born with sin which separates us from God, Romans 3:23 **READ Slide 17**
7. But God loves us so much He had God the Son, Jesus, take our punishment for our sin, Romans 5:8-9 **READ Slide 18**
8. When we believe this then God changes us from the inside out, 2 Corinthians 5:17 **READ Slide 19 How can that be?**
9. You are given the mind of Christ- the ability through the presence of God the Holy Spirit to think like Jesus, 1 Corinthians 2:12-13, 16 **READ Slide 20-23**
10. When we’re depressed/anxious we think we’re the teacher and know better than God what is true about us/life.
11. If you’re a Christian God’s given you the ability to understand His truth about you/life which is found in His Word- the Bible.

**Not only did God personally form you in your mother’s womb, but He knows all about the life you would lead- “in your book were all written the days that were ordained for me”.**

1. God has your days figured out.
2. Depressed/anxious people see life through their perspective- life isn’t how they want it.
3. The truth about life is that it isn’t about you/me/what we want it to be, it’s about God and what He wants to do in and through you/me through the circumstances of our life.
4. Depressed people, especially Christians, are ultimately fighting with God over whose perspective on life is true.
5. Here’s what God says about our life once we place our faith in Christ, Ephesians 2:10- **READ Slide 24-25**

**THIS HAS BEEN THE HARDEST TRUTH TO SWALLOW because I see how self-absorbed I am.** We who struggle with depression, and even those of you who don’t, need God to burn this truth into our hearts/thoughts- our perspective is selfish/wrong and we need to live out God’s perspective no matter how we are feeling. **Moving on- this next one has always blown me away. READ Slide 26-27**

1. **God Thinks about You, Psalm 139:17-18**
2. God thinks about you A LOT!! You are precious to Him.
3. If you have kids/grandkids you know exactly what David is describing here but he’s saying GOD DOES THIS ABOUT YOU!!
4. Even through the night as you sleep, God watches over you, and He’s there in the morning when you wake.
5. **When you can’t sleep or wake up in the middle of the night where does your mind go?** God is right there waiting for you to bring to your mind His Word/His truths so He can spend time with you.

**Next David shifts and remembers his enemies and asks God to deal with them.** Thankfully at this point in my life I don’t deal with any human enemies, but I do have thoughts that are my enemies, that stand against my spiritual well-being and what God wants to do in my life so that’s how I read these. **READ Slide 28-30 Do you hate the wrong thoughts that much?** Do you see that the thoughts that don’t agree with what God says are your enemies and you need God to defeat them for you?

1. **God Defeats Your Enemies, Psalm 139:19-22**
2. When my thoughts go against God’s way of thinking I turn to God and ask Him to battle for me.
3. There’s a reason why God has Paul teach us about the armor of the Lord in Ephesians 6  **READ Slide 31-37**

**If you continually respond this way you’ll be imitating Jesus because that’s exactly what He did in Matthew 4 when tempted by Satan to think/respond his way and not God’s.** Because of all this incredible truth about who God is in relation to us look what David’s response is. **READ Slide 38-39 Despite how David felt so often he ultimately knew God could be trusted and he continually ran to him in his times of battle.**

1. **God Can Be Trusted, Psalm 139:23-24**
2. Let God in to reveal where you’re thinking incorrectly, humble yourself.
3. Pour His word into your heart/mind and despite what your thoughts tell you step in His direction, obey Him and allow Him to lead you to freedom.

**So what are the TAKEAWAYS for today? How should we apply these things in our lives? Slide 40**

**YOU TAKEAWAYS**

1. **Unbeliever- you need to let God into your life.**

* Understand you’ve sinned against God/separated from Him.
* Trust God when He said Jesus died for your sin.
* Ask God for forgiveness and tell Him you’re trusting in Jesus.

1. **Slide 41 Believer- you need to let God’s Word into your life.**

* Not a 5-minute devotional thought.
* Not you praying a self-focused prayer of fear.
* You need to saturate your mind with His Word.
* And then make His truth your truth.

**Your mind will not be renewed overnight. It took you years of wrong thinking to get yourself into the condition you’re in.** Be patient in the process but be IN THE PROCESS and God will be faithful to change how you think and give you perspective on your life.

**PODCAST:** Can I trust God to change how I think? Psalm 139; Proverbs 18:1-2; Romans 3:23, 5:8-9; 2 Corinthians 5:17; 1 Corinthians 2:12-13, 16; Ephesians 2:10, 6:10-17