

## **MINDING THE MIND: Part 1 - FEAR**

**Pastor Kelly Word**

Ephesians 6:12 KJV

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

2 Corinthians 10:3-5 KJV

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”

Romans 12:2 AMP

“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

**FEAR:**

2 Timothy 1:7 KJV

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Isaiah 41:10 AMP

“Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice. [Acts 18:10.]”

Philippians 4:6-7 AMP

“Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.”

Psalms Chapter 56 AMP

“BE MERCIFUL and gracious to me, O God, for man would trample me or devour me; all the day long the adversary oppresses me. They that lie in wait for me would swallow me up or trample me all day long, for they are many who fight against me, O Most High! What time I am afraid, I will have confidence in and put my trust and reliance in You. By [the help of] God I will praise His word; on God I lean, rely, and confidently put my trust; I will not fear. What can man, who is flesh, do to me? All day long they twist my words and trouble my affairs; all their thoughts are against me for evil and my hurt. They gather themselves together, they hide themselves, they watch my steps, even as they have [expectantly] waited for my life. They think to escape with iniquity, and shall they? In Your indignation bring down the peoples, O God. You number and record my wanderings; put my tears into Your bottle—are they not in Your book? Then shall my enemies turn back in the day that I cry out; this I know, for God is for me. [Rom. 8:31.] In

God, Whose word I praise, in the Lord, Whose word I praise, In God have I put my trust and confident reliance; I will not be afraid. What can man do to me? Your vows are upon me, O God; I will render praise to You and give You thank offerings. For You have delivered my life from death, yes, and my feet from falling, that I may walk before God in the light of life and of the living."

Deuteronomy 31:6-9 AMP

"Be strong, courageous, and firm; fear not nor be in terror before them, for it is the Lord your God Who goes with you; He will not fail you or forsake you. And Moses called to Joshua and said to him in the sight of all Israel, Be strong, courageous, and firm, for you shall go with this people into the land which the Lord has sworn to their fathers to give them, and you shall cause them to possess it. It is the Lord Who goes before you; He will [march] with you; He will not fail you or let you go or forsake you; [let there be no cowardice or flinching, but] fear not, neither become broken [in spirit—depressed, dismayed, and unnerved with alarm]."

Psalms 34:4 AMP

"I sought (inquired of) the Lord and required Him [of necessity and on the authority of His Word], and He heard me, and delivered me from all my fears. [Ps. 73:25; Matt. 7:7.]"

1 John 4:18 AMP

"There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]."

John 14:27 AMP

"Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]"

Proverbs 12:25 AMP

"Anxiety in a man's heart weighs it down, but an encouraging word makes it glad. [Ps. 50:4; Prov. 15:13.]"

Psalms 27:1-14 AMP

"THE Lord is my Light and my Salvation—whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life—of whom shall I be afraid? When the wicked, even my enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. Though a host encamp against me, my heart shall not fear; though war arise against me, [even then] in this will I be confident. One thing have I asked of the Lord, that will I seek, inquire for, and [insistently] require: that I may dwell in the house of the Lord [in His presence] all the days of my life, to behold and gaze upon the beauty [the sweet attractiveness and the delightful loveliness] of the Lord and to meditate, consider, and inquire in His temple. [Ps. 16:11; 18:6; 65:4; Luke 2:37.] For in the day of trouble He will hide me in His shelter; in the secret place of His tent will He hide me; He will set me high upon a rock. And now shall my head be lifted up above my enemies round about me; in His tent I will offer sacrifices and shouting of joy; I will sing, yes, I will sing praises to the Lord. Hear, O Lord, when I cry aloud; have mercy and be gracious to me and answer me! You have said, Seek My face [inquire for and require My presence as your vital

need]. My heart says to You, Your face (Your presence), Lord, will I seek, inquire for, and require [of necessity and on the authority of Your Word]. Hide not Your face from me; turn not Your servant away in anger, You Who have been my help! Cast me not off, neither forsake me, O God of my salvation! Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child]. [Ps. 22:10.] Teach me Your way, O Lord, and lead me in a plain and even path because of my enemies [those who lie in wait for me]. Give me not up to the will of my adversaries, for false witnesses have risen up against me; they breathe out cruelty and violence. [What, what would have become of me] had I not believed that I would see the Lord's goodness in the land of the living! Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord."

### **5 Steps to Overcome Fear**

Are you struggling with fear, worry, or a related habit? We have outlined a five-step process to help you change and heal in this area of your life. Take all the time you need with each of the steps outlined in this article.

#### **Step 1: Adopt a Correct View of God**

If you are worried, fearful, or despairing, chances are that you are failing to see just how capable and willing God is to keep all His promises to you. Consider these truths:

God is faithful; He will always be there for you.

The faithful love of the LORD never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning. (Lamentations 3:22–23)

God is all-powerful, and He uses that power for your good.

He gives power to the weak and strength to the powerless. (Isaiah 40:29)

Make sure your ideas about God our protector match what He says about Himself in the Bible.

Why worry about anything when the Creator of the universe is watching over you?

#### **Step 2: Revise Your False Beliefs**

How do ideas about people or life influence your worry-related habit? Your ideas may have gotten off track in a number of different ways, but think about these possibilities:

Do you believe that you must pull yourself up by your own bootstraps?

It is not that we think we are qualified to do anything on our own. Our qualification comes from God. (2 Corinthians 3:5)

Do you think of yourself as a born loser in the game of life?

I can do everything through Christ, who gives me strength. (Philippians 4:13)

Do you believe that your circumstances are beyond God's power to help?

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. (Philippians 4:6)

Scan the Bible for its messages about how unnecessary worry really is. Make a conscious decision to identify and abandon any concepts about yourself, others, or life in general that contribute to your worry. Believe God, and trust in His power to meet your every need.

#### **Step 3: Repent of Your Sin**

What type of worry-related habit do you have? Is it fear? Is it anxiety? Are you discouraged or nervous or impatient? Make sure you are clear about your specific problem.

If you are prepared to leave your sin behind, pray a prayer of confession and commitment. You may use the prayer below, or you may pray in your own words.

God, I have a problem in the area of \_\_\_\_\_, and I know it is sin. I know also that my failure to trust You has grieved You. I am sorry for that. Please forgive me for my sin. Cleanse me of it completely now—wash it away as if it had never existed. Give me now the ability to live my life in Your strength and not in mine. Lord, I believe; help me in my unbelief. In the name of Jesus Christ, amen.

If you have harmed others with your sin, apologize to them. Seek reconciliation and offer restitution where appropriate.

#### Step 4: Defend against Spiritual Attacks

The last place the enemies of your soul want to see you is at rest in the Lord's grace. You have put your trust in God; now you must keep it there.

Watch out for the false values that the world system entices you to adopt. The world will say you have to take care of yourself, and this will naturally lead to worry. In God's value system, trust in Him takes the place of self-effort.

Watch out for the way your flesh (that is, your sinful nature) attempts to have you return to that paradoxical feeling of control that comes from worrying about the unknown. When the feeling comes upon you, tell the flesh, "You're already dead! I don't have to do what you want." Rely on the Spirit's help to remain strong in your faith.

Watch out for Satan's schemes to persuade you to worry about your circumstances again. You can resist him with the "shield of faith" that God gives as a part of our spiritual armor (see Ephesians 6:10–18).

Do not expect the temptation to be anxious, fearful, or discouraged to disappear any time soon. Remember that God is bigger than the world, the flesh, and the Devil. With Him on your side, you are a winner!

#### Step 5: Flee Temptation

In practical terms, certain situations can "give you an excuse" to worry. So take active steps to prevent returning to your bad habits of the past.

Focus on your relationship with God.

In your personal devotional time, focus on God as your provider and sanctuary. Use the power of praise and thankfulness to bolster your faith in Him.

Latch on to God's promises.

Many passages in Scripture speak of God's care for us. Search out ones that give you the most comfort and confidence, then commit them to memory. Here is one to memorize:

For God has not given us a spirit of fear and timidity, but of power, love and self-discipline. (2 Timothy 1:7)

Establish safeguards.

Take practical steps to cut off common sources of temptation. These should be strategies tailor-made for you, but here are some examples to get you started thinking:

- If you begin to feel discouraged, rehearse in your mind the victories that God has given you in the past.
- If you are feeling fearful about tasks you need to accomplish, break it down into small steps and take them one at a time.

- If you are prone to nervousness, learn to meditate on God.
- Ask a trusted Christian friend to hold you accountable to not worry or fear so much.

Expect victory.

God has promised to always take care of you, and He will. Believe that He will enable you to beat the worry habit and build a stronger faith.

## **MINDING THE MIND: Part 2 - STRESS & ANGER**

Pastor Kelly Word

### **Ephesians 6:12 KJV**

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

### **2 Corinthians 10:3-5 KJV**

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”

### **Romans 12:2 AMP**

“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

### **STRESS & ANGER:**

#### **Nehemiah 9:16-17 AMP**

But they and our fathers acted presumptuously and stiffened their necks, and did not heed Your commandments.

17 They refused to obey, nor were they mindful of Your wonders and miracles which You did among them; but they stiffened their necks and in their rebellion appointed a captain, that they might return to their bondage [in Egypt]. But You are a God ready to pardon, gracious and merciful, slow to anger, and of great steadfast love; and You did not forsake them.

#### **Psalms 37:7-9 AMP**

7 Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him; fret not yourself because of him who prospers in his way, because of the man who brings wicked devices to pass.

8 Cease from anger and forsake wrath; fret not yourself—it tends only to evildoing.

9 For evildoers shall be cut off, but those who wait and hope and look for the Lord [in the end] shall inherit the earth. [Isa. 57:13c.]

#### **Proverbs 14:16-17; 29 KJV**

16A wise man feareth, and departeth from evil: but the fool rageth, and is confident.

17He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

29He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

#### **Proverbs 15:1 KJV**

1A soft answer turneth away wrath: but grievous words stir up anger.

#### **Proverbs 19:11 AMP**

11 Good sense makes a man restrain his anger, and it is his glory to overlook a transgression or an offense.

#### **Ecclesiastes 7:9 AMP**

9 Do not be quick in spirit to be angry or vexed, for anger and vexation lodge in the bosom of fools. [James 1:19, 20.]

### **Matthew 5:21-24 AMP**

21 You have heard that it was said to the men of old, You shall not kill, and whoever kills shall be liable to and unable to escape the punishment imposed by the court. [Exod. 20:13; Deut. 5:17; 16:18.]

22 But I say to you that everyone who continues to be angry with his brother or harbors malice (enmity of heart) against him shall be liable to and unable to escape the punishment imposed by the court; and whoever speaks contemptuously and insultingly to his brother shall be liable to and unable to escape the punishment imposed by the Sanhedrin, and whoever says, You cursed fool! [You empty-headed idiot!] shall be liable to and unable to escape the hell (Gehenna) of fire.

23 So if when you are offering your gift at the altar you there remember that your brother has any [grievance] against you,

24 Leave your gift at the altar and go. First make peace with your brother, and then come back and present your gift.

### **Ephesians 4:26-27 AMP**

26 When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.

27 Leave no [such] room or foothold for the devil [give no opportunity to him].

### **Colossians 3:8-10 AMP**

8 But now put away and rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from your lips!

9 Do not lie to one another, for you have stripped off the old (unregenerate) self with its evil practices,

10 And have clothed yourselves with the new [spiritual self], which is [ever in the process of being] renewed and remolded into [fuller and more perfect knowledge upon] knowledge after the image (the likeness) of Him Who created it. [Gen. 1:26.]

### **James 1:19-20 AMP**

19 Understand [this], my beloved brethren. Let every man be quick to hear [a ready listener], slow to speak, slow to take offense and to get angry.

20 For man's anger does not promote the righteousness God [wishes and requires].

### **James 4:1-7 AMP**

1 WHAT LEADS to strife (discord and feuds) and how do conflicts (quarrels and fightings) originate among you? Do they not arise from your sensual desires that are ever warring in your bodily members?

2 You are jealous and covet [what others have] and your desires go unfulfilled; [so] you become murderers. [To hate is to murder as far as your hearts are concerned.] You burn with envy and anger and are not able to obtain [the gratification, the contentment, and the happiness that you seek], so you fight and war. You do not have, because you do not ask. [I John 3:15.]

3 [Or] you do ask [God for them] and yet fail to receive, because you ask with wrong purpose and evil, selfish motives. Your intention is [when you get what you desire] to spend it in sensual pleasures.

4 You [are like] unfaithful wives [having illicit love affairs with the world and breaking your marriage vow to God]! Do you not know that being the world's friend is being God's enemy? So whoever chooses to be a friend of the world takes his stand as an enemy of God.

5 Or do you suppose that the Scripture is speaking to no purpose that says, The Spirit Whom He has caused to dwell in us yearns over us and He yearns for the Spirit [to be welcome] with a jealous love? [Jer. 3:14; Hos. 2:19ff.]

6 But He gives us more and more grace (power of the Holy Spirit, to meet this evil tendency and all others fully). That is why He says, God sets Himself against the proud and haughty, but gives grace [continually] to the lowly (those who are humble enough to receive it). [Prov. 3:34.]

7 So be subject to God. Resist the devil [stand firm against him], and he will flee from you.

## MINDING THE MIND: Part 3 - DEPRESSION

Pastor Kelly Word

### **Ephesians 6:12 KJV**

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### **2 Corinthians 10:3-5 KJV**

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”

### **Romans 12:2 AMP**

“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”

### **DEPRESSION:**

### **Psalms 9:9 AMP**

“The Lord also will be a refuge and a high tower for the oppressed, a refuge and a stronghold in times of trouble (high cost, destitution, and desperation).”

### **Deuteronomy 31:8 AMP**

“It is the Lord Who goes before you; He will [march] with you; He will not fail you or let you go or forsake you; [let there be no cowardice or flinching, but] fear not, neither become broken [in spirit—depressed, dismayed, and unnerved with alarm].”

### **2 Samuel 22:17-25; 29 AMP**

“He sent from above, He took me; He drew me out of great waters. He delivered me from my strong enemy, from those who hated me, for they were too mighty for me. They came upon me in the day of my calamity, but the Lord was my stay. He brought me forth into a large place; He delivered me because He delighted in me. The Lord rewarded me according to my uprightness with Him; He compensated and benefited me according to the cleanness of my hands. For I have kept the ways of the Lord, and have not wickedly departed from my God. For all His ordinances were before me; and from His statutes I did not turn aside. I was also blameless before Him and kept myself from guilt and iniquity. Therefore the Lord has recompensed me according to my righteousness, according to my cleanness in His [holy] sight.”

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according to my righteousness, according to my cleanness in His [holy] sight.  
For You, O Lord, are my Lamp; the Lord lightens my darkness.”

**Ecclesiastes 9:4 AMP**

“[There is no exemption] but he who is joined to all the living has hope—for a living dog is better than a dead lion.”

**Psalms 27:13-14 AMP**

“[What, what would have become of me] had I not believed that I would see the Lord's goodness in the land of the living! Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord.”

**Psalms 31:22-24 AMP**

“As for me, I said in my haste and alarm, I am cut off from before Your eyes. But You heard the voice of my supplications when I cried to You for aid. O love the Lord, all you His saints! The Lord preserves the faithful, and plentifully pays back him who deals haughtily. Be strong and let your heart take courage, all you who wait for and hope for and expect the Lord!”

**Psalms 34:18-19 AMP**

“The Lord is close to those who are of a broken heart and saves such as are crushed with sorrow for sin and are humbly and thoroughly penitent. Many evils confront the [consistently] righteous, but the Lord delivers him out of them all.

**Psalms 43:5 AMP**

“Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, Who is the help of my [sad] countenance, and my God.”

**Psalms 55:22 AMP**

“Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail). [I Pet. 5:7.]”

**Psalms 62:5-6 AMP**

“My soul, wait only upon God and silently submit to Him; for my hope and expectation are from Him. He only is my Rock and my Salvation; He is my Defense and my Fortress, I shall not be moved.”

**Psalms 147:3 AMP**

“He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows]. [Ps. 34:18; Isa. 57:15; 61:1; Luke 4:18.]”

**Proverbs 12:25 AMP**

“Anxiety in a man's heart weighs it down, but an encouraging word makes it glad. [Ps. 50:4; Prov. 15:13.]”

**Isaiah 26:3-4 AMP**

“You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You. So trust in the Lord (commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock [the Rock of Ages].

## MINDING THE MIND Part 4 - Playing the Victim

Pastor Kelly Word

### WE CANNOT MAKE BAD CHOICES AND BLAME THEM ON OTHERS:

- ❖ **James 1:14 AMP** - 14 But every person is tempted when he is drawn away, enticed and baited by his own evil desire (lust, passions).
- ❖ **1 Corinthians 10:13 AMP** - 13 For no temptation (no trial regarded as enticing to sin), [no matter how it comes or where it leads] has overtaken you and laid hold on you that is not common to man [that is, no temptation or trial has come to you that is beyond human resistance and that is not adjusted and adapted and belonging to human experience, and such as man can bear]. But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of resistance and power to endure, but with the temptation He will [always] also provide the way out (the means of escape to a landing place), that you may be capable and strong and powerful to bear up under it patiently.

### BREAKING THE "I CAN'T HELP IT MINDSET:

- ❖ **Romans 6:12-18 AMP** - 12 Let not sin therefore rule as king in your mortal (short-lived, perishable) bodies, to make you yield to its cravings and be subject to its lusts and evil passions.  
13 Do not continue offering or yielding your bodily members [and faculties] to sin as instruments (tools) of wickedness. But offer and yield yourselves to God as though you have been raised from the dead to [perpetual] life, and your bodily members [and faculties] to God, presenting them as implements of righteousness.  
14 For sin shall not [any longer] exert dominion over you, since now you are not under Law [as slaves], but under grace [as subjects of God's favor and mercy].  
15 What then [are we to conclude]? Shall we sin because we live not under Law but under God's favor and mercy? Certainly not!  
16 Do you not know that if you continually surrender yourselves to anyone to do his will, you are the slaves of him whom you obey, whether that be to sin, which leads to death, or to obedience which leads to righteousness (right doing and right standing with God)?  
17 But thank God, though you were once slaves of sin, you have become obedient with all your heart to the standard of teaching in which you were instructed and to which you were committed.  
18 And having been set free from sin, you have become the servants of righteousness (of conformity to the divine will in thought, purpose, and action).

### John 5:1-15 AMP

- 1 LATER ON there was a Jewish festival (feast) for which Jesus went up to Jerusalem.
- 2 Now there is in Jerusalem a pool near the Sheep Gate. This pool in the Hebrew is called Bethesda, having five porches (alcoves, colonnades, doorways).
- 3 In these lay a great number of sick folk—some blind, some crippled, and some paralyzed (shriveled up)—waiting for the bubbling up of the water.
- 4 For an angel of the Lord went down at appointed seasons into the pool and moved and stirred up the water; whoever then first, after the stirring up of the water, stepped in was cured of whatever disease with which he was afflicted.

5 There was a certain man there who had suffered with a deep-seated and lingering disorder for thirty-eight years.

6 When Jesus noticed him lying there [helpless], knowing that he had already been a long time in that condition, He said to him, Do you want to become well? [Are you really in earnest about getting well?]

7 The invalid answered, Sir, I have nobody when the water is moving to put me into the pool; but while I am trying to come [into it] myself, somebody else steps down ahead of me.

8 Jesus said to him, Get up! Pick up your bed (sleeping pad) and walk!

9 Instantly the man became well and recovered his strength and picked up his bed and walked. But that happened on the Sabbath.

10 So the Jews kept saying to the man who had been healed, It is the Sabbath, and you have no right to pick up your bed [it is not lawful].

11 He answered them, The Man Who healed me and gave me back my strength, He Himself said to me, Pick up your bed and walk!

12 They asked him, Who is the Man Who told you, Pick up your bed and walk?

13 Now the invalid who had been healed did not know who it was, for Jesus had quietly gone away [had passed on unnoticed], since there was a crowd in the place.

14 Afterward, when Jesus found him in the temple, He said to him, See, you are well! Stop sinning or something worse may happen to you.

15 The man went away and told the Jews that it was Jesus Who had made him well.

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1. The underlying factor in a victim mentality is an extreme level of human neediness.

- ❖ Psalm 146:3-8 AMP - 3 Put not your trust in princes, in a son of man, in whom there is no help.

4 When his breath leaves him, he returns to his earth; in that very day his [previous] thoughts, plans, and purposes perish. [I Cor. 2:6.]

5 Happy (blessed, fortunate, enviable) is he who has the God of [special revelation to] Jacob for his help, whose hope is in the Lord his God, [Gen. 32:30.]

6 Who made heaven and earth, the sea, and all that is in them, Who keeps truth and is faithful forever,

7 Who executes justice for the oppressed, Who gives food to the hungry. The Lord sets free the prisoners,

8 The Lord opens the eyes of the blind, the Lord lifts up those who are bowed down, the Lord loves the [uncompromisingly] righteous (those upright in heart and in right standing with Him). [Luke 13:13; John 9:7, 32.]

2. Victims are waiting for a miracle because they see themselves in an impossible situation.

Verse 5

3. If victims are not looking for vengeance, they are consumed with a "pity party," spending their years hopelessly complaining. Verse 7

4. The first question to be answered is whether they really want to be whole. Verse 6

5. Victims have an excuse for everything. Verse 7

6. Jesus has the power and the desire to make them whole if they are willing. Verse 8

7. Victims are looking for someone to tell him what to do; so that if it fails, they can blame them and avoid responsibility. Verse 10-11

8. They become angry when confronted with the fact that what they are doing is sin. Verse 14-15