

## How to Have Peace and Healing

Exodus 15:26	Philippians 4:4-9	Jeremiah
<p>God is the Physician Word of God is the balm of healing</p> <p>Jehovah Rapha - God our Healer</p> <ul style="list-style-type: none"> <li>- if they obey</li> <li>- If you listen to what God says - play by His rules</li> <li>- If you live by His commandments</li> <li>- Obey His statues - not just hear</li> <li>- Then He will be your Healer</li> </ul> <p>God sent His word to the people to heal them - they did not listen</p> <p>If you reject God's gift of salvation through Jesus Christ - you are rejecting the only thing that can heal you</p>	<p>List the Rules</p> <ol style="list-style-type: none"> <li>1. Rejoice in the Lord</li> <li>2. Let your gentle spirit be known to all men</li> <li>3. Understand that the Lord is near</li> <li>4. Be anxious for nothing</li> <li>5. By prayer and supplication let our requests be made known to God - with thanksgiving</li> <li>6. Think on - dwell on that which is true, honorable, right, pure, lovely, good, excellent, praise worthy</li> <li>7. Practice what they have learned, received, and heard through the Word of God</li> </ol> <p>Results</p> <ul style="list-style-type: none"> <li>- the peace of God which surpasses all understanding will guard your hearts and mind</li> <li>- The God of peace will be with you</li> </ul>	<p>Jer 46:11</p> <ul style="list-style-type: none"> <li>- go to Gilead and obtain balm (you have to go to the source - Word of God)</li> <li>- Healing property and a beauty property in the balm</li> <li>- The Word of God can make you beautiful (the inside - I Peter 3:3-4)</li> <li>- In vain you have multiplied your remedies</li> </ul> <p>Jer 2:9-13</p> <ul style="list-style-type: none"> <li>- people forsook God - living water</li> <li>- Hewed themselves cisterns - broken cisterns that hold no water</li> </ul> <p>Where does healing come from - hearing and obeying God's Word</p>

## It's All in Your Head

Control Your Mind	New Way of Thinking	Put On the Armor of God
<p>Battlefield of life is the mind</p> <p>II Cor 10:3-5 - take every thought captive to the obedience of Christ Phil 4:8 it</p> <p>Pr 23:7 - as a man thinks within himself so he is</p> <p>Pr 4:23 - watch over your heart (mind) with all diligence</p> <p>Mt 15:18-19 - things that proceed out of your mouth come from your heart (mind) - those can defile the man</p>	<p>Ro 12:1-2</p> <ul style="list-style-type: none"> <li>- become a living sacrifice</li> <li>- Die to ourselves - to our flesh - to our desires</li> <li>- Live for Christ - we are not to do as we please, we are to do as He says</li> <li>- Transformed by the renewing of our minds - we need to start thinking from God's Word</li> <li>- Metamorphosis</li> <li>- Our minds were under the control of the world - Satan's domain</li> <li>- Eph 2:1-3 - we were dead in our trespasses - walked under the influence of the world (Satan) - Now you should no longer walk that way - indulging the flesh</li> <li>- I Cor 2:9-16 - God has good things in store for us (Jer 29:11) - understand the thoughts of God - the Spirit reveals those to us -</li> <li>- Find out what God's will is for us</li> </ul>	<p>Eph 6:10-17</p> <ul style="list-style-type: none"> <li>- put on the full armor of God</li> <li>- Devil has a plot - Jn 8:44 - he is a murderer and a liar</li> <li>- Jn 10:10 - Satan comes to kill, steal, destroy</li> <li>- Satan will put wrong thoughts in your mind</li> <li>- You need to stand firm</li> <li>- Gird your loins in truth - belt of truth</li> <li>- Truth is the word of God and everything is anchored on that truth</li> <li>- The helmet of salvation - something to protect your mind - new mind - transformed mind - mind of Christ - we need to protect our thoughts</li> </ul>

## Satan Attacks Your Mind

Recognizing Satan's Schemes	Fortifying Your Mind	Standing Firm
<p>Jn 8:43-44</p> <ul style="list-style-type: none"> <li>- you can't hear God Word (truth) if you are walking in the world (controlled by Satan)</li> <li>- He was a murderer from the beginning</li> <li>- Liar and the father of lies</li> <li>- Jesus came so that you may have life abundantly</li> <li>- Suicidal thoughts come from Satan - destructive</li> </ul> <p>Rev 12:10 - Satan is an accuser of the brethren</p>	<p>II Cor 10:3-5</p> <ul style="list-style-type: none"> <li>- Satan will try to build fortresses in your mind</li> <li>- Take our thoughts captive to the obedience of Christ</li> <li>- Phil 4:8 it - frisk it</li> <li>- If there is a problem we refuse the thought and put it out of our mind</li> <li>- Fill your mind with something true               <ul style="list-style-type: none"> <li>- God's Word</li> </ul> </li> </ul> <p>Do I have control of my mind - YES! - with the power of God and the indwelling of the Holy Spirit</p> <p>I Jn 4:4 - Greater is He that is in me than he who is in the world</p> <p>You can refuse to think that thought as a child of God</p> <p>Slam the door on those thoughts</p>	<ul style="list-style-type: none"> <li>- it begins in their head</li> <li>- It begins with wrong thoughts</li> <li>- Bad thoughts - destructive thoughts - come from the pit of hell</li> <li>- If you allow those thoughts to come in and live in your heart and live in your mind they will wound you deeply - they will destroy your life</li> <li>- Healing begins in the mind - as a man thinks, so he is</li> <li>- Apply the truth to those thoughts - refuse the bad thoughts</li> <li>- Listen very carefully to God's Word</li> </ul> <p>Healing has to begin in the mind</p>

## Understanding Our Need for Love and Security

Cutting Off Communication	God's Deep Abiding Love	The Books Were Opened
<p>- Satan tries to convince us that God doesn't really love us - He doesn't care about us - we are not secure in Him</p> <p>Gen 3:1-6</p> <p>- He gets Eve to question God</p> <p>- God is lying to you - He doesn't want you to know what He knows</p> <p>- God knows that when you eat you will be like Him</p> <p>Satan tries to cut off the communication/relationship with God</p> <p>Because God is a loving, compassionate, caring Heavenly Father - Satan wants to break that</p> <p>Cutting off from family relationships</p> <p>Cutting off relationships with other people (Christians)</p>	<p>I Jn 4:8-10</p> <p>- God loves unconditionally - and He sent His Son to die so that we might live</p> <p>- don't ever doubt God's love for you</p> <p>- He loves you the way you are</p> <p>Ro 5:6-11</p> <p>- we were enemies of God - sinners yet Christ died for us</p> <p>- He brought reconciliation through the blood of Jesus Christ</p> <p>- There is a God-shaped vacuum in our hearts - it can only be filled up with God</p> <p>Jer 31:3</p> <p>- God has loved us with an everlasting love</p> <p>- Shows us His loving kindness</p> <p>Ro 9:25</p> <p>- when there is nothing lovely about us, He still loves us</p> <p>Ro 8:31-39</p> <p>- what can separate us from the love of God?</p> <p>- NOTHING</p> <p>What does condemn us? - Jn 3:17-21 - our unbelief is what condemns</p>	<p>- one day there will be an account for all of those who rejected God</p> <p>- Their names were blotted out of the Book of Life</p> <p>Those who did not reject God's gift of salvation - their names are written in the Lamb's book of Life written before the world was ever made</p>

## How Do I Handle . . . ?

Worthlessness	Fear	Forgiveness/Acceptance
<p>Thoughts of worthlessness</p> <ul style="list-style-type: none"> <li>- Phil 4:8 - stop them at the door</li> <li>- Stop them with the Word of God - truth</li> </ul> <p>Jn 15:16</p> <ul style="list-style-type: none"> <li>- You did not choose God, God chose you</li> <li>- There is a plan and a purpose for your life - "A Deeper Healing" by Joni Eareckson Tada - 27 min - Truth Matters - Strange Fire 2013</li> </ul> <p>Eph 1:3-5</p> <ul style="list-style-type: none"> <li>- He chose us to be part of His family</li> <li>- He chose us to be holy</li> <li>- You have worth to Him - you are priceless</li> </ul> <p>Ps 139:13-17</p> <ul style="list-style-type: none"> <li>- you are fearfully and wonderfully made</li> <li>- You are special to Him</li> <li>- His thoughts are with you all the time</li> </ul> <p><b>STOP BEING PREOCCUPIED BY SELF</b></p>	<p>Understand that God is sovereign - rule over all</p> <ul style="list-style-type: none"> <li>- We are not to live in fear</li> <li>- II Tim 1:7</li> </ul> <p>God is omnipotent = all powerful</p> <p>God loves you = in love there is no fear</p> <ul style="list-style-type: none"> <li>- I Jn 4:18</li> <li>- Fear comes from the devil</li> </ul> <p>He has good plans for you with a future and a hope - Jer 29:11</p> <p>Whatever comes into your life is filtered through hands of love (Job 1-2)</p> <p>Dan 4:34 - God is sovereign over kingdoms - He does His will and no one can stop His hand (Dt 32:29)</p> <p>Ps 56:3-4, 11 - when I am afraid I will put my trust in God - what can man do to me?</p> <p>Ro 8:28-29 - all things work for good in the lives of those called by God (Is 14:24, 27; Ps 55:22)</p>	<p>You have to forgive</p> <ul style="list-style-type: none"> <li>- Mt 6:12-14 - there is no limit to forgiveness</li> <li>- I Pet 2:24 - learn from His example</li> <li>- What is God trying to teach us through our encounters in life?</li> <li>- Jesus cried out - Father forgive them they don't know what they're doing</li> </ul> <p>Forgiveness brings hope and healing</p> <ul style="list-style-type: none"> <li>- learning to die to self</li> </ul> <p>Peace and healing come when we accept others the way they are</p> <ul style="list-style-type: none"> <li>- people will never live up to our expectations if we think that our happiness is going to come from them</li> </ul> <p>We need to know our own pride, our own arrogance</p> <p>We need to learn to practice humility</p>