

Mind is the Battlefield

ANXIETY - Apprehensive uneasiness or nervousness usually over an impending or anticipated ill

Free life

Phil 4: ⁶ Be anxious for nothing

1 Peter 5: ⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,
⁷ casting all your care upon Him, for He cares for you.

Free life

Psalm 139: ¹⁷ How precious also are Your thoughts to me, O God! How great is the sum of them! ¹⁸ If I should count them, they would be more in number than the sand; When I awake, I am still with You.

Free life

Prov 12: ²⁵ Anxiety in the heart of man causes depression, But a good word makes it glad.

Free life

Depression

Isaiah 61: ³ The garment of praise (*tehillah*) for the spirit of heaviness

Free life

Depression

Isaiah 61: ³ The garment of praise (*tehillah*) for the spirit of heaviness

Tehillah - spontaneous song, worship that bubbles out of you

- Breakthrough via the Spirit for the blockade in the soul

Free life

Fear and Anxiety often used interchangeably, but not the same

- Fear is the response to a perceived threat, while Anxiety involves worry about a threat that has not yet, or may never, happen.
- Fear is not something that happens only in our minds

Freelife

Facing Fear

Psalm 56

Context: Time “when Philistines captured David in Gath.” It deals with the period between the visit to the tabernacle at Nob and David’s arrival at Adullam. David was alone, desperate, afraid — and not thinking too clearly. (1 Samuel 21:10-15)

Free life

Gen 3: 1 Now the serpent was more crafty than any of the wild animals the Lord God had made. (NIV)

“crafty” – subtle

“Discernment is not knowing the difference between right and wrong. It is knowing the difference between right and almost right.” (C.H. Spurgeon)

Free life

Psalm 56

¹ Be merciful to me, O God, for man would swallow me up;

Fighting all day he oppresses me.

² My enemies would hound me all day,

For there are many who fight against me, O Most High.

³ Whenever I am afraid,

I will trust in You.

Free life

TRUST (MW) - assured reliance on the character, ability, strength, or truth of someone or something

Freelife

Remember His Deliverance

1 Sam 21: ⁸ And David said to Ahimelech, “Is there not here on hand a spear or a sword? For I have brought neither my sword nor my weapons with me, because the king’s business required haste.” ⁹ So the priest said, “The sword of Goliath the Philistine, whom you killed in the Valley of Elah, there it is, wrapped in a cloth behind the ephod. If you will take that, take it. For there is no other except that one here.” And David said, “There is none like it; give it to me.”

Free life

Remember His Deliverance

1 Sam 17: ³⁷ Moreover David said, “The Lord, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.”

Free life

Remember His Word

Psalm 56: 4 In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?

Free life

Remember His Word

Prov 3: ³ Let not mercy and truth forsake you;

Bind them around your neck,

Write them on the tablet of your heart,

⁴ And so find favor and high esteem

In the sight of God and man.

⁵ Trust in the Lord with all your heart, And lean not on your own understanding;

Free life

Remember His Dominion

Anxiety - place your cares on Him

Fear - place your life in His hands (Trust)

Free life

David Facing Fear

Psalm 56

11 In God I have put my trust;

I will not be afraid.

What can man do to me?

Free life

Church Emerging

Judges 6: ¹⁰ Also I said to you, “I am the Lord your God; do not fear the gods of the Amorites, in whose land you dwell.” But you have not obeyed My voice.’ ”

Free life

His Plan vs Our Plan

John 12: ²⁶ If anyone serves Me, let him follow Me

Free life

Personal Impact

1 Sam 22: ² And everyone who was in distress, everyone who was in debt, and everyone who was discontented gathered to him. So he became captain over them. And there were about four hundred men with him.

- Opportunity for impact with those that will gather around you

Free life