

**The Truth About Our Mental State
(What are you thinking about? Part 4)**

January 30, 2022

Scripture for the Series (Ephesians 4:25)

- 25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. (NIV)

Text: Ephesians 6:17 Take **the helmet of salvation** and the sword of the Spirit, which is the word of God.

- A. You need a delivered mental state
- B. You need a weapon to protect yourself

Big Question: What is going on behind your mental doors?

- Are you thinking **happy** thoughts?
- Are you thinking **angry** thoughts?
- Are you thinking **worried** thoughts?
- Are you thinking **regretful** thoughts?
- Are you thinking **depressing** thoughts?

Note: Martin Manser defined it this way:

- A deep sense of **despondency** (a loss of hope), **discouragement** and **sadness**, often linked with a sense of personal **powerlessness** and a **loss of meaning** in and **enthusiasm** for life. Many biblical characters show evidence of such behavior which originates in a number of different ways.

Note: Some Causes of Depression:

- 1. External circumstances** 2Co 1:8 *See also* 1Ki 19:3-4; Job 9:23; Ps 42:1-11; 88:1-18; Joel 1:11
- 2. Physical illness or exhaustion** 1Ki 19:5-8 *See also* Ge 21:15-16; Ps 6:1-7; 22:14-17; 31:9-12; Isa 38:1-2; John 1:5
- 3. Fear of others** 1Ki 19:1-3
- 4. Fear of failure** 1Ki 19:4 *See also* Ex 4:1; Nu 11:11-15
- 5. Serious sin** Mt 27:3-4 *See also* Ps 25:16-18; Jer 14:2-3

Source: [Dictionary of Bible Themes: The Accessible and Comprehensive Tool for Topical Studies](#). London: Martin Manser.

**The Truth About Our Mental Distractions
(Seven things That Occupy Our Thinking)
(Matthew 6:25-34)**

1. Daily Life

- ²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

2. Daily Provisions

- Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

3. Length of Life (Especially when faced physical challenges)

- ²⁷ Who of you by worrying can add a single hour to his life?

4. What We Wear

- ²⁸ “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you,

5. What We Eat

- O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them.

6. The Wrong Kingdom

- ³³ **But seek first his kingdom and his righteousness, and all these things will be given to you as well.**

7. Tomorrow

- ³⁴ **Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**