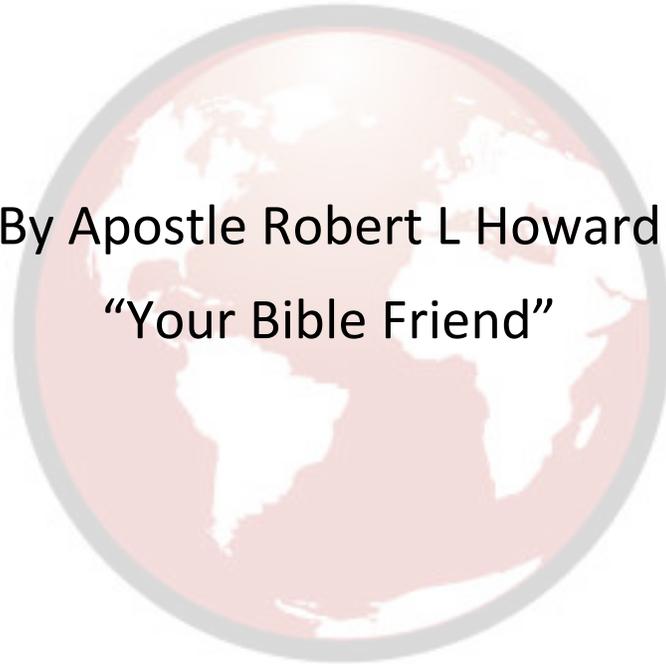


# You Can Depend On The Word Of God

By Apostle Robert L Howard  
“Your Bible Friend”



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

You Can Depend On The Word Of God  
Apostle Robert L. Howard & IGBATTMHO  
A collection of Bible Study Lessons

All Scripture quotations are from the King James Version of the Bible unless otherwise specified.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without proper permission of the publisher.

Transcribing and Editing by IGBATT

Copyright©2015

ISBN: 978-0-9800004-3-6

IGBATTMHO Publishing

P.O Box 7432

Silver Spring, MD 20910

[www.igbattmho.org](http://www.igbattmho.org)

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## DEDICATION

Dr. Apostle Robert L. Howard, was a servant of God with a profound teaching ministry geared at reaching all of God's people irrespective of their ages, race, color or educational backgrounds. Blessed with a profound teaching and deliverance ministry, Dr. Apostle Robert L. Howard was known throughout the country as "your bible friend."

Apostle Robert L. Howard unlike so many preachers did not leave an estate worth millions of dollars or a church overflowing with members. No, Apostle Howard's greatest legacy is seen in the lives of those he inspired to pick up the "proverbial gospel plow" and to share the gospel of Jesus Christ throughout the country.

According to Merriam-Webster Online Dictionary, the word legacy can be described as "something transmitted by or received from an ancestor or predecessor."

It's Getting Better All The Time! Mental Health Outreach and It's Getting Better All The Time! Ministries is just but one organization that can trace its roots back to the legacy and life of Apostle Robert L. Howard.

It's Getting Better All The Time! was birthed out of a church project that I started over 17 years ago. Back then, I used to spend countless hours listening to old preaching tapes from Apostle Howard, transcribing the words onto paper by hand and forming them into booklets. I remember teaching myself how to create web pages with the sole purpose of being able to share the testimonies and bible teachings coming from our pastor with a larger audience. As a member of the Armed Forces at the time I knew how scarce good bible teachings were. But somewhere between trying to learn how to create websites (something I am still learning to do) and transcribing tapes, It's Getting Better All the Time! Mental Health Outreach and It's Getting Better All The Time! Ministries was born. Ministries whose sole focus is to meet the needs of those living with a long term mental illness or negative life situation. Since its inception we have branched out into radio, community cable TV, the web, seminars and other areas of outreach.

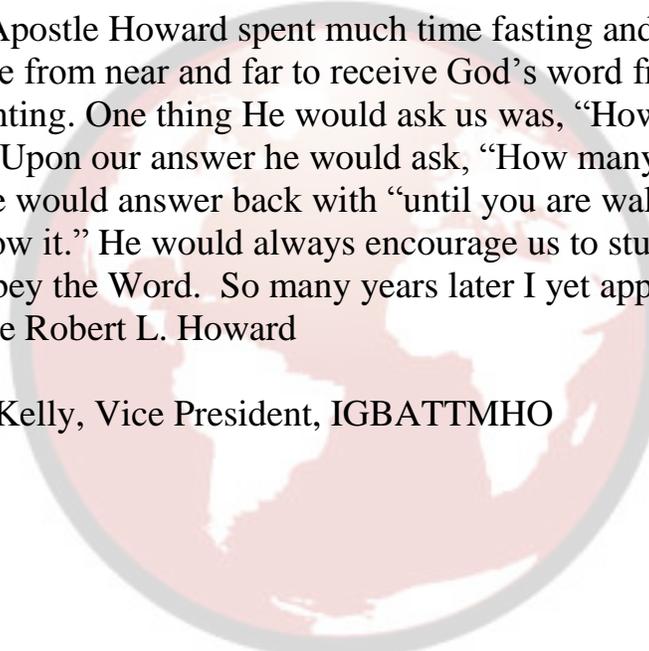
We have been blessed by God to be able to provide information and support while encouraging hope and faith in Jesus Christ with so many people and to see lives change for the better. We owe what we have been able to do to my former pastor and the strength of The Word of God in his Life. Now, I don't think my former Pastor and I spent more than three hours talking about the radio broadcast or the

other things that God was prompting me to do, but whenever we did, he would always tell me “to go forward” and even when I left the ministry (with his blessing) he would always remind me that the most important thing was “souls.”

From the Sister A.L Founder and President of IGBATTMHO/IGBATTMHOM

I am so very grateful to have sat under a man of God full of integrity, wisdom, and the power of God. Apostle Howard spent much time fasting and praying. Men and women of God came from near and far to receive God’s word from this servant of God under the anointing. One thing He would ask us was, “How many of us knew the Word of God?” Upon our answer he would ask, “How many of us are obeying the Word?” Then he would answer back with “until you are walking in the Word you don’t really know it.” He would always encourage us to study the Word, stand on the Word, and obey the Word. So many years later I yet appreciate having been mentored by Apostle Robert L. Howard

Evangelist Corrine Kelly, Vice President, IGBATTMHO



It’s getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Table of Contents

Lesson 1 -Why You Can Depend On God? .....	6
Lesson 2 - Do You Believe? .....	10
Lesson 3 - Is This Word Really Worth What It Says? .....	12
Lesson 4 - How Do I Become The Word? .....	15
Lesson 5 - White It Out With The Word .....	18
Lesson 6- Faith vs Trouble .....	20
Lesson 7- Mind of Christ.....	23
Lesson 9 – The Cultivation of Man .....	34
Lesson 10 - Worry.....	36
Lesson 11 - Depression .....	38
Lesson 12 – Victory.....	43
Lesson 13- Control.....	44
Lesson 14- Just Who Is Really Going To Make It In?.....	46
Lesson 15 - How Covenant Minded Are You? .....	49
Lesson 17 - Jesus Gave All Of His Blood .....	55
Lesson 18 - Do You Know Who You Are? .....	57
Lesson 19 - Is Your Flesh Holding You Up? .....	59
Lesson 20 - No victory .....	61
Lesson 21- Fruit of The Spirit.....	62
Lesson 22 - Living In The 6 <sup>th</sup> Sense.....	64
Lesson 23 - Perfect Will.....	66
Lesson 24- Why am I holy? .....	68
Lesson 25 - Is Your Life Pleasing God? .....	69
Lesson 26 - What is Prayer? .....	72
Lesson 27 - The Two Are Not Equal .....	73
Lesson 28 - Steps To Maintaining The Victory .....	77
Lesson 30 - Saved? Now What?.....	85
Lesson 31 – Count It All Joy...Count It All Strength! .....	88
Lesson 32 - Wait On The Lord .....	92
Lesson 33 - Three Wills.....	95
Lesson 34 - Your Steps Are Ordered .....	97
Lesson 35 – The Knowledge of Good And Evil .....	100

**Lesson 36 – Spirit vs Intellect** .....102  
**Lesson 37 - Do You Have Time For God?** .....103  
**Lesson 38- Love**.....105  
**Lesson 39 - God Loves You, You Should Love Your Brother and Sister** .....107  
**Lesson 40 Blood – Vital Fluids** .....108  
**Lesson 41 - Gods Word Is Worth Your Whole Life.** .....112



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 1 -Why You Can Depend On God?

In a world of broken promises and fleeting dreams you may feel as if there is no one to turn to or no one that you can depend on, well there is good news. No matter what it looks like you can depend on God! God has your life fixed so that a door will always be open to you the believer.

God has made a way of escape, for every test and trial that you will encounter. So don't give up on the Gospel of Jesus Christ.

The Gospel of Jesus Christ is so profound, it is everything that you need for your mind, trials, domestic problems, loneliness, or whatever else you may encounter.

It is the Gospel that is going to take the saints through. The Gospel will make you smile when you don't feel like it, it will make you stand up even when you think you can't. You can trust the Gospel of Jesus Christ because all the power God has is in it.

So call on the Lord and don't get tired! You see the devil never gets tired. He is running to and fro the whole earth seeking whom he may devour. So don't get weary in well doing or calling on the Lord.

**1 Peter Chapter 5:8**

**Be Sober, Be Vigilant; Because Your Adversary The Devil, As A Roaring Lion, Walketh About, Seeking Whom He May Devour**

This is the day for the gospel and speaking The Word of God. You see The Gospel is ready for anything the devil tries to start in your life! So take the Gospel and tell yourself that God said, "that when I go through the Fire, through the water He will be with me." Tell yourself "Jesus Christ is for me and will never leave me or let me down." Don't stop praying saints, don't get tired. Use the Gospel on your trials and not what you think or feel.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

Isaiah Chapter 43:2

When Thou Passest Through The Waters, I Will Be With Thee; And Through The Rivers, They Shall Not Overflow Thee: When Thou Walkest Through The Fire, Thou Shalt Not Be Burned; Neither Shall The Flame Kindle Upon Thee.

You see, when you get tired of praying and calling on the Lord in the midst of your trials, you begin to start thinking outside of The Word of God. You begin to doubt The Word of God and you begin to use human reasoning or draw conclusions based on what you see or feel.

Unfortunately human reasoning does not take into account that we serve a God who can speak anything into existence. Using human reasoning in the midst of our trials can cause us to doubt, worry and fear. But remember, God can make all things work together for our good; all we have to do is trust and believe Him.

Romans 8:28

And We Know That All Things Work Together For Good To Them That Love God, To Them Who Are The Called According To His Purpose.

Please understand the devil knows that God is faithful to operate full time in His Word. So he must wait for us to stop being full time in our minds with The Word of God and to doubt the Lord. Unfortunately, when we doubt we are doing something that even the devil does not do. You see the devil believes God and he knows that the Word of God is true but his trick is to get us to doubt. When we doubt we are in essence on his side. We are not operating in faith and we are not pleasing God.

Hebrews 11:6

But Without Faith It Is Impossible To Please Him: For He That Cometh To God Must Believe That He Is, And That He Is A Rewarder Of Them That Diligently Seek Him.

So if the devil can get us to use human reasoning he knows that we will get discouraged and give up on God. So he has to wait for us to give up and stop believing The Word of God. Listen, there is nothing wrong with giving up. Just give up to Jesus and keep the gospel in your mouth.

Never let your trials cause you to shut your mouth. Whether temptation or trial; from the pulpit to the door you have to tell the devil what God said. Listen, it could be a child on drugs or a man that will not bring the money home. But no matter how it comes remember that with the temptation a way of escape, comfort or deliverance for the saints will always be made. You just have to continue to speak The Word of God in faith to your situation.

You may have eight things to happen to you but do not stop trusting Jesus Christ. Stand still and watch God, He will work it out. Yes, you might spend some lonely nights, your children may not obey, you could have trouble in your community, or sickness. But keep speaking the Word of God. Deliverance is in your mouth. God is faithful He will not let you down!

**1 Corinthians 10:13**

**There Hath No Temptation Taken You But Such As Is Common To Man: But God Is Faithful, Who Will Not Suffer You To Be Tempted Above That Ye Are Able; But Will With The Temptation Also Make A Way To Escape, That Ye May Be Able To Bear It.**

You cannot go by what you see in your trial so don't give up on the Gospel. It may look like doors are shut in your face, but there will always be a door open for the saints of God. Listen, just because something does not work for you, do not stop praying. God will always be available. He will never go to sleep, take a vacation, coffee break, or get tired of you. So keep looking unto Jesus the author and finisher of your faith.

**Psalms 121:3-5**

**He Will Not Suffer Thy Foot To Be Moved: He That Keepeth Thee Will Not Slumber. Behold, He That Keepeth Israel Shall Neither Slumber Nor Sleep. The LORD Is Thy Keeper: The LORD Is Thy Shade Upon Thy Right Hand**

**Hebrews 12:2**

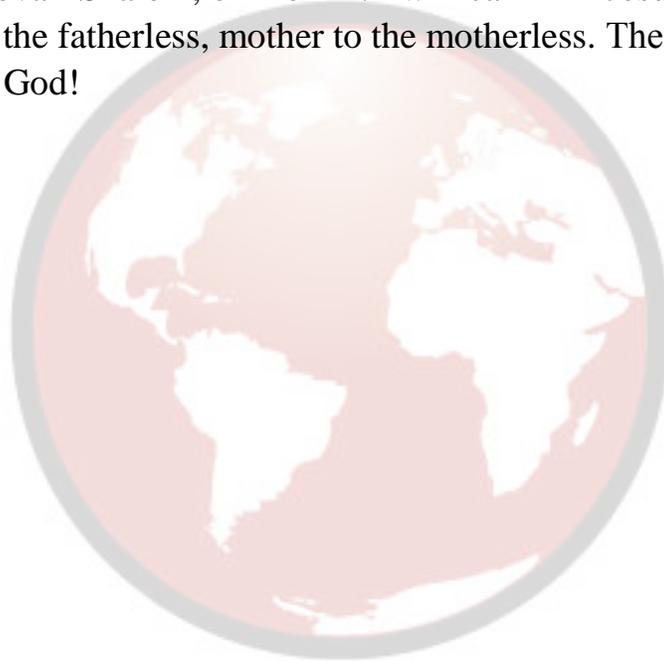
**Looking Unto Jesus The Author And Finisher Of Our Faith; Who For The Joy That Was Set Before Him Endured The Cross, Despising The Shame, And Is Set Down At The Right Hand Of The Throne Of God.**

I hear God saying, "I will open a door that no man can shut, I will shut a door that no man can open."

Isiah 22:22

And The Key Of The House Of David Will I Lay Upon His Shoulder; So He Shall Open, And None Shall Shut; And He Shall Shut, And None Shall Open.

Hold on! Maybe you want to call Him the El-Shaddai. You might call Him Jehovah- Nissi, Jehovah-Shalom, or Elohim. I will call Him Jesus! A friend to the friendless, father to the fatherless, mother to the motherless. The bottom line..... You can depend on God!



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 2 - Do You Believe?

### Let This Mind Be In You, Which Was Also In Christ Jesus Philippians 2-5

Do you really believe God? Are you submitted to Jesus Christ? Do you really trust Him? Well the kingdom of heaven is within the saints. Our God is within us, and He is in us to win. And when the saints of God look to Jesus people will look to God. We will spread the Gospel and let the power of the Gospel be seen through us. When He is in us we will submit to Him, trust Him and think His thoughts.

#### Romans 14:17

For The Kingdom Of God Is Not Meat And Drink; But Righteousness, And Peace, And Joy In The Holy Ghost.

God's thoughts are thoughts of trust and when you look at the Lord through His thoughts (The Word of God) then you can gather your thoughts. Our thoughts are really what we live by. That is why our thoughts must be based on The Word of God. That is why we must guard our thoughts and bring every thought that is contrary to Word of God into subjection to the will of God.

You see, all that God is, is in His word. And the more we meditate on The Word of God the more The Word of God will grow in our minds until we are filled with the mind of Christ.

Jesus depended on the ability and feeling of The Word of God, not on His own feelings. So study The Word of God to familiarize yourself with the Lord and His abilities. The more of God's word you think on and rehearse the further along and the less jittery you will be. God will become more of a reality to you and you will become more receptive to the things of God.

Are you facing a situation that you don't know how you are going to come out? Believe God. But discern God by what He says not by your feelings. It is God within us that deals with the devil and the flesh not us. All we have to do, is to work at believing the Word and watch God win the battle. You are not on a dead end street! So whatever seems to be contrary to your way of thinking, whatever comes to make you doubt the Lord or whatever you are faced with, the Lord will take care of it. All of your problems are solved by believing Jesus Christ and doing what He says.

Mark 9:23

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

How do you believe God? By believing and submitting to Him. You see it is one thing to believe that there is a God, it's another thing to submit and to depend on Him. Believing and submitting to God saves you from whatever problem or situation you are up against. That is why we have to believe, depend and trust God in everything.

James 4:7

Submit Yourselves Therefore To God. Resist The Devil, And He Will Flee From You.

How do you believe God? You believe God by trusting His word. So find out what God is saying through His word, then say it. When you say what the Word says, you can rest in it. When you say what the Word says then you can have confidence. God's word is the answer for everything. So take The Word of God as is. Inside of The Word of God is everything that you will ever need.

Isaiah 61:1

The Spirit Of The Lord God Is Upon Me; Because The Lord Hath Anointed Me To Preach Good Tidings Unto The Meek; He Hath Sent Me To Bind Up The Broken Hearted, To Proclaim Liberty To The Captives, And The Opening Of The Prison To Them That Are Bound

James 2:17

Even So Faith, If It Hath Not Works, Is Dead, Being Alone

2 Peter 1:4-5

And Beside This, Giving All Diligence, Add To Your Faith Virtue; And To Virtue Knowledge; And To Knowledge Temperance; And To Temperance Patience; And To Patience Godliness

Romans 5:20

But Where Sin Abounded, Grace Did Much More Abound

St. Matthew 24:35

Heaven And Earth Shall Pass Away, But My Words Shall Not Pass Away

### **Lesson 3 - Is This Word Really Worth What It Says?**

**Rev 3:19**

**As Many As I Love, I Rebuke And Chasten: Be Zealous Therefore, And Repent**

**PSALMS 46:1**

**God Is Our Refuge And Strength, A Very Present Help In Trouble**

When God gave us His Word and Spirit, what did He really give us? He gave us Himself. You see The Word of God is not only the will of God but it is a gift to us. Everything we need or will ever need is in the Word. God's Word is who He is. It is an extension of His character. It is what He is like.

So compare your problem with the greatness and abilities of God and let the Word speak to your troubles. Keep meditating and speaking The Word of God. When God speaks to your trouble through His Word, everything about it that you don't see He sees. So trust Him. But as you do understand that negative thoughts will come to distract you and try to take the Word out of your spirit. But when that happens, just refocus and continue seeking the Lord and His Word.

Imitate your God by speaking to your problems and not about them. God does not talk about things, the Creator talks to it. And whenever He desires something He just speaks it out of Himself. For example, He was pregnant with the heaven, the earth, the stars, Jesus and us and He manifested those things according to His time. You can trust the Word of God.

Please know that God has a Word for you on a continuous basis no matter what you are going through. Understand that God is present with you in trouble even though you don't see Him. Saints, we serve a God who can speak to our situation and create whatever is needed. Wherever your discernment or understanding of a situation stops, God's discernment picks up. So don't get discouraged. He will manifest what needs to be manifested in time. Don't let trouble over whelm you.

When trouble comes to us it comes to convince us that it is greater than The Word of God. It comes to depress and discourage us. Trouble comes with a power to make you worry, but God comes with a power that says don't worry, believe and speak The Word. So read and meditate on The Word of God. And as you do, you will gain more insight into the power of God and your situation.

The Word of God is all strength and all power. And when we use The Word of God we have the power in us to speak things that are not as though they be, but remember the name of Jesus goes with a totally committed life on the part of the one that is using it. You can't "jump in and out of the flesh" and mix your feelings with The Word of God. You have to be consistent in believing The Word of God. You have to be consistent in looking to Jesus Christ in all things.

#### Hebrews 12:1-2

Wherefore Seeing We Also Are Compassed About With So Great A Cloud Of Witnesses, Let Us Lay Aside Every Weight, And The Sin Which Doth So Easily Beset Us, And Let Us Run With Patience The Race That Is Set Before Us, Looking Unto Jesus The Author And Finisher Of Our Faith; Who For The Joy That Was Set Before Him Endured The Cross, Despising The Shame, And Is Set Down At The Right Hand Of The Throne Of God.

You see, the kingdom of heaven is within the saints. And when the saints of God look to Jesus, people will look to God. This is the way that the Lord Jesus Christ gets bigger in the earth. You are His temple and precious are your ears and precious are your feet that carry Him in the earth. You are a container for the Gospel of Jesus Christ.

#### Isaiah 43:4

Since Thou Wast Precious In My Sight, Thou Hast Been Honourable, And I Have Loved Thee: Therefore Will I Give Men For Thee, And People For Thy Life

God's word is a spirit and if we will allow it, His written Word will get in us and become a spirit. And it is that spirit that will stand up in us whenever we need it.

You have been given the authority to use His Word through the blood of Jesus here on the earth. Once you understand that you are a container for God, that God is in you and that you have power to release Him, there will be no room to doubt.

You are the heaven on earth that He lives in and you can declare His glory. You declare His glory by allowing His presence to take control of your spirit, soul and body in and out of the church. When we have The Word of God in our spirits we can have His presence. And just like His presence can fill a room up, He can fill you up! Why? God wants to fill you up to be productive in the Kingdom of God. So you are to strive for The Word of God and to be filled with His presence.

Romans 10:14-15

How Then Shall They Call On Him In Whom They Have Not Believed? And How Shall They Believe In Him Of Whom They Have Not Heard? And How Shall They Hear Without A Preacher? And How Shall They Preach, Except They Be Sent? As It Is Written, How Beautiful Are The Feet Of Them That Preach The Gospel Of Peace, And Bring Glad Tidings Of Good Things!

What is the plan?

The whole plan of God is for elevation, to take us higher in Him so that we can bring Him glory. So we will have both pain and pleasure in our lives, this ensures that we are balanced. The balance keeps our ego (flesh man) from working. No it may not feel good but understand that everything that is working in the natural realm is working for the good of our spiritual health.

Proverbs 11:1

A False Balance Is Abomination To The LORD: But A Just Weight Is His Delight

Romans 8:28

And We Know That All Things Work Together For Good To Them That Love God, To Them Who Are The Called According To His Purpose.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 4 - How Do I Become The Word?

Psalms 1:2

But His Delight Is In The Law Of The Lord; And In His Law Doth He Meditate  
Day And Night.

St. Matthew 17:20

And Jesus Said Unto Them, Because Of Your Unbelief: For Verily I Say Unto  
You, If Ye Have Faith As A Grain Of Mustard Seed, Ye Shall Say Unto This  
Mountain, Remove Hence To Yonder Place; And It Shall Remove; And Nothing  
Shall Be Impossible Unto You.

Tribulation does not carry all power, all power is in the name of Jesus Christ. And we can use that name and speak to the “mountain” of our problems and they will move. So study The Word of God to familiarize yourself with the Lord and His abilities. Meditate on The Word of God and forget everything else. Find out what God is saying through His Word then say it. Whatever your mountain is, you speak to it based on God’s ability not on what you see. Believe The Word of God no matter what! Continue to speak to your mountain.

But keep in mind God will *answer your prayer in His own time*. Yes, we can speak things into existence and the scripture says that we can ask anything but we cannot just take The Word of God and try to order Him around with it. We must use humility with The Word of God, and remain mindful of the fact that He knows best.

St Mark 11: 22-24

For Verily I Say Unto You, That Whosoever Shall Say Unto This Mountain, Be  
Thou Removed, And Be Thou Cast Into The Sea; And Shall Not Doubt In His  
Heart, But Shall Believe That Those Things Which He Saith Shall Come To Pass;  
He Shall Have Whatsoever He Saith. Therefore I Say Unto You, What Things  
Soever Ye Desire, When Ye Pray, Believe That Ye Receive Them, And Ye Shall  
Have Them.

The scripture does not tell us how many times we will have to speak to the “mountain” before it moves. So I do not know how many times you will have to speak to your mountain of financial problems, trouble or sickness before you see results. But knowing how long is not our job. Our job is to speak to our “mountain” not to figure out how long it will take. As believers we just need to know that God has heard our prayers.

Understand that when you first start speaking to your “mountain” unbelief is there as well. Sometimes it takes a while to see the manifestation of our prayers because we are trying to operate in faith and unbelief at the same time. But unbelief and faith can’t operate at the same time. Remember, God only moves where there is faith.

St John 15:7

If Ye Abide In Me, And My Words Abide In You, Ye Shall Ask What Ye Will,  
And It Shall Be Done Unto You.

St John 14:14

If Ye Shall Ask Any Thing In My Name, I Will Do It.

So you may have to wait until all of those things inside of your spirit that are preventing you from walking in faith dies. “Things” like doubt, envy, strife and jealousy for example.

And while you are waiting He will work on your temper and those ungodly ideas and feelings that are still working inside of you. Listen, you cannot just speak the Word of God one day and then “jump” back into the flesh the next day and expect your “mountain” to move. No, you must “abide in Him.” What keeps us from abiding in Him? Our flesh. Our way of thinking and feeling. That is why the flesh must be put to death and we must die daily to our will. If we walk in the flesh we will not be able to walk in faith.

Galatians 5:16

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

Romans 8:13

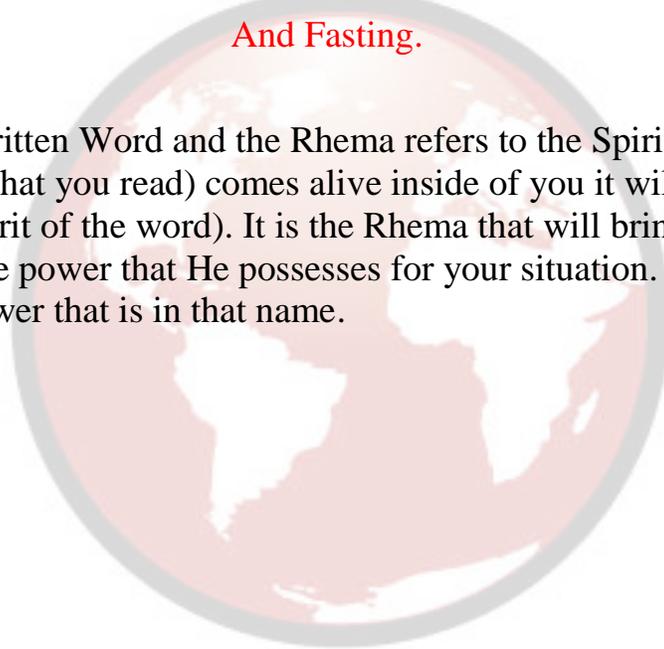
For If Ye Live After The Flesh, Ye Shall Die: But If Ye Through The Spirit Do  
Mortify The Deeds Of The Body, Ye Shall Live.

But prayer is the key. The more you cry out to God in prayer the more you die to yourself and the more faith you generate within your spirit. Once your unbelief is gone then the faith in The Word of God will move your mountain. When the Logos comes alive in you, then faith will rule and your unbelief will be gone.

Matthew 17:20-21

And Jesus Said Unto Them, Because Of Your Unbelief: For Verily I Say Unto You, If Ye Have Faith As A Grain Of Mustard Seed, Ye Shall Say Unto This Mountain, Remove Hence To Yonder Place; And It Shall Remove; And Nothing Shall Be Impossible Unto You. Howbeit This Kind Goeth Not Out But By Prayer And Fasting.

The Logos is the written Word and the Rhema refers to the Spirit of the Word. When the Logos (what you read) comes alive inside of you it will transform itself into Rhema (the spirit of the word). It is the Rhema that will bring the revelation of who Jesus is and the power that He possesses for your situation. So study the name of Jesus and the power that is in that name.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 5 - White It Out With The Word

Every time a thought gets in your mind you are being anointed and controlled by either the devil or the Lord. That is why our thoughts must be based on the mind of God. One second in your thought pattern can deal with success or failure. One second in your thought pattern can lead you closer to God or to sin. So you must guard your thoughts and not allow anything contrary to The Word of God to control you.

When you are in Christ you have a brand new mind but you have to renew it with The Word of God. Unfortunately, many of us have not been thinking within the realm of The Word so we have not been living the life that God has designed for us. But just like white out can erase the mistakes that we make on paper, The Word of God can white out or erase the mistakes made in our thought patterns. We can become more than a conquer in Christ Jesus.

**Romans 8:35-37**

**Who Shall Separate Us From The Love Of Christ? Shall Tribulation, Or Distress, Or Persecution, Or Famine, Or Nakedness, Or Peril, Or Sword? As It Is Written, For Thy Sake We Are Killed All The Day Long; We Are Accounted As Sheep For The Slaughter. Nay, In All These Things We Are More Than Conquerors Through Him That Loved Us.**

But we can only become more than a conqueror when we put God in our minds and allow Him to control our thoughts. Once The Word of God is in your mind you can't be shaken. The devil can shake you, shake me but he can't shake The Word of God.

So we must read God's word and allow the Spirit to reveal the Word to our spirits daily. It is only when we allow the Spirit of the Word to reveal the mind of God to our spirits that we can have a renewed mind. A brand new daily renewed mind means you are operating in eternity.

**Romans 12:2**

**And Be Not Conformed To This World: But Be Ye Transformed By The Renewing Of Your Mind, That Ye May Prove What Is That Good, And Acceptable, And Perfect, Will Of God.**

So it's not enough to simply quote the scriptures and say all the right things. We must read and meditate on The Word of God. The more we meditate on The Word of God the more The Word of God will grow in our minds until we are filled with the mind of Christ. Please read and meditate on the Word of the Lord. As you do The Word of God will saturate your mind, soul and body. And just like you apply oil to your skin, allow the Lord to take and apply His word to your mind daily. Allow His Word to soak inside of your spirit, and become anointed in your mind.

Have you studied the ability of God in your mind? It is a beautiful thing. When God has the preeminence in our minds there is nothing that we will not be able to accomplish for and in Him. So keep your mind on Jesus and enjoy being saved. Don't entangle your mind with thoughts about what you cannot do. Listen, we are very up and down in our feelings that is why we cannot trust our thoughts and how we feel. So make sure that when you get a thought in your mind, it is based on The Word of God not on the shakiness of your situation.

**Proverbs 23:7**

**For As He Thinketh In His Heart, So Is He: Eat And Drink, Saith He To Thee; But His Heart Is Not With Thee.**

**Jeremiah 29: 11**

**For I Know The Thoughts That I Think Toward You, Saith The LORD, Thoughts Of Peace, And Not Of Evil, To Give You An Expected End.**

And in the midst of whatever situation we are facing we can gain strength from The Word of God not from feelings. So don't give up on God. God's thoughts are thoughts of trust and when you look at the Lord through His thoughts (The Word of God) then you can gather your thoughts.

Stay within the realm of The Word of God. When you are in the realm of the Word you will realize that you can do everything through Christ Jesus who gives you strength. We must speak things not because we feel it but because God told us to. So keep speaking His Word to your trials, unbelief and yourself.

## Lesson 6- Faith vs Trouble

When your faith meets your trouble, faith will win, it can't fail!

Hebrews 11:1

Now Faith Is The Substance Of Things Hoped For, The Evidence Of Things Not Seen

Hebrews 11:33

Who Through Faith Subdued Kingdoms, Wrought Righteousness, Obtained Promises, Stopped The Mouths Of Lions.

You can come to the Lord without your husband, wife or your children. Faith does not need a crowd it is willing to work for you even if you are by yourself. Faith works against what you say you can't do. Faith works against what you don't have so you can come to the Lord with money or without money. It does not matter. Because whenever you put your faith in The Word of God I guarantee you one thing, faith is going to prevail.

Romans 8:31

What Shall We Then Say To These Things? If God Be For Us, Who Can Be Against Us?

Some people don't have the IQ for certain things, but everyone has the IQ for faith. Everyone may not be college material, but everyone is faith material. Faith is a now power. You don't have to see faith but it's there. Faith is not for you to feel in your flesh but your spirit.

St Matthew 17:20

And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Romans 12:3

For I Say, Through The Grace Given Unto Me, To Every Man That Is Among You, Not To Think Of Himself More Highly Than He Ought To Think; But To Think Soberly, According As God Hath Dealt To Every Man The Measure Of Faith.

So if you are trusting Jesus Christ then you have enough faith. But sometimes you don't realize it because you are focusing on what is or is not changing. But when you have faith in God you have the ability of God, you have the favor of God and any day things can change for you.

**Mathew 17:20-21**

**And Jesus Said Unto Them, Because Of Your Unbelief: For Verily I Say Unto You, If Ye Have Faith As A Grain Of Mustard Seed, Ye Shall Say Unto This Mountain, Remove Hence To Yonder Place; And It Shall Remove; And Nothing Shall Be Impossible Unto You. Howbeit This Kind Goeth Not Out But By Prayer And Fasting.**

You don't see how things are going to work out right now, just pray. Pray that God will show you what He has put in you and or the way He has made. Listen when you know what you have by faith, nothing can compete with you. But you have to know it. So the Lord has to show you what you have when you have faith. God has to show you just how much faith you have for all your problems.

Look at Moses. Moses had a stick in his hand but the real reason for the stick had to be revealed to him. The stick was just a stick but when he used it as he was commanded, the stick became a visible representation of his faith in God and of God. He could have said all day long that he believed God but he had to put his faith into action, he had to step out on faith. He had to use the stick.

When Moses was at the Red Sea with a million or so people, God had to take him and show him how to use faith. He had to put him in a situation in which he was forced to use what was in his hand. Just like you. You are walking around with a stick. The stick could be your ability to sing, your ability to write, your ability to speak. What is it that God gave you that if you were to use it by faith, it would bring you out of your situation and turn things around? Pray that God will reveal it and show you how to use it to please Him.

**Hebrews 11:6**

**But Without Faith It Is Impossible To Please Him: For He That Cometh To God Must Believe That He Is, And That He Is A Rewarder Of Them That Diligently Seek Him.**

Because when you put your faith in God, your faith can open or close so many doors depending on your situation. Faith can turn your situation in so many different ways. Not only can faith turn to a snake, like in the case of Moses. It can turn to a lion like in the case of Daniel or a cross like in the case of Jesus. In other words faith can create whatever you need to get the victory in whatever situation.

**Daniel 6:16 And Daniel 6:22**

**Then The King Commanded, And They Brought Daniel, And Cast Him Into The Den Of Lions. Now The King Spake And Said Unto Daniel, Thy God Whom Thou Servest Continually, He Will Deliver Thee.**

**“My God Hath Sent His Angel, And Hath Shut The Lions' Mouths, That They Have Not Hurt Me.”**

When Daniel went to the lion's den he went not in the flesh (ways and thoughts contrary to God's will) but in faith. Faith went into the graveyard where Jesus was buried and woke Him up. Are you in the middle of a trial? I know it may be hard but the only thing being tried is your faith so let the faith of Jesus Christ in you take you through.

**Romans 5: 3-5**

**And Not Only So, But We Glory In Tribulations Also: Knowing That Tribulation Worketh Patience; And Patience, Experience; And Experience, Hope: And Hope Maketh Not Ashamed; Because The Love Of God Is Shed Abroad In Our Hearts By The Holy Ghost Which Is Given Unto Us.**

**James 1: 3**

**Knowing This, That The Trying Of Your Faith Worketh Patience. But Let Patience Have Her Perfect Work, That Ye May Be Perfect And Entire, Wanting Nothing.**

If you need to have someone pray for you or lay hands on you, and there is no one around, take faith. Faith is an inward operation that will manifest itself through your entire spirit, soul and body. Just like a pain will go through your whole body, faith will go through your whole being.

You have more faith inside of your entire being than you have blood in your body. Your blood is going to stop flowing one day, but faith is going to continue. Faith is the material that will endure. You should use nothing but faith.

**“Now The Just Shall Live By Faith.” HEBREWS 10:38**

## Lesson 7- Mind of Christ

Proverbs 23:7

For As He Thinketh In His Heart, So Is He

Our thoughts, feelings and behaviors are connected. Our behavior is controlled by the words that we have inside of us, whether they are words of life or words of death. So think about who is giving you those thoughts you are having. The spiritual battle we all face is won or lost by the words we allow to rule in our thoughts. Our thoughts will either draw us closer to the Lord Jesus Christ or further away.

We think an average of seven thoughts a second. Based on those figures, in a years' time, we would have thought about 219,971,200 thoughts. If you multiply that figure by 70 (70 years) you get fifteen billion, forty million, twelve thousand and eight hundred thoughts. Who is in control of those thoughts? God or the Devil? Are the thoughts in your mind bringing you victory or defeat?

The mind is the control tower, it sends orders to the rest of your members and causes them to submit. That is why the devil puts up such a fight for control of your mind. You see, once his thoughts are in your mind he is in control and God is out of control. The mind is the foundation of your success and victory. So you have to know how to stay God conscience and to fortify it. So don't just put any kind of thought in your mind. Remember, every thought you think affects you on an eternal basis. So fleece your thoughts with The Word of God. Guard your thoughts at all times. Don't let anything take the place of the Lord in your mind.

2 Corinthians 10: 4-5

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

Your mind has been called full time into the Gospel of Jesus Christ you are not to be part time in the gospel. Your quality of thinking should coincide with God's character and His character never wavers. In short, your thinking should be based on The Word of God at all times. You should acknowledge God in all aspects of your life to include your thoughts.

Proverbs 3:5-6

Trust In The LORD With All Thine Heart; And Lean Not Unto Thine Own Understanding. In All Thy Ways Acknowledge Him, And He Shall Direct Thy Paths

When you acknowledge Him in all your ways you bless Him, you are saying He is qualified in everything. The worse crime a child of God can commit is not to use God's Word by faith in their minds.

St John 10:10

I Am The Door: By Me If Any Man Enter In, He Shall Be Saved, And Shall Go In And Out, And Find Pasture. The Thief Cometh Not, But For To Steal, And To Kill, And To Destroy: I Am Come That They Might Have Life, And That They Might Have It More Abundantly

THE MIND IS WHERE THE POWER IS

Your mind can handle any problem that comes up. Why? Because you have the mind of Christ. The mind of a saint carries The Word of God. And when The Word of God is rightly divided it will destroy the works of the devil. When saints are operating in the Word of God the world cannot touch the saints because they have the mind of the Creator. Unfortunately many people of God dilute their potential.

How? By walking in the ways of the ungodly and yielding to ungodly ideas that come to your mind. Listen, evil thoughts go through everyone's mind but you must learn to pray them away. Do not meditate on them. Your mind in subjection to God can deliver you from yourself. So use the Word of God, meditate and believe what it says.

Listen, you're either believing God and doubting the devil, or doubting God and believing a lie there is no in between. When you try to focus on what God has said and on words of unbelief at the same time, you become unstable. You become up and down in your emotions and start to struggle in your faith. But God never created us to be up and down or struggling in our faith.

James 1:6-8

But Let Him Ask In Faith, Nothing Wavering. For He That Wavereth Is Like A Wave Of The Sea Driven With The Wind And Tossed. For Let Not That Man Think That He Shall Receive Any Thing Of The Lord. A Double Minded Man Is Unstable In All His Ways.

Unfortunately, if you use your time meditating on struggling words (any word that is contrary to The Word of God), you will have a struggling life. So meditate on God's word and have a victorious life instead! Seek God and His Word at all times.

Psalms 1:2

But His Delight Is In The Law Of The LORD; And In His Law Doth He Meditate Day And Night

Seek God to know how He feels about Himself. Read and meditate on God's Word daily. The scriptures are designed to lead you and guide you into all truth. They can't however do that if you don't use them. The health and strength of your mind depends on The Word of God in you. So rehearse them over and over again in your thoughts. The more you meditate on The Word of God the more The Word of God will grow in your mind until you are filled with the mind of Christ. So you have to stay God's conscience and fortify your mind with The Word of God.

### CONTROLLING WORDS

Your behavior consists of the words that you have inside of you, whether they are words of life or words of death. Whatever word you are using right now is controlling you. And you will be rewarded by the way you choose to think. So ask yourself what have you been putting into your mind to train it? Is it making you more like Jesus or more like the devil in your thought pattern?

Joshua 1:8

This Book Of The Law Shall Not Depart Out Of Thy Mouth; But Thou Shalt Meditate Therein Day And Night, That Thou Mayest Observe To Do According To All That Is Written Therein: For Then Thou Shalt Make Thy Way Prosperous, And Then Thou Shalt Have Good Success.

## MEDITATE

Luke 21:33

Heaven And Earth Shall Pass Away: But My Words Shall Not Pass Away

There is no shadow or variance in God's Word. If He spoke it, He will bring it to pass. You can count on Him! So refuse to use any other words except The Word of God. Become a word warrior. Remember when Jesus was in the wilderness after He had fasted 40 days? He told the devil what was written. Well, we will have to do the same thing. Using the Word of God we will have to go to war against every thought that is contrary to the plan of God. That is why it is important to study and mediate so that we will be able to speak The Word to our trials.

Ephesians 6:10-17

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 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. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

God has given us the power to think the devil out of our existence but we must stay within the boundaries of The Word of God. The spiritual battle we all face is won or lost by the words we allow to rule in our minds. With our words we can think ourselves into defeat or perpetual deliverance like Jesus Christ. It is a battle but don't tell yourself anything God didn't tell you through His word.

2 Timothy 2:15

Study To Shew Thyself Approved Unto God, A Workman That Needeth Not To Be Ashamed, Rightly Dividing The Word Of Truth.

## BATTLE

As you listen to or read The Word of God, God takes the word and soaks it inside of you and it becomes anointed in your mind. God wants you to then meditate and to apply The Word of God in your thoughts. But it's a battle because it is so easy for our minds to become preoccupied with so many other natural things in this system. This natural educational system we are all a part of is contrary to The Word of God, it teaches us to focus on ourselves and not God. God says "seek me, love me, and trust me" but everything in the natural is "I" and "me." "I need this," and "I feel it should be like this." However, as a Christian you are to focus on Jesus Christ and remember that He is all sufficient and that He will take care of you. No matter how you feel you can trust Him.

Hebrews 12:2

Looking Unto Jesus The Author And Finisher Of Our Faith; Who For The Joy That Was Set Before Him Endured The Cross, Despising The Shame, And Is Set Down At The Right Hand Of The Throne Of God.

TRUST GOD!

Jerimiah 17:7

Blessed Is The Man That Trusteth In The LORD, And Whose Hope The LORD Is.

The Devil is God's servant he is not all powerful. The only way he can come on the scene of your life is through your unbelief. But as soon as you shift and begin to think on God and God's word, you bring the Lord Jesus Christ on the scene. The mind of Christ can handle anything the devil has to offer. So don't worry or be fearful. When you use worry, you have taken your eyes off of Jesus. You are not using The Word of God but leaning unto your own understanding. Saints, worry is not in the vocabulary of faith.

When you give into thoughts of worry, doubt, fear or anything the devil has to offer, then you are stuck. When you are operating in this realm, you are operating in the flesh and you are being controlled by the power of those thoughts.

You see the devil works in our imaginations with questions. But the inward man lives on The Word of God which is the answer. The devil always has a "what if scenario or thought." The strategy of the devil is to talk loud and strong through the problems that you face. He wants you to take a look at your situation and repeat over and over again how bad things are in your life. If you listen to the devil, you

will forget what God said and begin to believe what he is saying. And once he has his words in your thoughts you are now being controlled by him.

Listen, your insufficiencies/problems can't tell you anything except what it knows. Example: You get a bill in the mail. You do not have the money to pay it. The thoughts, "I do not have the money" or "How am I going to pay it?" come to your mind. You meditate on those words. You give into them and continue to repeat them over and over in your head. And now that those thoughts are in your head you began to feel and act based on them. When this happens you are now operating in unbelief.

It may be a fact that you do have a bill and in the natural you may not have the money to pay it. However, you have access to a God that can speak things into existence. No that does not mean that you will not have to do anything. But as you speak the Word, the Word of God will create the door and opportunity for your faith to go through.

Your mind can deliver you from yourself but only if you are using The Word of God. It only takes seconds for a thought to penetrate your mind and for you to act on the thought. That is why you have to be careful how you think. Every time a thought gets in your mind you are anointed by either the devil or the Lord. You have to know who is talking to you.

**James 2:17-18**

**Even So Faith, If It Hath Not Works, Is Dead, Being Alone. Yea, A Man May Say, Thou Hast Faith, And I Have Works: Shew Me Thy Faith Without Thy Works, And I Will Shew Thee My Faith By My Works.**

So let The Word of God do the talking in your situation. Say what God says at all times!

Because when you speak about your trial, you are recognizing the power it has over you. But when you speak to it by using The Word of God, you make it subject to you. Remember God created the universe by His spoken word. He spoke to whatever He desired, not about it.

## ALPHABET

ALPHABET - The letters that form the elements of written language in order as fixed by usage; communications.

In school, we were taught the alphabet and as we grew, we learned to form the alphabet into words. We can take the letters of the alphabet and form them into a praise or we can take them and form them into a curse. How are you forming the words that you think and/or speak out of your mouth? Are your words bringing you victory or defeat? Are your words bringing you fear or peace?

The alphabets are the foundation of learning and they were the first thing the devil stole from the people of God. You see Adam and Eve were given the words of God by God himself. He taught them and spoke with them directly. When Adam and Eve chose to believe the lie of the devil as opposed to the truth that is found only in God they were lost. Unfortunately, as a result of their unbelief the devil got into their learning in the Garden of Eden and when he did, he trained them and consequently the entire human race to study out of God. He trained man to use words that were not God-ordained. By doing so he attempted to obstruct the plan of God and the Words of God in man.

When the devil spoke with Adam and Eve and they acted on those words in Genesis 3:4-5 they traded in God's Word and embraced the words of the devil. Now, because many of us are used to walking in the flesh, we have to be re-educated in God's ability and this education comes only through study of His word.

One meaning of the word "study" is to apply the mind in acquiring a knowledge of; when you study something you become so solid and dedicated that nothing can move you. God wants us to be solid in Him.

**1 Corinthians 15:58**

**Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.**

Genesis 3:4-5

And The Serpent Said Unto The Woman, Ye Shall Not Surely Die: For God Doth Know That In The Day Ye Eat Thereof, Then Your Eyes Shall Be Opened, And Ye Shall Be As Gods, Knowing Good And Evil.

God wants to work through you day and night and the only way He can do it, is by faith. Faith is a power that literally pleases God and makes Him happy. So use your faith.

Romans 10:17

So Then Faith Cometh By Hearing, And Hearing By The Word Of God

Do you have a problem? Are you looking at The Word of God (faith) or are you looking at the problem? Faith means relying on God, trusting God. It's saying, "Lord you know what you're doing."

The Lord has figured out every second of your life. From the time He made you until now, every second of your life is already planned. It's like when you make a cake. You prepare all of the ingredients and you measure them out before putting them in the cake. Well the Lord did that with our lives. He has measured and prepared how much suffering you need and how much loneliness you need. God knows how many bills you need and how far down you need to be. Do you have a measuring cup? Well, the Lord does to. He is seasoning and getting you ready to bring forth fruit and even more fruit!

St John 15:1-2

I Am The True Vine, And My Father Is The Husbandman. Every Branch In Me That Beareth Not Fruit He Taketh Away: And Every Branch That Beareth Fruit, He Purgeth It, That It May Bring Forth More Fruit.

So there will be days when the lightning flashes and days when it rains. But when the Lord gets through with you and someone "tastes" your mannerisms they will be able to taste Jesus. So have faith in God, He is worth totally committing everything to.

Hebrews 11:1

Now Faith Is The Substance Of Things Hoped For, The Evidence Of Things Not Seen.

Make God first in your faith. Faith is the educational system of God. When God is first and faith is in full control you are out of control. And when you are out of control the devil and your flesh will have to come subject to the Spirit of God. When The Word of God is in you to the point that you are sold out; healing, houses, land, true friends are all automatic. Once you get the Lord “sure enough” like the Lord designed for you to have Him you will be untouchable.

But I don't care how much faith you say you have. If God is not pleased with your thoughts then you are operating in faithlessness. Listen whatever words you are thinking and choose to use will involve Jesus and the devil. You can take the alphabet and use them any way you want. For instance you can take them and say “hallelujah” or you can use them to say “I don't know how I am going to make it.” You make the choice. But remember each time you think a thought, you will reap what you sow.

Proverbs 23:7

For As He Thinketh In His Heart, So Is He.

Revelation 4:20

Thou Art Worthy, O Lord, To Receive Glory And Honour And Power: For Thou Hast Created All Things, And For Thy Pleasure They Are And Were Created.

Philippians 4:8

Whatsoever Things Are Lovely, Whatsoever Things Are Of Good Report: If There Be Any Virtue, And If There Be Any Praise, Think On These Things.

The mind of a saint carries the Word and the Spirit of God. So don't let anything take the place of the Lord in your mind. If you look the word “God” up in the dictionary it will say: supreme (highest in power or authority) being, one who is above the rest. Think about that!

Your mind has been divinely ordered by God for God. So let Him get the glory out of the way you arrange your Alphabets. Use The Word of God.

## Lesson 8- How Well Do You Know God?

The word “know” means to be informed about, to be aware of or to be acquainted with. Being acquainted with Him is what God wants for us. God wants us to know Him. He wants us to analyze Him, study Him and figure Him out. You see, when you know something you have faith in what you know. When you know something you are confident in what you know. Well, God wants you to have faith and confidence in Him and His word.

### Knowing God Through His Word

God sent His word, which is an extension of His character to let you know what He is like. God wants you to have His word in you. So “study” apply your mind in acquiring a knowledge of the Word of God. Studying The Word of God familiarizes you with the Lord and His abilities. When you study, the written word will get in you and become a spirit. It is that spirit that will stand up in you when you are in trouble.

**I Timothy 2:15**

**Study To Shew Thyself Approved Unto God, A Workman That Needed Not To Be Ashamed, Rightly Dividing The Word Of Truth.**

### Knowing God In My Life

God operates from His heart which is the control tower of the seat of compassion. He loves us and will take care of us. He is concerned with every little detail of our lives. And He has a word for us on a continuous basis. He knows what we need and wants us to know what He can do about everything that we come in contact with. All we have to do is to love Him, He will give us His word to finalize everything we encounter.

God already knows how to take you through, so as Christians we should not doubt the Lord. When we doubt the Lord we disqualify His ability. You see, God has the ability to move things that we cannot move. Things that we cannot handle the Lord can. So believe God and just Praise Him. Praises generate strength. Praises give you the power to understand your circumstances.

**Psalms 22:3**

**But Thou Art Holy, O Thou That Inhabits The Praises Of Israel.**

## Knowing God In Prayer

Man was created to have a relationship with God through prayer. Prayer is a love story between God and man. It is communing with God, it is talking with God and letting Him talk to you. Unfortunately so many people trust God for trouble but miss the fellowship with God. Praying to God is a gift, it gives you a divine mind and it is necessary to control the way you think.

Prayer changes things like worry and anxiety that try to depress you. But always commune first than request afterwards. When you go to God in prayer, talk to Him based on how He sees the situation through His word. The volume of your voice does not affect God, however the more volume you use the more you can get rid of yourself. The less focused you will be on yourself and your troubles. You may not always know how to pray in your situation but the spirit will intercede.

**Romans 8:26-27**

**Likewise The Spirit Also Helpeth Our Infirmities: For We Know Not What We Should Pray For As We Ought: But The Spirit Itself Maketh Intercession For Us With Groanings Which Cannot Be Uttered. And He That Searcheth The Hearts Knoweth What Is The Mind Of The Spirit, Because He Maketh Intercession For The Saints According To The Will Of God.**

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 9 – The Cultivation of Man

The word cultivate means to work by steering, fertilizing, sowing and reaping. The manifestation of man's cultivation or way of doing things is seen in our jobs, lives, families and local churches.

If you notice the church you will see a black church that was established through man's cultivation over here and then you will see a white church that was established through man's cultivation over there. But Jesus came and prayed that we would all be one.

**St John 17:20-21**

**Neither Pray I For These Alone, But For Them Also Which Shall Believe On Me Through Their Word; That They All May Be One; As Thou, Father, Art In Me, And I In Thee, That They Also May Be One In Us: That The World May Believe That Thou Hast Sent Me.**

Cultivating in the natural has to do with the way people go about doing things. And every nationality has their own culture or way of seeing things but God through His word has broken down and destroyed the power of man's way of cultivating that does not include the Word.

The Word of God rightly divided is going to tear down cultivation that leads to separation within the body of Christ. When all God's people finally come together you will see the strength of the church. You will see what God put in a sanctified black preacher and what He put in a sanctified white preacher. You will see the full power of Jesus Christ, I am talking about a time where the power of Jesus Christ literally controls and operates and you will not have this thing where little black children feel like they are not liked by whites or little white children feeling not liked by blacks. That's not the real church, that's a false church.

**SPIRIT OF GOD HAS NO RESPECT OF PERSONS**

The wisdom of God that is in all of the nationalities should be shared among all of the people of God, and He has all kinds of people. You name it He has it. The greatest minds in the earth belong to the people of God but we are not really getting the full power of Christ because of man's cultivation. But the real church will have oneness and there will not be any color. God's people will be one.

St John 17:20-21

Neither Pray I For These Alone, But For Them Also Which Shall Believe On Me  
Through Their Word; That They All May Be One; As Thou, Father, Art In Me,  
And I In Thee, That They Also May Be One In Us: That The World May Believe  
That Thou Hast Sent Me.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 10 - Worry

In looking at our present state of world affairs, it is easy to become fretful and uneasy. However, as a Christian you are to look to Jesus. When you look to Jesus Christ you can have His confidence and you can see how He sees things through His word. When you look to Jesus Christ you will not worry.

The word worry carries a power that is demonically inclined in that it will draw you away from the Lord and His Word. When you use “worry” you have taken your eyes off of Jesus and you are not using The Word of God. Saints, you can’t worry and believe at the same time. Worry is not in the vocabulary of faith.

Worry opens the door for evil and faith defeating behaviors like murmuring and complaining. But you can trade evil words for words of peace by looking unto Jesus Christ. When you look at the Lord through His thoughts, then you can gain peace and confidence. I declare, you will never be confused trusting the Lord. It is only when you try to figure Him out or compare your problems with what you know, that you become confused and weak in your faith. And when you are confused you are right where the devil wants you.

The enemy understands that God moves by faith. That is why he wants to kill your faith, your enthusiasm and ability to enjoy living. The devil knows the power of joy. He understands that happy people cause God to work for them because their happiness is a manifestation of the fact that they have faith in God and are resting in who He is. That is why he likes for us to spend our time worrying. When we are worrying we cannot have peace or joy.

Listen, saints do not have to do anything but love God and faith will take them through. The trouble is “you” have been thinking too much. Lots of times, God does not say anything to us because He is leading us. So do not try to understand everything. God does not want us to lose one second of the battle. Instead of having an attitude about matters you should have gratitude and pray! Sometimes you just need to shut up and get the victory.

Psalms 1:1-2

Blessed Is The Man That Walketh Not In The Counsel Of The Ungodly, Nor Standeth In The Way Of Sinners, Nor Sitteth In The Seat Of The Scornful. But His Delight Is In The Law Of The LORD; And In His Law Doth He Meditate Day And Night.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 11 - Depression

### Depression

At one point in our lives all of us may experience an event or situation that causes us to feel sad or depressed. However, sadness or depression in response to an event or situation is different from clinical or major depression. When a person suffers from depression, it can affect every part of his or her life, including their behavior, thought processes, ability to relate to others, and general lifestyle.

Depression is more than just sadness or “the blues” it is a clinical illness. Major Depression may be caused or triggered by a variety of factors to include genetics, chemicals in the brain, illness and environmental stressors such as the death of a loved one, relationship issues or financial concerns.

### Symptoms of Depression

Major depression is an illness that affects all parts of our lives to include our mood, body, and thoughts, and is characterized by at least a two-week period of either feelings of depression or a loss of interest in things that were once enjoyable. These symptoms are accompanied by at least four other symptoms that may include:

- weight loss or weight gain, a decrease or increase in appetite, sleeping
- difficulties, restlessness, irritability, physical symptoms, fatigue,
- feelings of worthlessness, guilt, diminished ability to think or concentrate, and or recurrent thoughts of death.

Some people also experience memory difficulties, negative evaluations of self, slowed body, excessive worry, panic attacks, relationship problems, and brooding or thinking about something repeatedly. If you feel that you have any of these symptoms please see your doctor right away. Your doctor will perform a complete physical to ensure there is nothing else that may be causing the symptoms that you are having.

After undergoing a complete physical and depending on the symptoms you present, your depression may be treated in a variety of ways to include a trial of antidepressants, therapy or talking through your issues, and/or a combination of both. The symptoms of depression can last for weeks, months or even longer. If you are prescribed medications, you may not feel a decrease in your depression immediately but be patient, things can get better.

## Role of Stress

Unfortunately, many of us are living with a variety of stressors that can add to or trigger feelings of sadness or depression. Take a minute and think about your own life and some of the experiences you have had or are currently facing. Raising children alone, working more than one job, ongoing financial concerns, layoffs, family concerns, and the list can go on and on. So if you do become depressed and are no longer able to wear the super man/woman costume you have been accustomed to wearing; give yourself a break, a lesser person might not have made it this far. Even the best long distance marathon runner gets tired sometimes.

## Depression and Thoughts

Depression and/or feelings of sadness can also be reinforced by the negative thoughts and feelings we allow to control our lives. Unfortunately, negative thoughts can limit our lives and control our behaviors to such an extent we are unable to focus on the positive things happening around us. Think about this, if it were possible to carry a tape recorder around with you and to record your thoughts for a week, what types of thoughts would be recorded on your tape recorder?

Would they include thoughts like, "I can do all things with the help of the Lord Jesus Christ" or "I am fearfully and wonderfully made," or would they include thoughts such as, "you're stupid, you can't do that, they don't like you," or "it's not going to work out." Well, if these are the types of thoughts that we are mediating on, then there is no wonder we feel hopeless and discouraged.

Remember, we can do all things through Jesus Christ and all things will work together for good for those who love Him and are called according to His purpose.

**Romans 8:28**

**And We Know That All Things Work Together For Good To Them That Love God, To Them Who Are The Called According To His Purpose.**

But when we tell ourselves that we "can't" or that "things will never work out." We are engaging in thought patterns that are contrary to The Word of God and that reinforces our negative feelings. Thoughts, feelings and behaviors are connected. We will act on what we feel, and what we feel is triggered by what we think.

When we are engaging in thought patterns that are contrary to The Word of God, it is easy to forget that we have an opportunity given to us from Jesus Christ to make a change and to see the fulfillment of His promise in our lives. If we are not

careful, our negative thoughts can lead to feelings of hopelessness and cause us to take our eyes off the Lord Jesus Christ.

Negative life circumstances and/or long-term illnesses do not have to have the final say so over our lives. Remember, every day is another opportunity given to us by God to fulfill the call that He has for our lives, so don't give up.

General feelings of sadness in response to situations can be triggered by a variety of factors to include:

### TROUBLE

But we must remember that trouble is stationary; it is just a road block but unfortunately many of us forget that. Because it feels like trouble will never go away we give up in our thought patterns and become sad. Listen road blocks are set in your path so you can overcome them and go higher. Please know that each test brings a blessing and as Christians we are continually getting blessed. So you should pray and praise your way through the trials. When you praise Him, ways will be made.

### THINGS DO NOT GO OUR WAY

God has more investment in us than we do; He saved us for His name's sake. But the devil operates in your flesh, that part of us that does not want to submit to God's Word. So there will be some things we will have to go through so that God can "make" us and wash us spiritually clean.

As saints we are going through a washing because God wants to wash everything that is not like Him out of us. God gives "on-the-job-training" and He is in the process of pruning us so that we can bring forth much fruit. God washes us through His word in the midst of the trials and situations that we face. Every circumstance we are experiencing is working to hurt the devil in us.

But the devil will try to get us to go against God by giving us the attitude that we deserve more than we are getting. The fact is we have everything we are supposed to have and God wants us to appreciate Him for that.

What the flesh calls accursed, the Holy Ghost calls a blessing. What makes the flesh mad causes the Holy Ghost to dance. Remember the devil lives in our flesh and it is going to take God and The Word of God to give us the power to praise Him.

## GOD DOES NOT MOVE WHEN WE WANT

There are some Christians who pray and then hold God to their fleshly timing. They forget that God has an appointed time for everything. Saints, we serve a God who can speak today and reveal it whenever we need it. Remember God saved us for His pleasure not for ours. So appreciate God for what He is doing now because He holds all the answers. Just stand still and see the salvation of the Lord.

Exodus 14:13

Fear Ye Not, Stand Still, And See The Salvation Of The Lord.

## HOPELESSNESS

This world system in which we live in is “moody,” that means it is temperamental in regards to emotion. For example, one day the economy is going under and the next day things are turning around. If you base your feelings on what is going on around you will be up one day and down the next, depending on the current circumstance. But The Word of God is not up and down.

God does not want us to lose one second of the battle but to win the battle we must keep our focus on the Lord Jesus Christ and trust that He knows what He is doing. When you feel all is lost and that this life is hopeless, then you are a prone candidate for sadness.

It is nothing that we will face that the Lord will not take us through. So pray and mediate on His word. Allow God to give you words that will replace the negative ideas and feelings of hopelessness that you are experiencing. Speak God’s word not because you feel like it but because He told you to.

A lot of Christians have things reversed; they look at temporal things like they are forever and the heavenly things like they are temporary. The world system, trials, situations and feelings will change. But the Word of God will stand no matter what you are dealing with. So Speak God’s word. Wherever The Word of God is, the strength of God is there. Instead of sitting around brooding, use your time correctly. And the only way to use your time correctly is to do it Gods way.

The Devil tries to make you feel that you are in more need than God is. The devil will try to make you feel that your life is so unfair and that where you are in life is where you will be forever, but you must remember that you are not on a dead end street. You must start thinking within the realm of your rights which are found in

The Word of God. You must stop telling yourself what the flesh says; you must tell yourselves what the Lord said in His word.

### DEALING WITH TROUBLE ALONE

You can get depressed when you try to “go through” your problems alone. When you go through your tests alone it is easy to think that you are the only one going through what you are going through. In every test the Lord wants to show us His glory, who we are in the test and give us greater insight into who He is. When you are alone the enemy can plant all types of negative and wrong ideas into your thought patterns.

But God wants us to include Him in everything to include our tests. The Lord Jesus Christ wants to go through your trials with you. When you do not include the Lord in your feelings, tests and trials, you are stealing His glory because you are making yourself God of your situation. When you try to make yourself God of your situation by trying to figure and control everything you can become discouraged, upset and sad.

### SADNESS

Sadness is a demonic oppression but the joy of the Lord is the power that is going to get us out of our difficulties. Sad saints make room for the devil, and become mean saints. So fight to keep the joy of the Lord and no matter what it looks like do not forget that God has chosen you. And anyone that has chosen something takes on the responsibility for the thing it has chosen. The Holy Ghost has a charge to watch over you. And that charge will take you through every trial and tribulation. So remember, nothing shall be able to separate you from the love of God which is in Christ Jesus.

**Romans 8:35-39**

**Who Shall Separate Us From The Love Of Christ? Shall Tribulation, Or Distress, Or Persecution, Or Famine, Or Nakedness, Or Peril, Or Sword? As It Is Written, For Thy Sake We Are Killed All The Day Long; We Are Accounted As Sheep For The Slaughter. Nay, In All These Things We Are More Than Conquerors Through Him That Loved Us. For I Am Persuaded, That Neither Death, Nor Life, Nor Angels, Nor Principalities, Nor Powers, Nor Things Present, Nor Things To Come, Nor Height, Nor Depth, Nor Any Other Creature, Shall Be Able To Separate Us From The Love Of God, Which Is In Christ Jesus Our Lord.**

## Lesson 12 – Victory

Because of Jesus Christ, you are a winner. But to maintain the victory there are some things that you must do. To include:

Don't Quote the Devil. In going through your tests, it's important that you don't quote what the devil has to say. Instead, use The Word of God and allow it to be your meditation. Because when you quote words of unbelief, i.e. "I don't know how I am going to make it" or "I don't know how the bill is getting paid" then you are hooked.

Don't Use Worry. Worry means to be uneasy in the mind or feel anxiety about something. When you begin to worry you have taken your eyes off of Jesus Christ. You are not using your bible and instead, you are leaning to your own understanding. Worry is not in the vocabulary of faith.

Don't Be In a Hurry. The Lord's timing is always peaceable not anxious. God can speak tonight and reveal it 20 years from now. His Word will never fail and He is not in a rush. God has an appointed time for everything, so wait on Him.

Don't Give Into Your Thoughts. Your insufficiencies/problems can't tell you anything except what it knows. When you give into thoughts like fear, doubt and worry, you can't go any further. That is why you have to let The Word of God do the talking. So say what God says until you come out of your situation.

Don't Give Into Hopelessness. When you allow feelings of hopelessness to make you think that all is lost, then you are a prime candidate for sadness. Remember, as a child of God you are not on a dead end street.

Love God. When we love God in the midst of our troubles, He will give us a revelation of the purpose. So seek Him for the answer and continue to love Him. When Satan, in the flesh (negative thoughts/feelings) tells you something contrary to The Word of God, Christ, in the inner man will give you the answer.

## Lesson 13- Control

Two things the devil wants every second of your life is your mind and your heart. When you go to dealing with your mind and heart, you are dealing with the control tower and the seat of compassion. If the devil can have control of your mind and heart he can cause you doubt and to live a life that God did not intend. But when God is in control you have perfect balance in your thinking and feelings.

Trials and situations however will come to shake that balance. Faith however is the glue that keeps everything together. Faith! That is the key. But faith is never just for you, it's always for God. When God is first in your faith you will do that which pleases Him. When God is first in your faith then He is in full control.

When God is in full control, you are out of control; and when you are out of control, the devil is in obedience in your flesh. God will never move against your faith instead He will always seek to enhance your faith.

In other words God knows that it will take faith both to please Him and to accomplish the things that you desire. So He continues to present situations in your life that will test and strengthen your faith so that you can get to the point where you need to be. God keeps you believing so you can keep your faith up, so you can get the promise. Take for example, children. When they are first learning to walk they fall down. When they do, their parents pick them up and keep forcing them to walk, in order for them to build their legs and to gain strength. Eventually they learn to walk. Well God does the same with us when it comes to our faith.

The Lord has figured out every second of your life. He has measured and prepared how much suffering you need, how much loneliness you need and how many people you thought you could never live without out to leave you. There will days when the lightning flashes, days when the sun shines, days when it rains all day.

But just remember that God is in control. Each test will require you to use more of your faith muscle. Each test that you go through will bring you closer to Jesus Christ. Each test will bring another revelation of His glory and plan for your life. With each test you will learn more about Him and in doing so strengthen your faith.

Romans 1:17

For Therein Is The Righteousness Of God Revealed From Faith To Faith: As It Is Written, The Just Shall Live By Faith.

Romans 8:28

And We Know That All Things Work Together For Good To Them That Love God, To Them Who Are The Called According To His Purpose.

1 Corinthians 10:13

There Hath No Temptation Taken You But Such As Is Common To Man: But God Is Faithful, Who Will Not Suffer You To Be Tempted Above That Ye Are Able; But Will With The Temptation Also Make A Way To Escape, That Ye May Be Able To Bear It.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 14- Just Who Is Really Going To Make It In?

Nobody can handle the devil in a person but God. So whatever way He sees fit to deal with you, will be the best way and it will work together for your good. Away with this saying “the preacher is too hard on me! When you say that, do you know what you are really saying? You’re saying that the preacher is “too hard on the devil in me.” Believers, you need to know that God has two ways to handle you – Love or discipline/wrath (yet even in His wrath there is love and the goal is always to draw you unto Himself). But whatever way He sees fit to deal with you based on how you act, is how He is going to move.

If you refuse to hear The Word of God, then it’s on you. It’s not your brother or sister. Listen, the people who want the truth are the people who are going to make it in. I don’t care how saved you are, you better keep on getting saved the more. You need to be willing and obedient to the Lord.

You better love God in honesty and respect. Don’t be proud and hard against the Lord. You need to humble yourself to God. Guess what friends the ones that are going to make it in are HUMBLE PEOPLE! Check yourself. Are you willing and obedient? Are you humble?

**Proverbs 3:34**

**Surely He Scorneth The Scorners: But He Giveth Grace Unto The Lowly.**

Please know that there will be times that the Word of God will “tighten up” or prevent you from doing something that you want to do and then there will be times that it will point out your filthy ways. So how do you feel when the Lord “tightens” up on your rein? Do you resent it? You see when God is “tightening” up on us, the flesh resists and tries to go around The Word of God. When the flesh is put on display, it doesn’t like it. It will come up with all types of reasons to go against The Word of God. You see, the flesh man is not concerned about God ruling it. The flesh says to God, “you are not going to rule all of me, I am grown.” But when God speaks to your spirit and you yield, the flesh will humble down. That is why we are encouraged not to walk in the flesh. We are encouraged to humble ourselves to the will of God. When you do, the Spirit of God in you will submit.

### Philippians 2:5-8

Let This Mind Be In You, Which Was Also In Christ Jesus: Who, Being In The Form Of God, Thought It Not Robbery To Be Equal With God: But Made Himself Of No Reputation, And Took Upon Him The Form Of A Servant, And Was Made In The Likeness Of Men: And Being Found In Fashion As A Man, He Humbled Himself, And Became Obedient Unto Death, Even The Death Of The Cross.

The above scripture is referring to Jesus Christ. Jesus heard the voice of the father, obeyed and humbled Himself for our sins. You have to be the same way. When you hear the voice of God you need to humble down and cast your will aside.

### Hebrews 3:12-15

Take Heed, Brethren, Lest There Be In Any Of You An Evil Heart Of Unbelief, In Departing From The Living God. But Exhort One Another Daily, While It Is Called To Day; Lest Any Of You Be Hardened Through The Deceitfulness Of Sin. For We Are Made Partakers Of Christ, If We Hold The Beginning Of Our Confidence Stedfast Unto The End; While It Is Said, To Day If Ye Will Hear His Voice, Harden Not Your Hearts, As In The Provocation.

The Holy Ghost works with The Word of God to develop an individual so that they might grow. The key however is selling out to God and being totally submitted to Him. You have to understand that when God speaks to you through the Word or when He corrects you, it is about the God in you not about preserving your flesh.

For example, when saints complain about situations or people that made them mad all they are doing is showing what is operating in them. How in the name of Jesus can someone make the Holy Ghost mad? When your ways please God He will make even your enemies to be at peace with you. It's really no one in the way but you. You're the one in your own way.

Unfortunately many of us have been trained to put our self and what we want first. In fact the world has the law called the law of self-preservation. Flesh is first. You probably heard yourself saying "I have to look out for myself first." That's a lie. God is first. Everything you do, you're doing it to the Lord. Money is not it. Prosperity is not it. A clean heart is it. If you have a clean heart with God, you have peace. Peace is an inward power working to the outside. Peace is a happy, joyful thought inside of you that comes from God.

My friend, the Holy Ghost moves by The Word of God, faith, praises, obedience and a yielded vessel! When the Word gets in a person's heart and takes over, the will of that human being will totally submit to God.

If you get God in your heart, you're going to thank, love, and humble yourself down to Him. You may ask, "How can I keep the flesh under subjection?" The answer – fasting. Fasting makes room for power and it gets flesh out of the way. Now, the desires of the flesh will resurrect, but don't get nervous. The Holy Ghost knows how to handle it, by bringing Gods Words back to your remembrance.

St John 14:26

**But The Comforter, Which Is The Holy Ghost, Whom The Father Will Send In My Name, He Shall Teach You All Things, And Bring All Things To Your Remembrance, Whatsoever I Have Said Unto You.**

The anointing comes based on your needs and the Word that you have in you. The more Word you get in you the less jittery you will be and the more faith you will have. All you have to do is speak what you want from God by His Word and then trust Him with the timing and the way.

When The Word of God is in you what is there to stop you in the Lord? It's already done. But you have to keep on doubting the devil by believing God. Take the Word as law. Do not allow other things to take its place.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 15 - How Covenant Minded Are You?

Covenant – agreement entered into by two or more persons or parties. Have you made a covenant with the Lord Jesus Christ? Now the word covenant may sound like a great word, but all it really means is that you do what God says do, and all God is saying is “obey me.” When you are in covenant it means that you take orders, that you acknowledge Him in all your ways and lean not to your own understanding. God wants to enter into a covenant with all men and as saints of God we should want to make a covenant with each other.

Being in agreement or covenant is not a hard thing to do because it is what belongs to the church. Jesus Christ prayed that we would be one, and we become one through covenant with God and each other.

St John 17:20-21

Neither Pray I For These Alone, But For Them Also Which Shall Believe On Me Through Their Word; That They All May Be One; As Thou, Father, Art In Me, And I In Thee, That They Also May Be One In Us: That The World May Believe That Thou Hast Sent Me. And The Glory Which Thou Gavest Me I Have Given Them; That They May Be One, Even As We Are One: I In Them, And Thou In Me, That They May Be Made Perfect In One; And That The World May Know That Thou Hast Sent Me, And Hast Loved Them, As Thou Hast Loved Me.

A covenant relationship among saints really means that each of you will show one another how you feel about God by how you treat each other. You owe Jesus in your imagination, intents and thought patterns to your brother and sister. God has gotten in you, so you might get into someone else.

But one of the biggest problems the saints have in loving one another is themselves. They see everyone else's faults but their own. Saints remember that one sister or brother that did not treat them right but they forgot that God forgave them when they didn't treat Him right.

It is easy to see the faults of people but saints owe Jesus to one another. So take the time God has given you, divide it up into seconds, and look for Jesus in your brother and your sister. Observe the potential of an individual not the insufficiencies of the flesh. So look for Jesus in one another.

Yes it may be true that we can't trust one another because we are all crooked in the flesh, but the Spirit of God is not crooked. The difference between the saints and the people of the world is that the saints know the mystery of Christ inside of them. If God is using you, your brother can trust The Word of God in you. Listen when you are sitting with believers you are sitting with the best God has got – potential wise. Every believer has the ability to bring encouragement and strength.

**2 Corinthians 4:7**

**But We Have This Treasure In Earthen Vessels, That The Excellency Of The Power May Be Of God, And Not Of Us.**

You see everything God created carries encouragement. And no matter how far you go in the Lord or what you are doing you are still a part of this world. And as a part of this world you have the ability to make a change or difference in the lives of those around you. As saints of God you owe creation what the creator has put in you. You owe creation souls. One Word of God could change unsaved people around you if you use it.

As saints we should be soul winners. A soul winner carries the responsibility of God's wisdom. And as soul winners we should know, be and possess the following traits listed below:

1. A giver. Soul winners are givers they don't use everything for themselves.
2. Soul winners extend the Lord. A soul winner extends the Lord by talking about Him. A person that's not telling anybody about Jesus is a person that is quenching the spirit.
3. Releases the Spirit. Soul winning controls the flesh and releases the spirit of God. A soul winner gets satisfaction by releasing the Spirit of Jesus Christ on the earth.
4. Has a Godly attitude. A soul winner has the same attitude towards the world that Jesus has. A soul winner's ultimate goal is to let somebody hear about Jesus.
5. Soul's winners know that the blood of Jesus is a gift from God. They know the blood of Jesus is the only thing that could keep people out of hell. They understand that God just being a spirit could never have redeemed us so He had to come and become human and then give up His blood. As such soul winners are thankful people.

Leviticus 17:11

For The Life Of The Flesh Is In The Blood: And I Have Given It To You Upon The Altar To Make An Atonement For Your Souls: For It Is The Blood That Maketh An Atonement For The Soul.

6. Soul winners know that we receive the blood of Jesus by faith. They understand that when the Spirit of God gets hold of the blood of Jesus in an individual, that individual will be a new person. The Holy Ghost will make sure that the blood of Jesus is applied.
7. Soul winners know that the blood of Jesus can take care of everything that the devil has to send. They know that the blood of Jesus gives us power to count it all joy because The Word of God and the blood of Jesus can do whatever needs to be done in our lives.

Proverbs 11:30

The Fruit Of The Righteous Is A Tree Of Life; And He That Winneth Souls Is Wise.

St John 13:34-35

A New Commandment I Give Unto You, That Ye Love One Another; As I Have Loved You, That Ye Also Love One Another. By This Shall All Men Know That Ye Are My Disciples, If Ye Have Love One To Another.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## **Lesson 16- Has The Word of God Penetrated Your Heart?**

The sweetest thing is when The Word of God gets in the heart, takes it over and the will of man totally submits to God. When you take a child of God who says from their heart “Lord I thank you” that’s it. God takes over, He begins to rule, He begins to reign, and He begins to be God in the whole being of that individual.

When you get it like the bible says there is nothing to do but to thank Him because He’s taken over, He has your mind. He’s taken over your heart. He’s taken control of your spirit. He’s taken over your soul and all you can end up saying is “Lord I thank you.”

Listen, anything that you yield to God will bow down to Him. Your legs, your mind, your heart, your whole being will bow down. If you get The Word of God in your soul you’re going to thank Him and get on your face before God.

You will love Him, and humble yourself down to Him. You will not have a hard heart and you will not be hard to get along with. You’ll be glad that God’s letting you live and be thankful for what He is doing for you. Some of you have never given God all your heart. That’s why a lot of you are having problems, you have not put The Word of God in your heart. You have only put it in your mind. You will not weep before God, you will not humble yourself.

Therefore you can become hard, stiff necked, and uncircumcised. That’s why you can get mad right quick and hold grudges. Some of you even get mad because God told you to give your flesh (your ways) up and you don’t want to give it up. You get mad with God because you don’t want to stop sinning.

A lot of you come into the Lord’s house and your attitude is set for hell. Why do I say set for hell? Because you’re not thinking about God! God is not even in your heart. You have something else in your heart; like worry, doubt and fear. And all those things can take you to hell. When you have negative thoughts in your heart you are prone to acting on them. When you act on them you are in contrast to The Word of God. Out of the heart comes the issues of life. Whatever is in your heart will come out.

**Proverbs 4:23**

**Keep Thy Heart With All Diligence; For Out Of It Are The Issues Of Life.**

Most people get their trouble by not yielding their hearts to God. They will not give up to God. That’s where their trouble is. But anybody that’s given the Lord all

of their heart, I tell you what, they have a wonderful way of conducting themselves in their thought patterns. They will not give God any trouble and you know what else? They will not give their own selves any trouble.

I declare unto you, once you give your whole heart to God there will not be any time for television! If you give all your heart to God you could care less what the world is saying. You will not want to be in the world and to do the things that sinners or unbelievers do.

Listen, anytime a sinner can draw you, you're not loving God. There has never been anything that God owns that did not submit to Him. If a devil can draw you more than God can, than you're on your way to hell. Tell the Lord thank you!

I spend most of my time praying, and seeking God because I don't want to go to hell and you can go to hell in your mind by having hellish thoughts. Thoughts like "I can't make it" or "things will not work out," are hellish thoughts. So if you don't want to go to hell you have to put sometime into going to heaven by meditating and acting on The Word of God. We serve a merciful and dangerous God.

Why is God so dangerous? The dangerous part about the Lord, is this: His grace puts Him at the last end of everything. What I mean by that is this, because folks keep on living and breathing they think they're getting away with their evil deeds but that is not true.

If you notice people they are in a hurry to do everything, but God takes His time. God is not rushing to do anything. He will let a sinner keep right on living and a hypocrite in the church keep right on being a hypocrite. And they will continue to live in their sins and feel like, "I am ok" they may say "God did not kill me, or no one knows what am doing." But God said He is going to reward every man according to what his works will be. He is just not always in a rush.

**St Matthew 7:23-24**

**Many Will Say To Me In That Day, Lord, Lord, Have We Not Prophesied In Thy Name? And In Thy Name Have Cast Out Devils? And In Thy Name Done Many Wonderful Works? And Then Will I Profess Unto Them, I Never Knew You: Depart From Me, Ye That Work Iniquity.**

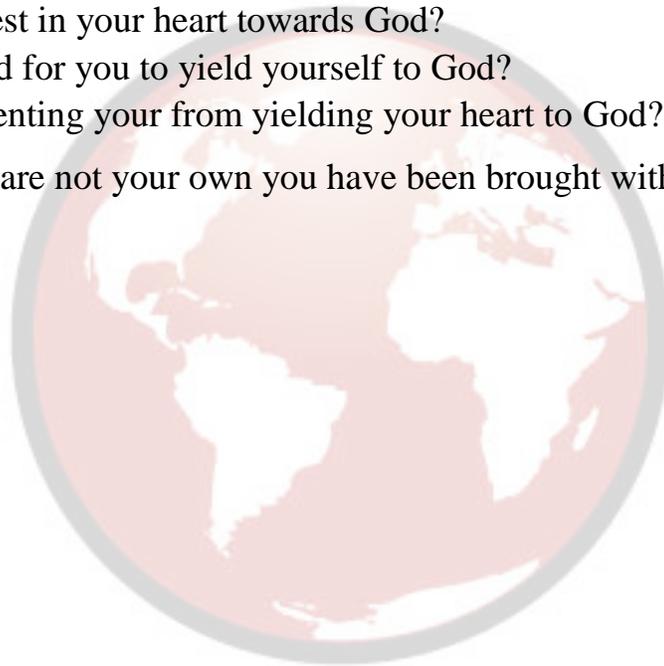
1 Corinthians 3:8

Now He That Planteth And He That Watereth Are One: And Every Man Shall Receive His Own Reward According To His Own Labour.

Ask yourself these questions and then answer honestly.

1. Who owns your heart?
2. Have you given God your heart?
3. Are you honest in your heart towards God?
4. Why is it hard for you to yield yourself to God?
5. What is preventing your from yielding your heart to God?

Think about it, you are not your own you have been brought with a price so give God your heart.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 17 - Jesus Gave All Of His Blood

The only way that God had to get you and to redeem you back to Himself was that He had to become human. He then had to give up that human life which was the blood, to provide salvation. The blood of Jesus is a gift from God, it is the only thing that could keep you out of hell and eradicate all sins. Before the foundation of the world and even before man was made it was established that Jesus Christ would give up His blood. The shedding of blood made salvation possible.

However salvation is just the beginning. You will have to give up all. God is calling for those that receive Him to give up all because He gave up all of His blood. The most important thing you should know and remember is that you were created for God's pleasure and not your own. He owns you. You were brought with a price and you must die to your ways. We die to our ways, to our ideas, and to our way of doing things daily as we submit to The Word of God. The Word of God is the will of God, and the will of God is a gift. As you yield to the Holy Ghost and meditate on The Word of God, The Word of God will grow in your mind until you have the mind of Christ.

**Rev 4:11 Thou Art Worthy, O Lord, To Receive Glory And Honour And Power: For Thou Hast Created All Things, And For Thy Pleasure They Are And Were Created.**

**St Matthew 24:35 Heaven And Earth Shall Pass Away, But My Words Shall Not Pass Away.**

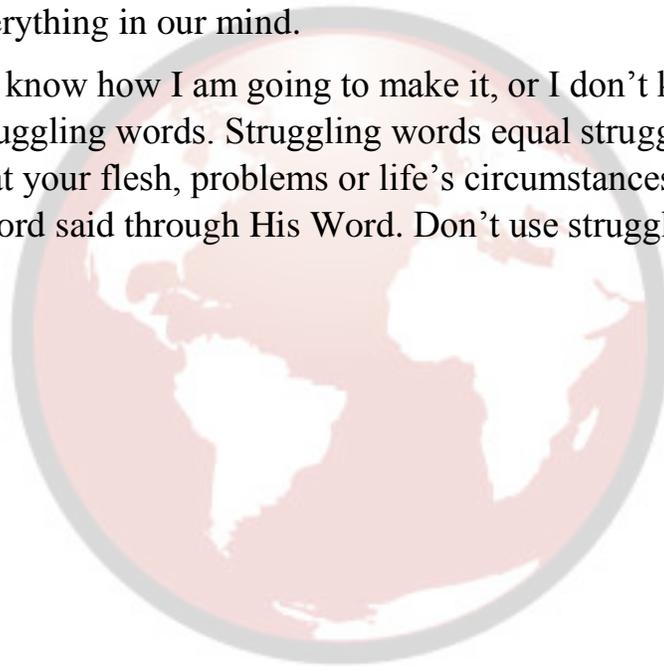
You must know that God's word is the answer for everything. All that God is, is in His word. And inside of The Word of God is everything that we need. So take The Word of God as is.

**Psalms 1:1-2  
Blessed Is The Man That Walketh Not In The Counsel Of The Ungodly, Nor Standeth In The Way Of Sinners, Nor Sitteth In The Seat Of The Scornful. But His Delight Is In The Law Of The LORD; And In His Law Doth He Meditate Day And Night.**

Study the Word of God to familiarize yourself with the Lord and His abilities. The more of God's word you think on and rehearse the further along and the less jittery you will be. God will become more of a reality to you and you will become more receptive to the things of the Lord.

God travels through your mouth, so don't let the devil control it. Say what you hear from the Bible and become that. No matter how tired you are you have to speak The Word of God with your mouth. Understand that the devil knows all it takes is a Word from God, so he tries to keep us worldly oriented. It is his job to test us. That is why everything we experience should be checked by The Word of God. Because as saints we do not need to question our existence or our circumstance we go to The Word of God for the answer. When we do, the Lord will give us His word to finalize everything in our mind.

Words like "I don't know how I am going to make it, or I don't know what I am going to do" are struggling words. Struggling words equal struggling lives. So stop telling yourself what your flesh, problems or life's circumstances are saying, tell yourself what the Lord said through His Word. Don't use struggling words.



# It's getting better all the time!

## MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 18 - Do You Know Who You Are?

Can you answer that question by The Word of God? Do you understand Jesus inside of you?

Do you know who you are? Well let me tell you, you are the righteousness of God in Christ Jesus! And as a saint of God you were born a perpetual winner whether you believe it or not.

11 Corinthians 5:21

For He Hath Made Him To Be Sin For Us, Who Knew No Sin; That We Might Be Made The Righteousness Of God In Him

Unfortunately, a lot of people don't believe in themselves so they don't believe in Christ and then there are other people who lose confidence because they don't believe the Word in them. But the scripture says that we can do all things through Christ Jesus which strengthens us, we just have to get out of the way.

Philippians 4:13

I Can Do All Things Through Christ Which Strengtheneth Me

It's important for you to study the Christ in you because that's where your confidence will be, and that has to be your attitude. Your attitude (position of the body as suggesting some thought, feeling or action, inward working, state of mind) must reflect confidence in God.

You see the Lord has not called you just to be human but God has called you to be a supernatural being living in a body. He has called you to reflect His glory.

So tell yourself who God says you are and get Godly confidence. Don't worry, anything God gets glory out of He will protect.

The Lord is in love with you eternally, but many of you do not appreciate the Lord like He appreciates you. You are reluctant in giving over to Him all the way, especially at home. At home you have other things like carnal TV and conversations to take the Lords' place and this should not be. The home should be highly anointed.

But no matter what, love the Lord and take on His confidence. You are not on a dead end street. Start thinking within the realm of your rights. You have a right to healing, salvation, peace because it was given to us by Jesus Christ.

St John 10:10

The Thief Cometh Not, But For To Steal, And To Kill, And To Destroy: I Am Come That They Might Have Life, And That They Might Have It More Abundantly.

The key, however, is living to bless Him in all that we do, remember we were created for His glory not the other way around.

Revelation 4:11

Thou Art Worthy, O Lord, To Receive Glory And Honour And Power: For Thou Hast Created All Things, And For Thy Pleasure They Are And Were Created.

Philippians 4:13

I Can Do All Things Through Christ Which Strengtheneth Me.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 19 - Is Your Flesh Holding You Up?

The devil lives in your flesh and when you are in the flesh he is using you. You see he enjoys taking over because it vexes God. That is why God's truth must penetrate our carnal (worldly) mind and thoughts. As Christians we need to fall out of love with our flesh, those passions and desires that are contrary to The Word of God. We need to come against the flesh, not love it. We can't let our flesh hold us up.

Colossians 3:1-3

If Ye Then Be Risen With Christ, Seek Those Things Which Are Above, Where Christ Sitteth On The Right Hand Of God. Set Your Affection On Things Above, Not On Things On The Earth. For Ye Are Dead, And Your Life Is Hid With Christ In God

The part of you, known as your flesh which is contrary to The Word of God, will teach you how to disobey God. Your flesh will cause you to use your human reasoning, when it comes to the things of God. The problem is that human reasoning makes you hear the Word but not do it because you have to evaluate what you hear through the flesh realm and try to figure it out. But the flesh has been educated to figure things out without praying, that is why you cannot trust your flesh. You have to make the flesh line up with The Word of God not the other way around.

How? By preaching The Word of God to your carnal mind. The carnal (worldly, spiritual) part of the mind can be activated by what you see or hear. So as the flesh (those desires contrary to The Word of God) speaks to you, you speak to it.

You need to train your will with The Word of God. You must deny and sanctify yourself in order to keep God's will working in you. You have to believe that you cannot trust your flesh and that you need the Lord. Child of God, until you neutralize your will, there will be no anointing.

The key here, is selling out to God completely. God cannot lead you if you will not let Him. If you are holding onto carnality in your flesh, you will experience stagnation spiritually. So you have to watch what is growing in you spiritually. If

you do not stay in The Word of God or if you “ease down” on the flesh for a second, the world will creep in, and you will jump into the flesh.

What does it mean to “ease down” on the flesh? You “ease down” on the flesh when you stop using The Word of God. Remember the flesh and spirit are in conflict. We have to use The Word of God and die to our flesh daily. When you find a child of God that is really anointed of God, you have found one that has stopped fighting and is allowing The Word of God to sanctify their flesh.

The flesh is the unsaved part of us that caters to the appetites and impulses of the carnal nature, it is the will without God. The flesh houses our unbelief and causes us to be stubborn and rebellious to the will of God.

Stubbornness in the flesh prevents us from growing in grace and being filled with the Holy Ghost. But you grow in grace by denouncing your flesh. You grow in grace by denouncing your negative ways. When you get rid of your ways and hear Jesus you will get filled and when you keep on hearing Jesus you will stay filled.

**Romans 8:6-8**

**For To Be Carnally Minded Is Death; But To Be Spiritually Minded Is Life And Peace. Because The Carnal Mind Is Enmity Against God: For It Is Not Subject To The Law Of God, Neither Indeed Can Be. So Then They That Are In The Flesh Cannot Please God.**

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 20 - No victory

The devil wants to kill your faith, your enthusiasm and ability to enjoy living. That is why you do not get victory in certain areas because you count defeat instead of counting it all joy. If you let it, your flesh (those ideas that are contrary to The Word of God) will take the joy of the spirit from you. So never trust your flesh, don't allow it to stop you. You must know that God is in control and see the need to do things God's way.

As long as you live there is always going to be something in the flesh (your ways and ideas) that you will need to get rid of. But the spirit of God, if you will allow it, will neutralize the flesh (your ways and ideas that are not like God). You just have to confess those ideas and thoughts that are ungodly. If you have a habit you cannot break, keep it before the Lord. God will work with you.

You just have to tap into and walk in the spirit. Let the Spirit of God be the controlling force of your life. Remember, if you sow (to the deeds of the flesh by protecting it), you will in the end, reap corruption or death (spiritual and natural).

Galatians 6:7-8

Be Not Deceived; God Is Not Mocked: For Whatsoever A Man Soweth, That Shall He Also Reap. For He That Soweth To His Flesh Shall Of The Flesh Reap Corruption; But He That Soweth To The Spirit Shall Of The Spirit Reap Life Everlasting.

Romans 8:13

For If Ye Live After The Flesh, Ye Shall Die: But If Ye Through The Spirit Do Mortify The Deeds Of The Body, Ye Shall Live.

Galatians 5:16-18

This I Say Then, Walk In The Spirit, And Ye Shall Not Fulfil The Lust Of The Flesh. For The Flesh Lusteth Against The Spirit, And The Spirit Against The Flesh: And These Are Contrary The One To The Other: So That Ye Cannot Do The Things That Ye Would. But If Ye Be Led Of The Spirit, Ye Are Not Under The Law.

## Lesson 21- Fruit of The Spirit

When looking at a watch you will see that the second hand will move until the hour changes, but God's love will never change. The fruit of love is more consistent than the second hand on a watch. The fruit of the spirit is what God built the church with, with special emphasis on love. Love can conquer anything to include fear. Hatred, malice and strife cannot go where love can go. Love, not that we loved Him but His love for us, is the fruit that God used to draw us. ***"FOR GOD SO LOVED THE WORLD, THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHOSOEVER BELIEVETH IN HIM SHOULD NOT PERISH, BUT HAVE EVERLASTING LIFE."*** ***ST JOHN 3:16***

Your future is in love (God's love for you.) Your future is not in the president. Your future is not in your flesh (ways and thoughts contrary to God). Your future is in Jesus Christ! So whatever tomorrow brings love can handle it. Tomorrow, with its trials and tribulations, is afraid of love. For love can handle everything the devil has to offer.

If you take a look at an apple, you will find a seed in the middle of it. The strength of that apple is the seed. That seed brings forth the fruit and yet it is the smallest part of the apple. St John 3:16 is the seed and it was revealed and manifested in the coming of Jesus Christ. This scripture is the center of The Word of God and the foundation of God's mind.

Love is the strength of the church and there is nothing in salvation any stronger than God's love. The love of God is the seed that brings forth everything else. The greatest gift God is giving you is himself. And He is so big that He has been giving out a part of Himself to every living person since Adam and still has enough for every living person to come.

God breathed the breath of life into man and He became a living, breathing soul. God made our bodies first and then He took a part of Himself (His breath) and breathed into us. The breath that God breathed into man is the part of man that is eternal and will return to God upon death of the body. The breath that God gave is life. As Christians the breath that God breathed in us is faithful to keep us in all our ways and will perform that which was started in us even unto the day of Jesus Christ.

Remember that the body is only dust of the ground. Upon the death of the body, the devil takes what belongs to him and God takes the spirit which belongs to Him. Even if a person doesn't serve the Lord, the Lord gets His breath (spirit) back but the devil

gets the soul to torment forever.

The breath that God gave us, which is eternal, has potential for eternal salvation. Potential? You must choose salvation. You are a free will moral agent, and the choice you make will affect you forever.

Romans 10:9-10

That If Thou Shalt Confess With Thy Mouth The Lord Jesus, And Shalt Believe In Thine Heart That God Hath Raised Him From The Dead, Thou Shalt Be Saved. For With The Heart Man Believeth Unto Righteousness; And With The Mouth Confession Is Made Unto Salvation.

Gen 2:7

And The Lord God Formed Man Of The Dust Of The Ground, And Breathed Into His Nostrils The Breath Of Life; And Man Became A Living Soul.

Notice in the above scripture the comma after the words “the ground.” Man had no soul, no spirit or power until the Lord breathed into him. All the power was behind the comma. It took the breath of life which was found in God for him to become a living being. God breathed into Adam and that breath has been operating in every living creature since then. But just like God breathed life into our bodies He will breathe into your dead situation, your wavering mind and weary soul. You see God does not ever want you to operate without His instructions. So if you have a problem or situation present it to the Lord. The power is behind the comma.

Galatians 5:22-23

But The Fruit Of The Spirit Is Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Meekness, Temperance: Against Such There Is No Law.

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 22 - Living In The 6<sup>th</sup> Sense

Our attitude is subject to our thoughts/circumstances and is filtered through our five senses and or natural feelings and thoughts. We receive our education about life through the operation of our five senses. However as Christians we cannot forget that we have access to another sense and that sense is the sixth sense or the Spirit of God. The 6<sup>th</sup> sense makes us adopt a Godly attitude and think like Jesus Christ in all aspects of our lives.

St. John 8:29

And He That Sent Me Is With Me: The Father Hath Not Left Me Alone; For I Do Always Those Things That Please Him.

The sixth sense allows us to talk like Jesus Christ and to be mindful of Him and His grace towards us. The 6<sup>th</sup> sense (faith) gives us the power to believe God no matter what our five senses may be telling us.

Worldly knowledge or education can be deceitful and cause us to act outside of God. For example, we can look at a situation through our five senses (education) and declare “I don’t have any money” and forget God told us that He would supply all of our needs. Where are you getting your education from the Spirit, or from what you hear or think outside of God? We cannot use our education (thoughts outside of God) to rightly judge a situation. Our education outside of God is corrupted and diluted with what we think, feel and believe.

St. Mark 11:24

Therefore I Say Unto You, What Things Soever Ye Desire, When Ye Pray, Believe That Ye Receive Them, And Ye Shall Have Them.

Proverbs 23:7

For As He Thinketh In His Heart, So Is He.

Our thoughts are really what we live by. That is why our thoughts must be based on The Word of God. The more we meditate on The Word of God the more The Word of God will grow in our minds until we are filled with the mind of Christ. But as saints of God we not only need His Word but we must have His spirit to go along with the Word.

St John 6:63

It Is The Sprit That Quickeneth; The Flesh Profiteth Nothing: The Words That I Speak Unto You, They Are Spirit, And They Are Life.

Romans 8:9

But Ye Are Not In The Flesh, But In The Spirit, If So Be That The Spirit Of God Dwell In In You. Now If Any Man Have Not The Sprit Of Christ, He Is None Of His.

Romans 8:14

For As Many As Are Led By The Spirit Of God, They Are The Sons Of God.

1 John 5:7

For There Are Three That Bear Record In Heaven, The Father, The Word, And The Holy Ghost: And These Three Are One.

Galatians 5:22-23

But The Fruit Of The Spirit Is Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Meekness, Temperance.

It is with the fruit of the spirit that we must discern the scriptures by. It does not matter what we think about a situation, it only matters what God has said in His Word.

When you hear God what do you use to hear Him with? Do you filter The Word of God through your feelings or the situation you are going through? Or do you discern Him with love or one of the other fruit of the Spirit? When you discern the scriptures by the Spirit (the fruit of the spirit) you can feel the worth of God. So whenever you are faced with something judge it with the fruit of the Spirit. The fruit of the Spirit is what we as Christians should live by and allow to guard our emotions.

The Fruit of the Spirit will pull guard duty on your mind. To “pull guard duty” means to provide around the clock 24 hour protection to something or someone. The guards may change but the duty is never interrupted. Well, the Fruit of the Spirit will pull guard duty on us. Depending on the situation we are facing, the Fruit of Peace will guard our minds. Other times Longsuffering will take over but at no time are we left without access to the Spirit of God and the Fruit of the Spirit. The power to rule your life is in the realm of the Spirit through The Word of God.

## Lesson 23 - Perfect Will

The Lord Jesus Christ has a good and perfect will for our lives, but we have to contend with both the devil and our ways as we attempt to walk in God's perfect will. So we must know the difference between the Lords will, our will and the will of the devil.

Take a look at that trial that you are currently facing. Do you know who is causing that trial? Is it God, the devil or is it a result of your ways? When you know who is causing your trial you can skillfully direct The Word of God at its source. Why seek the Lord for a financial miracle to pay a credit card bill when what we really need is to ask the Lord for power to stay out of the shopping malls and temperance when spending money.

God has designed our mind to think His thoughts. The mind is the control tower. The mind which is a container for our brain is a vehicle through which thoughts come. You have to know how to protect it, to stay God conscience and fortify your mind. So meditate, pray and read The Word of God, let it get inside of you. God's mind is His word and He yields only to that. And there is never a time the Lord is reluctant in yielding to His Word. We must think thoughts based on The Word of God. The Word of God can be trusted to control our lives so we must use it.

**St John 1: 1-4**

**In The Beginning Was The Word, And The Word Was With God, And The Word Was God. The Same Was In The Beginning With God. All Things Were Made By Him; And Without Him Was Not Any Thing Made That Was Made. In Him Was Life; And The Life Was The Light Of Men.**

**Philippians 3:5**

**Let This Mind Be In You, Which Was Also In Christ Jesus.**

We are controlled by words. And our behavior consists of the words that we have inside of us, whether they are words of life or words of death. When we allow the flesh to control our minds we are a prone candidate for the devil and devilish thoughts. So use The Word of God do not live after the flesh.

Romans 12:2

And Be Not Conformed To This World But Be Ye Transformed By The  
Renewing Of Your Mind, That Ye May Prove What Is That Good, And  
Acceptable, And Perfect, Will Of God.

Romans 8:13

For If Ye Live After The Flesh, Ye Shall Die: If Ye Through The Spirit Do  
Mortify The Deeds Of The Body, Ye Shall Live.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 24- Why am I holy?

Heaven is a prepared place, for prepared people, and you're not just going to get there "anyhow." You can't live a sinner and die a Christian. I'm here to tell you, "so shall you live, so shall you die." You can't live one way and die another way! You have to be holy.

But everybody that says they are holy are really not holy. Somehow it just go to be a fad word for some people. Holiness is a standard of life, the way God wants us to live. Holiness is not a denomination. Holiness is the nature of God. The Holy Ghost is a He, and He comes to get in you. The Holy Ghost comes to change our personalities, change our attitudes, change our nature and place the nature of God within us.

Leviticus 11-44

For I Am The LORD Your God: Ye Shall Therefore Sanctify Yourselves, And Ye Shall Be Holy; For I Am Holy: Neither Shall Ye Defile Yourselves With Any Manner Of Creeping Thing That Creepeth Upon The Earth.

Hebrews 12:14 Follow Peace With All Men, And Holiness, Without Which No Man Shall See The Lord.

Your job is to sanctify yourself, to separate yourself from sin. Pray, cry all you want but until you separate yourself God cannot fill you with the Holy Ghost.

What's happening in our church world is people are getting hung up on feelings, and not on the real things that are needed to make them "be" good when they "feel" good. It's one thing to feel good and it's another thing to be good. For example you can smile, shout and feel good on the inside but because you have not allowed the Spirit to change your heart all you have is a feeling. The topic is why I am holy? I am holy because God is holy. What about you?

## Lesson 25 - Is Your Life Pleasing God?

When you accept The Word of God, you must denounce your own will and you must understand that there are no “butts” in God. When we use the word “but” we are saying, “I know God says so and so “but” there is another way. No you must believe God in total submission to His will. The name of Jesus deserves all of your obedience.

What goes with the name of Jesus? Total commitment. Jesus went so far that He died for you. No man could take His life, He laid it down. Now it is up to you. Lay down everything that’s not like God and submit to Him totally. Do not rely on what you know.

### 11 Corinthians 10:3-6

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; And Having In A Readiness To Revenge All Disobedience, When Your Obedience Is Fulfilled.

What you know without submission to Jesus Christ will be corrupted with your flesh and you will not have any real fellowship with Jesus vertically or horizontally. So ask God to show you where you are weak at in the area of submission to Him, confess where you are. You have to tell God in English (not your prayer language) what’s wrong with you. God can’t lead you if you won’t let Him or if you are not honest.

### 1 John 1:9

If We Confess Our Sins, He Is Faithful And Just To Forgive Us Our Sins, And To Cleanse Us From All Unrighteousness.

Unfortunately, unbelief will prevent you from submitting to God. Unbelief is a counterfeit belief system that is contrary to the Word of God. Unbelief in the flesh resents the truth found in The Word of God. So if you have been using unbelief (any thought contrary to The Word of God) for a certain amount of time you have to pray it out of your spirit. For example, God told you that He would never leave you but unbelief tells you that He will. Your flesh joins in by bringing to your remembrance all of the people who left you and treated you bad. This image reinforces the feelings of sadness and the thoughts of unbelief. Even when you

read The Word of God or when someone tries to encourage you, you reject it because your flesh is so focused on maintaining the false feelings that no one loves you and reinforcing the belief that God is not with you. The bottom line, if you don't use The Word of God on your unbelief it will take you away from God.

Please understand that there is a power in the flesh man to make you forget who God is and that power is your will. Your will tells you that you don't need God and it can cause you to complain about your circumstances. When your will is being enforced by what you see or what you feel outside of The Word of God it decreases your gratitude and praises. Your will can keep you so focused on the natural that you can forget the spiritual.

The flesh will try to bring The Word of God down on its level. However, we need to take The Word of God as is. You can't take natural knowledge and make it fit into biblical knowledge. When people look at what God said and at what the devil or the world is saying at the same time their minds become unstable. Believing one day and doubting the next is not in the will of God. In the natural you are able to figure things out but in the spiritual you have to believe. You have a choice, you can submit to God or use your natural education and submit to the world.

**James 4:7-8**

**Submit Yourselves Therefore To God. Resist The Devil, And He Will Flee From You. Draw Nigh To God, And He Will Draw Nigh To You. Cleanse Your Hands, Ye Sinners; And Purify Your Hearts, Ye Double Minded.**

A whole lot of natural education (education either formal or informal) that is not submitted to God can invade salvation (death, burial, resurrection, joy of loving God and being submitted to His will) if you let it. Saints, you cannot enjoy Jesus knowing too much and analyzing your problems without The Word of God. If you do, you will become more focused on the things of this world and the system in which we live as opposed to the answer that is found in Jesus.

So take dominion over everything that tries to take the place of God in your life. When you begin to see things contrary to The Word of God you need to pray to keep those feelings under your flesh. We have to dictate to the flesh with The Word of God and not let it control us. As the flesh speaks to you, you speak to the flesh. Make it line up with The Word of God. Keep speaking The Word of God and don't worry about how long things seem to be taking.

11 Corinthians 10:5-6

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; And Having In A Readiness To Revenge All Disobedience, When Your Obedience Is Fulfilled.

Some folks think they have to stop doing something before they can get saved or get blessed. All you have to do is want to give up your attributes and ways that are not like God. Just yield yourself to what God is saying in His Word and God will work it out and will conform you to His image. God is saying when you want to stop doing a thing that's when I am going to move on you.

Proverbs 23:7

For As He Thinketh In His Heart, So Is He.

St John 15:5

I Am The Vine, Ye Are The Branches: He That Abideth In Me, And I In Him, The Same Bringeth Forth Much Fruit: For Without Me Ye Can Do Nothing.

God has faith for us until we get to the point where we can see what He sees. However, we have to spend time with the Lord to get enough confidence to believe Him. You see your confidence in God plays a great part in your spiritual life. If you don't have confidence in God it will limit the heights you go in Him.

As a man thinketh in his heart so is he. The more you think on the change, the more you will change. Don't focus on your faults or problems all that does is make them bigger. God does not wait for you to see something He just waits for you to think it. Saints, your mind in subjection to God is a powerful thing.

Proverbs 23:7

For As He Thinketh In His Heart, So Is He: Eat And Drink, Saith He To Thee; But His Heart Is Not With Thee.

## Lesson 26 - What is Prayer?

Prayer is communing with God. It is talking with God and letting Him talk to you. Prayer is adoring Him, letting Him know all day long that He is the best thing that ever happened to you. Prayer is a love story between God and man; it is God's feeling about everything.

Why was man created?

Prayer develops the relationship that man was created to have with God. It gives you a divine mind which is necessary to control the way you think.

Prayer warriors

Are you a prayer warrior? Prayer warriors depend on the Holy Ghost to lead them. Prayer warriors believe God for what He says. They are dumb to unbelief, they do not know how to doubt. Prayer warriors live by faith and they believe that no weapon formed against them will prosper. Prayer warriors don't complain or find fault. They count it all joy! When prayer warriors go to God in prayer they talk to Him based on how He sees the situation through His word. Prayer warriors begin their prayer by bragging about who He is and about what God has already taken them through.

1 JOHN 3:22

AND WHATSOEVER WE ASK, WE RECEIVE OF HIM, BECAUSE WE KEEP HIS COMMANDMENTS, AND DO THOSE THINGS THAT ARE PLEASING IN HIS SIGHT.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 27 - The Two Are Not Equal

Gen. 2:12 reveals what God is like...all TRUTH and Gen. 3:4 deals with what the devil is like..a LIE.

The word witchcraft can be defined as a lie, unbelief, extraordinary influence, sorcery or trickery. And witch craft is what the devil worked on Adam and Eve in the Garden of Eden. He captivated Adam and Eve and when he did he left them believing a lie. When they believed what the devil said and disobeyed God they in essence fell under the spirit of witchcraft and turned against God. Satan talked loud enough to get the attention of Adam and Eve and he came after God had left. He used his voice to captivate them just like he tries to get our attention and captivate us today through the things we experience.

1 Samuel 15:23

**For Rebellion Is As The Sin Of Witchcraft, And Stubbornness Is As Iniquity And Idolatry. Because Thou Hast Rejected The Word Of The LORD, He Hath Also Rejected Thee From Being King.**

Listen the Devil knows how to get our attention. He is the master/creator of subtlety (cunning, crafty, sly).

To be captivated means to be held irresistibly by some special charm or art. Well, when we take our thoughts off what God said and begin to meditate on our problems, we are captivated by them.

And just like Adam and Eve when we believe our situations rather than The Word of God, we are believing the lies of the devil and turning against God. When we turn against God we are operating in stubbornness and rebellion. When this happens our problems and situations have our attention, not God and His word.

And when we are not using The Word of God we are using witch craft or deceitful ideas.

Understand that the enemy is the master of deception. He could never have convinced Adam and Eve to believe a lie, if he had told them who he was. So he had to camouflage himself and he used God's word to do it. He got into God's Words and twisted them. And he is still twisting God's word and camouflaging himself today. For example, he will tell you that God forgives all sin but then make you think that your sin is so bad that you can't repent and keep you living in fear

and guilt. So in essence, you are walking around believing that God forgives but that God can't forgive you. Please know that the devil is calculating and always has a plan. And that plan is to kill, steal and destroy your faith and the plan of God for your life.

### Genesis 3:1-5

Now The Serpent Was More Subtle Than Any Beast Of The Field Which The LORD God Had Made. And He Said Unto The Woman, Yea, Hath God Said, Ye Shall Not Eat Of Every Tree Of The Garden? And The Woman Said Unto The Serpent, We May Eat Of The Fruit Of The Trees Of The Garden: But Of The Fruit Of The Tree Which Is In The Midst Of The Garden, God Hath Said, Ye Shall Not Eat Of It, Neither Shall Ye Touch It, Lest Ye Die. And The Serpent Said Unto The Woman, Ye Shall Not Surely Die: For God Doth Know That In The Day Ye Eat Thereof, Then Your Eyes Shall Be Opened, And Ye Shall Be As Gods, Knowing Good And Evil.

The Devil had premediated and planned how he was going to fool Adam and Eve. And he premediates and plans how to deceive us as well. One way the Devil deceives us is to get us to not keep our minds on The Word of God and the Lord Jesus Christ.

When we are not focused on the Word, God in a sense has left the scene of our minds. When this happens we go around saying things like "I don't know how I am going to make it" and we forget that God told us that He would be with us. We say things like "I don't know how I am going to pay that bill" and forget that God said He would supply all our needs. Bottom line, if you tell yourself that you can't make it, you are using witchcraft ideas without even realizing it. Because with Jesus Christ you can make it!

You don't want to become immune to witchcraft (lies of the devil) thoughts. So use the Word of God to challenge those thoughts and feelings that are contrary to The Word of God. He can keep you in perfect peace no matter what is going on around you.

### Isaiah 26:3

Thou Wilt Keep Him In Perfect Peace, Whose Mind Is Stayed On Thee: Because He Trusteth In Thee.

Please understand that when the devil lied to Eve he had a vision and a plan. He wasn't only after Adam and Eve, he was after the seed. He saw graveyards and people dying. The devil wanted to kill the family then and he still wants to kill the family now. The devil gets a thrill out of looking around and seeing people suffering and killing.

Oh yes, the devil saw a lot in his vision but he did not see a man named Jesus. The Devil thought that he had man, but God pulled Jesus out of His bosom. And what Adam gave away the Lord brought back. But not only did Jesus come, He came with restitution.

### 1 Corinthians 2:7-9

But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory: Which none of the princes of this world knew: for had they known it, they would not have crucified the Lord of glory. But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

### John 10:9-10

I Am The Door: By Me If Any Man Enter In, He Shall Be Saved, And Shall Go In And Out, And Find Pasture. The Thief Cometh Not, But For To Steal, And To Kill, And To Destroy: I Am Come That They Might Have Life, And That They Might Have It More Abundantly.

The creator of the universe started off with nothing but truth, and behind Him came the devil working witchcraft by educating man in how to twist Gods Word and to believe a lie.

Education is a wonderful thing but education that excludes Jesus Christ or any thought or feeling that leads to unbelief is a lie. Any feeling or thought that is not of faith is unbelief and the Devil has a plan for all unbelievers.

The alphabets were originally designed in the Garden of Eden to create words and to generate truth. But witchcraft in the form of Satan got into man's learning and caused him to rearrange his words against God.

God had already told Adam and Eve that if they ate they would die, but the Devil came behind Him and said they would not. Did God lie? No, man has been dying both spiritually and naturally ever since.

Genesis 3:1-5

Now The Serpent Was More Subtil Than Any Beast Of The Field Which The LORD God Had Made. And He Said Unto The Woman, Yea, Hath God Said, Ye Shall Not Eat Of Every Tree Of The Garden? And The Woman Said Unto The Serpent, We May Eat Of The Fruit Of The Trees Of The Garden: But Of The Fruit Of The Tree Which Is In The Midst Of The Garden, God Hath Said, Ye Shall Not Eat Of It, Neither Shall Ye Touch It, Lest Ye Die. And The Serpent Said Unto The Woman, Ye Shall Not Surely Die: For God Doth Know That In The Day Ye Eat Thereof, Then Your Eyes Shall Be Opened, And Ye Shall Be As Gods, Knowing Good And Evil.

A person who practices witch craft (any thought, feeling or behavior that is against God's word) is bewitching themselves and is in rebellion. And rebellion is as the sin of witchcraft. Listen when we do not believe God's word, we are in rebellion.

1 Samuel 15:23

For Rebellion Is As The Sin Of Witchcraft, And Stubbornness Is As Iniquity And Idolatry. Because Thou Hast Rejected The Word Of The LORD, He Hath Also Rejected Thee From Being King.

So if a witchcraft idea hits you do you know what to do with it? Tell yourself the truth. And the foundation of all truth for everything thing we face is The Word of God. Also please avoid the following bewitching ideas:

1. Do not think about God until you come to the Lords house.
2. Do not read your bible until the preacher opens his or hers on Sunday.
3. Make excuses for your behavior by saying "I am not perfect" when The Word of God in you is perfect.
4. Do not use The Word of God.
5. Think that God really does not want you to have what His Word says.

The devil is evil do not trust yourself. Trust the Lord.

## Lesson 28 - Steps To Maintaining The Victory

In going through your tests it's important that you don't quote what the devil has to say. When we quote his words i.e., "I don't know how I am going to make it" or "I don't know how that bill is getting paid" then we are hooked. And when we use his words we take on his spirit. So we must say what the Lord is saying through His Word at all time. Other keys are listed below:

### Don't use worry but use thanksgiving

Worry means to be uneasy in the mind or to feel anxiety about something. When you begin to worry you have taken your eyes off of Jesus. You are not using the bible but leaning to your own understanding. Worry is demonically inclined and is not in the vocabulary of faith. So use thanksgiving it keeps the devil (thoughts and feelings that are contrary to The Word of God) at bay. And it keeps the cares of the world from chocking you.

### Do not be in a hurry

There are some Christians who pray and then hold God to their fleshly timing and become anxious. But God has an appointed time for everything and His timing is always peaceable not anxious. He will send His power at the right time so just relax in Him. The key here is to be baptized or immersed so far into the Holy Spirit that when trouble comes we don't even feel it.

### Do not give into your thoughts

Whatever you are thinking will impact how you feel and behave. Thoughts, feelings and behaviors go together. So when you give into thoughts that generate fear, doubt and worry you can't go any further, your behavior is controlled by those thoughts. When you are using words that foster unbelief you are depending on the power of unbelief. Faith and unbelief do not mix.

Listen your insufficiencies or problems can't tell you anything except what it knows. For example your empty pocket can only tell and show you that it is empty. The bad report from the doctor can only report on what is there. But there is creativity in the Word of God. So let The Word of God do the talking. Say what God says until you come out of your situation.

### Do not focus on the trouble

Trouble is stationary, it is just a temporary road block but many of us forget that. God sets the road blocks in your path so you can overcome them and go higher and not give up. Please know that each test brings a blessing and as Christians we are

continually getting blessed. So you should pray and praise your way through your trials. When you praise Him, ways will be made.

**James 1:3 Knowing This, That The Trying Of Your Faith Worketh Patience.**

### Love God

The strategy of the devil is to talk loud and strong enough so that you will forget what God said, but keep loving God. When Satan in the flesh tells you something, Christ in the inner man has the answer. When we Love God in everything He will give us a revelation of the purpose or the strength to make it through.

### Compare and leave bad attitudes alone

Remember you are what God says you are and not what you feel. So compare your problem, feelings and thoughts to the greatness of your God and not to your abilities or what you think.

Listen, God has more investment in us than we do; He saved us for His name's sake. God wants to wash everything that is not like Him out of us. And He gives us "on the job training" through the things we go through in life to help accomplish this.

Every circumstance that you are experiencing is working to hurt the devil in your flesh, that part of you that does not want to submit to God's word. So what the flesh (ways contrary to God) calls a curse, the Holy Ghost calls a blessing. What makes the flesh mad causes the Holy Ghost to dance. God is in the process of pruning you so that you can bring forth much fruit.

### We think we are missing out

The fact is we have everything we are supposed to have and God wants us to appreciate Him for that.

### Do not give into hopelessness

When you feel all is lost and that life is hopeless, then you are a prime candidate for depression. You must remember as a child of God that you are not on a dead end street. Remember, all things are possible to him that believes.

**St Mark 9-23 Jesus Said Unto Him, If Thou Canst Believe, All Things Are Possible To Him That Believeth.**

## Lesson 29 - As He Thinks In His Heart

Proverbs 23:7

For As He Thinketh In His Heart, So Is He: Eat And Drink, Saith He To Thee; But His Heart Is Not With Thee.

Our behavior consists of the words that we have inside of us. Whether they are words of life or words of death, we are controlled by words. We think an average of seven thoughts a second. Based on those figures, in a years time, we would have thought about 219,971,200 thoughts. If you multiply that figure by 70 (70 years) you get fifteen billion, forty million, twelve thousand and eight hundred thoughts. Who is in control of those thoughts? The Lord or the Devil? Listen, God is in us and He wants our minds trained by Him. So seek God for control of your mind

Our minds were designed by God to carry His glory. So your quality of thinking should coincide with Gods character and His character never wavers. In short, your thinking should be based on The Word of God not on thoughts that are not in line with the Word of God.

The mind is designed by God to carry His glory. The mind is the control tower and you have to know how to protect it. If you say you love the Lord then you need a full time mind for the Lord. You must know how to stay God conscience and fortify your mind. So don't give into every thought. Protect your mind by using The Word of God.

### Fleece Your Thoughts

You do not have to use "your" thoughts because God has a Word for you on a continuous basis. So think about who is giving you those thoughts you are having. Are your thoughts drawing you closer to Jesus Christ or further away?

God's thoughts are thoughts of trust. When you look at the Lord through His thoughts (which is The Word of God) you can gather your thoughts and begin to see the Lord as He really is. So stop telling yourself what the flesh or your feelings are saying. Instead tell yourself what the Lord is saying though His Word.

Proverbs 3:5

Trust In The LORD With All Thine Heart; And Lean Not Unto Thine Own Understanding.

Understand that every thought you think affects you on an eternal basis. So guard your thoughts! Any thoughts that you think that are not controlled by God are

dangerous because those thoughts can lead you to engage in behaviors and feelings that are not in line with The Word of God. Please know that the devil tests what you think and your body acts on what you decide. So in order to be steadfast and unmovable in your behavior and thought pattern, you must copy after God and trust Him.

**1 Corinthians 15:58**

**Therefore, My Beloved Brethren, Be Ye Steadfast, Unmoveable, Always Abounding In The Work Of The Lord, Forasmuch As Ye Know That Your Labour Is Not In Vain In The Lord.**

Trust God by acknowledging His Word. When you acknowledge Him in all your ways you bless Him and you are saying to Him “Lord you are qualified in everything you do.”

**Proverbs 3:6**

**In All Thy Ways Acknowledge Him, And He Shall Direct Thy Paths.**

Controlling Our Thoughts

When you allow worry to dominate you, then you are uneasy and anxious in your mind. You are apprehensive and mistrustful. When you doubt, you are hesitating to accept The Word of God as true. You have taken your eyes off Jesus. When you have thoughts of doubt and worry, you are making fun of God and His power. When you doubt, your thinking is not in line with The Word of God and you are not thinking right.

Listen, just because you are saved does not mean you know how to think right or that it will be easy to do so. No, we have to turn loose of our old ways of thinking and this happens daily. You see many of us think based on how we were reared, not on The Word of God. So evaluate your self. When problems come up are you thinking more about the problem than about the answer which is in God’s word? Our adversary only kills, steals and destroys. But God gives us the answer which is life, and He does not want you to lose a second of the battle with thoughts of death in your thought pattern.

**St John 10:10**

**The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.**

## Use Thanksgiving

The Lord has brought the devil to obedience in you. But you have to stay within the realm of God's Word through thanksgiving. Thanksgiving keeps the devil at bay and it keeps the cares of the world from chocking you.

## Your Thoughts Need To Be Seasoned With The Word Of God

The health and strength of your mind depends on The Word of God in you. That is why you must soak your mind in The Word of God by reading it. But reading is not enough you have to become what the Bible says. The Word of God must be rehearsed over and over again in your thoughts, and you have to become what you hear in your mind.

You must be totally dependent on God's word to have a healthy mind. A healthy mind will make health to the rest of the body, a sick mind will make you sick.

Romans 12:2

And Be Not Conformed To This World: But Be Ye Transformed By The Renewing Of Your Mind, That Ye May Prove What Is That Good, And Acceptable, And Perfect, Will Of God.

Joshua 1:8

This Book Of The Law Shall Not Depart Out Of Thy Mouth; But Thou Shalt Meditate Therein Day And Night, That Thou Mayest Observe To Do According To All That Is Written Therein: For Then Thou Shalt Make Thy Way Prosperous, And Then Thou Shalt Have Good Success.

God has given us our minds to think His ideas and thoughts. He wants to use our minds to redeem the time, to buy back what the devil stole. There is no other gift more precious than your mind and the gift of thought. You are constantly being redeemed and repurchased in your mind as you rely on The Word of God.

## Walking In The Counsel Of The Ungodly

Psalms 1:1-3

Blessed Is The Man That Walketh Not In The Counsel Of The Ungodly, Nor Standeth In The Way Of Sinners, Nor Sitteth In The Seat Of The Scornful. But His Delight Is In The Law Of The LORD; And In His Law Doth He Meditate Day And Night. And He Shall Be Like A Tree Planted By The Rivers Of Water, That

**Bringeth Forth His Fruit In His Season; His Leaf Also Shall Not Wither; And  
Whatsoever He Doeth Shall Prosper.**

The Word of God must be rehearsed over and over again in your thoughts. You have to become what you read in your mind. The more you meditate on The Word of God the more The Word of God will grow in your mind until you are filled with the mind of Christ.

God wants you to prosper in your mind, heart and spirit but you are holding up your blessings by the way you think. You are walking in the counsel of the ungodly by yielding to ungodly ideas. So let those ideas go.

Your thought pattern must be built on the foundation of God's heart; which is The Word of God. So whenever you think something, evaluate it. If what you think does not glorify God, you do not need it. You were created to speak, act and think like God. So keep The Word of God in your mind! You are never to think less of yourself than God thinks of you. When you think less of your self than God thinks of you, you denounce Christ in you.

The Strategy Of The Devil

The strategy of the devil is to talk loud and strong through situations, thoughts and people that surround you and to make you forget what God said through His Word. The plan of the Devil is to cause us to forget about the creative ability of God that exists in every situation that we will face. Just when it looks like there is no way God can create a way for you. So don't Give up on God.

But child of God you are not just a planner but you are a co-creator by The Word of God. God has given you the power to think the devil out of your existence. If you stay within the boundaries of The Word of God, you can think yourself into perpetual deliverance! We can out think anything the devil has to throw at us. We can take the heavenly thoughts of God and rule.

**11 Corinthians 10:4-6**

**(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; And Having In A Readiness To Revenge All Disobedience, When Your Obedience Is Fulfilled.**

## A Crime Worse Than Death

The worse crime a child of God can commit is not to use The Word of God. For so long the devil has been discouraging us in our ability to think within our Godly rights. That's why we don't get victory in certain areas of our lives because we count defeat instead of counting it all joy. Yes the devil tests what we think but remember, we have the ability to think Gods thoughts. We are what God says; we are not what we feel or think outside of The Word of God.

Every time you do what God says, your mind is being changed from the world, yourself and the devil. And once we make our minds up, to include the Lord in on our thinking abilities; we as people of God can do anything God says we can.

So don't tell yourself anything God did not tell you through His word and don't make excuses for your feelings. Let The Word of God conform your feelings to it, not the other way around. Refuse to use any other words than The Word of God and let the spirit control your mind.

A spiritual mind brings quality to all aspects of your life but when you are allowing the natural mind to rule, you are not walking in the fullness of God's quality for your life. God has wonderful eternal thoughts for your life. And salvation is the door that leads you into God's mind and into those eternal thoughts. Living in His presence, reading the Word, prayer and studying will bring you even closer to Him.

**Jeremiah 29:11**

**For I Know The Thoughts That I Think Toward You, Saith The LORD, Thoughts Of Peace, And Not Of Evil, To Give You An Expected End.**

## The Man Within

The inward man lives on The Word of God, which is the answer for your life. So we as saints, do not need to question our existence or our circumstances. We can go to The Word of God for the answer.

Joy, praising and magnifying God are the keys. So instead of having an attitude about matters, you should have gratitude! When you get sad, loneliness comes in bringing with it questions. But the joy of the Lord is the power that's going to get you out of here and take you through what you are coping with. So you must think yourself happy with The Word of God. You should strive to become like His word in your mind.

Nehemiah 8:10 “For The Joy Of The LORD Is Your Strength”

God’s Word

God’s word is an extension of His character. And He sent His word so we could know what He is like. Remember Jesus in the wilderness after He had fasted 40 days? He told the devil what was written. He was able to do that based on what was in Him. The Word of God. What is in you? Is your character based on The Word of God?



It’s getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 30 - Saved? Now What?

Romans 10:9-10

**That If Thou Shalt Confess With Thy Mouth The Lord Jesus, And Shalt Believe In Thine Heart That God Hath Raised Him From The Dead, Thou Shalt Be Saved. For With The Heart Man Believeth Unto Righteousness; And With The Mouth Confession Is Made Unto Salvation.**

The desires of the flesh (those desires contrary to The Word of God) will resurrect themselves but don't get nervous, the Holy Ghost knows how to handle it. So if you have a habit you cannot break, God will work with you, just keep it before the Lord in prayer. When you pray your insufficiencies will be controlled by God because His grace is sufficient. But don't play around with the things, ideas and thoughts you used to have. If you begin to fool around in the spirit, then you are in danger of resurrecting the flesh.

You see the works of the flesh are held dormant by the Holy Ghost/Word of God, but it is a continual battle. So you must yield to the spirit and keep your flesh under subjection to The Word of God.

Sometimes we try to do good in ourselves and it doesn't work that is why you have to let the Holy Ghost take over your life. When the Holy Ghost takes over, the life of Christ will be manifested. So don't worry about what you will have to give up or about what you can't do. The process of going back to God is one of decaying, everyday little things will drop off. So don't protect the flesh, give it up to God. When the grace of God captivates you it automatically makes you obey the law and walk in grace.

Galatians 5:6

**For In Jesus Christ Neither Circumcision Availeth Any Thing, Nor Uncircumcision; But Faith Which Worketh By Love.**

Romans 8:13

**For If Ye Live After The Flesh, Ye Shall Die: But If Ye Through The Spirit Do Mortify The Deeds Of The Body, Ye Shall Live.**

God wants us to prosper in our minds, heart and spirit but we are holding up the blessing through carnality. Saints, God's truth must penetrate your carnal (worldly) mind and thoughts. When we are carnal we are walking in the flesh or those ideas and thoughts that are contrary to the Word of God. A fleshly mind is a satanic

mind and a mind that will keep us stagnated spiritually.

So when The Word of God comes to chasten or to kill your flesh do not get defensive instead see it as God leading you. He chastens those that are His. One definition of the word chasten is to restrain or to restrict. God will restrict you through the tests that you face so that you can stay focused on seeking Him. But the devil desires to steal the Word out of you and he will try to keep you worldly oriented so you can't focus on The Word of God. He wants us to think his thoughts and once his thoughts are in our mind he is in control. So rely on Jesus Christ, keep your mind on the Lord and do not walk in the flesh.

**St John 10:10**

**The Thief Cometh Not, But For To Steal, And To Kill, And To Destroy: I Am Come That They Might Have Life, And That They Might Have It More Abundantly.**

Remember your own will does not like you being saved. Your will, will make you feel like you deserve more and that God should cater to you. But we have to fit God's personality, He does not have to fit ours. We need Him more than He needs us.

**Romans 8:6-7**

**For To Be Carnally Minded Is Death; But To Be Spiritually Minded Is Life And Peace. Because The Carnal Mind Is Enmity Against God: For It Is Not Subject To The Law Of God, Neither Indeed Can Be.**

The devil is permitted to operate in us through our flesh and the only thing that moves him is The Word of God. So take The Word of God as law and do not allow other things to take its place. But please know that when you're seeking the Lord Jesus Christ, opposition will come but keep your mind on the Lord.

The devil will come at your weakest time and he desires to set you up for trouble. But The Word of God can handle anything he has to offer. God's Word is a Spirit that will get in you as you read and mediate on it. It is that Spirit that will stand up in you when you need it. And when you get The Word of God in your mind you can have what it says.

St John 1:1

In The Beginning Was The Word, And The Word Was With God, And The Word Was God.

1 Peter 2:2

As Newborn Babes, Desire The Sincere Milk Of The Word, That Ye May Grow Thereby.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 31 – Count It All Joy...Count It All Strength!

James 1:2

“My Brethren, Count It All Joy When Ye Fall Into Divers Temptation”

### TESTS

As Christians we need to learn to see God in everything even our tests. In every test there is a purpose and some of those purposes are listed and a couple are discussed below:

1. Attitude Correction
2. God might show forth his goodness. His Purpose
3. That saints might intercede for the people of God
4. Souls
5. Healing for the land

### ATTITUDE

Anytime we are faced with pressure or something we don't like the “real us” comes out and unfortunately the “real us” is not what God wants. God wants our feelings, thoughts and ways to be conformed to His. Are you mean? Are you irritable? Do you curse people out when things are not going your way?

Unfortunately for our flesh, sometimes we need a trial to bring our spirits in line with The Word of God. The timing of our trial can sometimes be determined by our attitude.

Attitude can be defined as the position of the body that displays your emotion and thoughts. Listen, some of you have bad attitudes. That is why you must have an attitude change about suffering and Gods purpose for it. See suffering as an opportunity to expose and to get rid of those attitudes in your life that are not like God. Suffering or challenges provides you with an opportunity to see what is working in you. When trials come up, you can see what type of hold the devil has on you by the way you respond.

God desires for us to go higher in Him but we can't do that in the flesh. So there must be a balance of both pain and pleasure in our lives and Satan tests that balance. Tests and our response to tests will expose and bring out of us everything that would limit us from going higher in the things of God.

You see the devil has a personal ministry in your salvation, he is God's servant. For example when the devil came to test Job, he could not attack Job on his own. God had to give him the permission and He was limited by the Word of God.

**Job 1:12**

**And The Lord Said Unto Satan, Behold, All That He Hath Is In Thy Power: Only Upon Himself Put Not Forth Thine Hand. So Satan Went Forth From The Presence Of The Lord."**

When Jesus was tested in the wilderness by the devil He responded to Satan using The Word of God. When we as Christians are in our own personal wilderness we need to be prepared to rebuke the devil with The Word of God, just as Jesus did. Every wilderness experience is an opportunity to glorify God.

The devil will test you with his words. And when we quote his words i.e., "I am stupid" or "I don't know what to do," then we are hooked on the words of the devil. When we use his words we take on his spirit and it brings in unbelief and sadness. Unfortunately whenever you allow yourself to become sad over a trial he pulls out circumstances to make you even sadder.

The devils words are words of doubt but God's words are words of faith. Irritability, anger, fear, worry and doubt are spirits that the devil operates in. As you meditate on those words you become weighted down and you begin to operate in those words as well.

When you allow your cares to weigh you down then the devil has a job. Satan's job is to test what is in us, but The Word of God will stand. That is why we must say what the Lord says through His word!

You have to use The Word of God to fight your will, that part of you that wants to do things contrary to God's Word and complain about your situation. That is the God fight of faith. Don't doubt the Lord you can trust Him. If you doubt the Lord, you are doing something that even the devil does not do and that is doubt The Word of God.

The devils desire is to steal The Word of God out of us, but faith gives us power to wait and trust God.

## GOD'S PURPOSE

God is after your mind and heart and the test is designed to bring that purpose to past. But please know that the things that you are confronted with are not aimed at you but at God in you, it is your faith that is being tried not you. God sends tests to try His own self (God in us). You just need to walk in faith and your faith will bring the blessing.

God has confidence in His word in you and He wants you to see that confidence as well. God will let things crumble in the midst of you but once He gets you to see Him, He turns the trial into a blessing.

The devil is sending everything God has given him to test us. Why can't you use everything God has given you to defeat him? Because there is nothing you will face that the Lord will not take you through. Everything you (saints) need is on the inside of you. So love Jesus Christ and walk in the Word and get the victory.

### TO OBTAIN VICTORY OVER OUR TRIAL

1. **DO USE THANKSGIVING** - Thanksgiving keeps the devil at bay and it keeps the cares of the world from choking us. Thanksgiving makes you consistent in the things of God, it keeps your flesh from working. When we thank God we are opening the door for God and closing the door on fleshly discernment. We are recognizing the fact that there may be things that we can't handle but the Lord can.

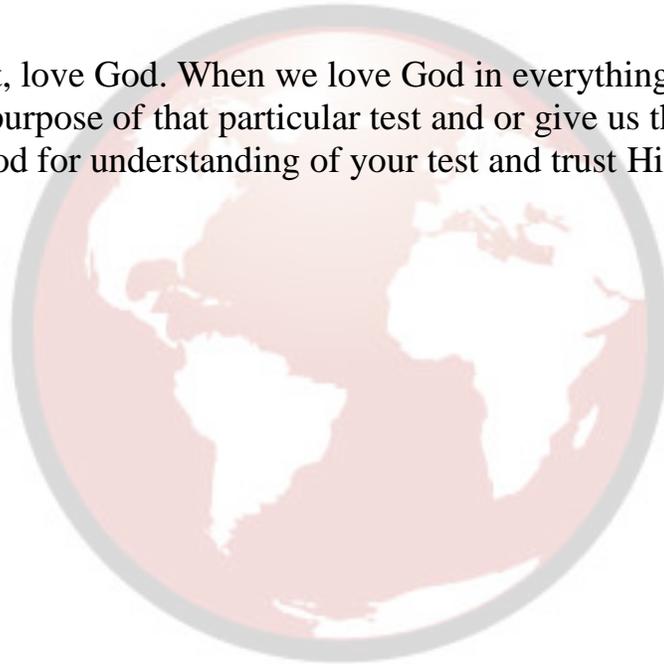
2. **DO NOT BE IN A HURRY** - We cannot pray and hold God to our fleshly timing. God has an appointed time for everything, and He will send His power at the right time. The Lord's timing is always peaceable not anxious.

3. **DO NOT GIVE INTO THOUGHTS THAT DON'T GENERATE FAITH** - You cannot go any further than what your thoughts are. Your insufficiencies can't tell you anything except what it knows. For example you just get a check in the mail that you can't pay. Checking your bank account over and over again is not going to change the fact that you don't have any money. In fact all you are doing is rehearsing over and over again the problem in your mind. When you speak about your trial or rehearse the problem repeatedly in your thoughts you are recognizing the power it has over you but when you speak to it, using The Word of God, you make it subject to you.

When you give into your thoughts, may it be fear, doubt, worry or anything the devil has to offer, then you are stuck in the power of that thought. When you are operating in the realm of thoughts that are contrary to The Word of God, you are operating in the flesh.

God created the universe by His spoken word. He spoke to whatever He desired, not about it. So let The Word of God do the talking. Say what God says at all times.

And no matter what, love God. When we love God in everything He will give us a revelation into the purpose of that particular test and or give us the strength to go through. So seek God for understanding of your test and trust Him no matter what.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 32 - Wait On The Lord

Isaiah 40:31

But They That Wait Upon The LORD Shall Renew Their Strength; They Shall Mount Up With Wings As Eagles; They Shall Run, And Not Be Weary; And They Shall Walk, And Not Faint.

Sometimes while you are waiting on the Lord you will need to encourage yourself with The Word of God. Even if there is no one around to encourage you, you have to tell yourself that you can make it. You have to say to your own soul “TAKE COURAGE!” Take courage, and be not dismayed! Just as God told Joshua to take courage, He is speaking those same words to us today.

Joshua 1:6

Be Strong And Of A Good Courage: For Unto This People Shalt Thou Divide For An Inheritance The Land, Which I Sware Unto Their Fathers To Give Them.

Are you trying to move forward in the plans that God has for you? Are you trying to take hold of a promise? Well be strong and don't be dismayed. Unfortunately one of the best ways to get dismayed is to put your situation or feelings on people. For example you may feel and say “If he had done this, I wouldn't be here.” Or “If she did this, it would be this way.” But wait a minute it does not matter what someone is doing or holding back from you, the Lord Jesus Christ is on your side. So no matter how things may look tell your soul “God is with me,” “God loves me,” “God told me He would never leave me.” “God told me He would take me through.” Remind yourself that God is not a liar and no matter how long it takes the Lord will come through for you. Look at what God is saying in ISAIAH 43:1. And as you read the scriptures, personalize them and envision God talking directly to you and get boldness in your spirit.

But Now Thus Saith The Lord That Created Thee, O Jacob, And He That Formed Thee, O Israel, Fear Not: For I Have Redeemed Thee, I Have Called Thee By Thy Name; Thou Art Mine.

Because there is boldness in The Word of God. So read and meditate on it daily. The Word of God lets you know you can make it. So say what the Lord says and get the Word in you. When you get God's Word in you, you become confident. When you say what God says you get the nerve and the strength of God. But when you say what people or what your feelings are saying you get the nerve of the people. When you repeat ideas and thoughts that are contrary to the Word of God

you begin to believe what you are thinking and feeling.

But look at ISAIAH 43:1 again. God is talking to you and He is the only one you want to listen to. When you listen to everyone else or look around at your troubles you will get confused. You will get confused and start comparing what God is saying in His Word with what you see. So look to God and get peace.

**But Now Thus Saith The Lord That Created Thee, (Your Name), And He That Formed Thee, O (Your Name), Fear Not: For I Have Redeemed Thee, I Have Called Thee By Thy Name; Thou Art Mine.**

Look at who is talking to you. God. The one that created you. Now who knows more about you than the creator? He made you, and He is telling you . . .

**“Fear Not: For I Have Redeemed Thee”**

Listen, when you are experiencing uncertainties in your life, you don't have to give up. You can throw your shoulders back and open your mouth wide in praises to God.

So have faith in God. Faith is steadfast and unmovable. Faith is believing God no matter how things look. Have faith in God and don't allow your faith to go in reverse. He will never let you down. How many of you have had experience with trouble in the past and the Lord made a way for you? Well He has not changed. He is with you and still making ways.

**Isaiah 43:2**

**When Thou Passest Through The Waters, I Will Be With Thee; And Through The Rivers, They Shall Not Overflow Thee: When Thou Walkest Through The Fires, Thou Shalt Not Be Burned; Neither Shall The Flame Kindle Upon Thee.**

When you go through trouble that makes you feel like you're walking through a river, and you do not know what to do; just remember what your creator is saying to you.

**“When Thou Passest Through The Waters, I Will Be With Thee”**

Take a good look at that scripture and look at who is doing the talking. The only one that can make this type of promise and keep it, is the Lord. People can tell you they love you today and stop tomorrow. But God is the only one that will not

change towards you.

Things in your life that were supposed to kill you either naturally or spiritually cannot work because God is with you. So trust Him, trust is a Word that goes against unbelief.

Hebrews 4:15-16

For We Have Not An High Priest Which Cannot Be Touched With The Feeling Of Our Infirmities; But Was In All Points Tempted Like As We Are, Yet Without Sin. Let Us Therefore Come Boldly Unto The Throne Of Grace, That We May Obtain Mercy, And Find Grace To Help In Time Of Need.

Trust- a confident reliance on the integrity or justice of another.

He can be touched by our feelings and yes YOU CAN TRUST GOD



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

### Lesson 33 - Three Wills

Gen. 2:17 But Of The Tree Of The Knowledge Of Good And Evil, Thou Shalt Not Eat Of It: For In The Day That Thou Eatest Thereof Thou Shalt Surely Die.

We are faced with three wills, which include the following:



The Perfect Will  
Found In the Word And  
Mind Of God

The Will Of The Devil  
Which Is Enmity Against God

The Will Of Man  
Our Carnal/Fleshly Will

(The will of man is a sum total of the devils will)

Romans 8:13

For If Ye Live After The Flesh, Ye Shall Die: But If Ye Through The Spirit Do Mortify The Deeds Of The Body, Ye Shall Live.

Psalms 143:10

Teach Me To Do Thy Will; For Thou Art My God: Thy Spirit Is Good; Lead Me Into The Land Of Uprightness.

In order to keep our will from working we have to sanctify ourselves through The Word of God and give God control of our will. Our flesh and spirit are in conflict.

That is why we must pray and renounce the works of the flesh (the desires contrary to the Word of God). We must choose to have God control our will at all times. Unless we choose to give God control of our will it will ultimately lead us to hell. So as Christians we need to fall out of love with our flesh, those desires and passions that are contrary to The Word of God.

As Christians we need to come against the flesh, not love it. And as the flesh speaks to you, you speak to it with The Word of God. Because if you “ease down” on the flesh for a second, your flesh will begin to dominate. What does it mean to “ease down” on the flesh? You ease down on the flesh when you stop using The Word of God. The will of a man must be brought into subjection to the will of God. It is only through The Word of God that we can walk in victory over our flesh.

Galatians 5:17-18

For The Flesh Lusteth Against The Spirit, And The Spirit Against The Flesh: And These Are Contrary The One To The Other: So That Ye Cannot Do The Things That Ye Would. But If Ye Be Led Of The Spirit, Ye Are Not Under The Law.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 34 - Your Steps Are Ordered

Since you have been saved there has never been a second when you have had to ask God, "Where are you?" The Lord is on the job all the time. Even when your mind gets off the Lord His mind is still on you. The Lord Jesus Christ has a holy record on each and every one of us. Even before you make your next step God has already planned it out. Where are you? God never leaves us but how many times does He have to ask us, "Where are you?"

I want you to see God's heart in relationship toward you and then see your heart in relationship towards Him. God wants both relationship and fellowship with you. If you have the right fellowship you will have the right relationship.

But you have to be consistent and you have to spend time with Him. If there is no fellowship there is no relationship. I don't want you to be in and out. One day doing good and another day working for the devil. God desires both relationship and fellowship every day.

The wisdom of God is in time and He does not ever have a second that He can't talk to you. God knows how to use your time to make you prosper. So acknowledge Him in all things. But the key is falling in love with Jesus. The key is consistently being in His presence.

**Proverbs 3:6**

**In All Thy Ways Acknowledge Him, And He Shall Direct Thy Paths.**

The devil knows that the Spirit of God reveals his insufficiencies. That is why the devil wants to detour you, he does not want you to focus on God. He wants you to act on your own. But when you have a prayer life based on scripture you have a closer contact with Jesus. And if you have a relationship with God the devil is "gonna" get out of the way.

**Psalms 25:14**

**The Secret Of The Lord Is With Them That Fear Him; And He Will Shew Them His Covenant.**

When you are in relationship with God you have no will against His will. You will have no idea contrary to His ideas. But the devil wants to take you away from your relationship and make you think you are capable of taking care of your own affairs. He wants you to believe the lie that you are self-sufficient without God.

But God is all truth and the devil is a liar. If God declares a thing it will come to pass. Look at Genesis 2:17 which says: **“For in the day that thou eatest thereof thou shalt surely die.”** Here God told Adam and Eve they would die. But then the devil in Gen 3:4 said **“Ye shall not surely die.”** Who is the liar here? When Adam and Eve ate both of them and every human after them died both physically and spiritually. Lord, I thank God we are not held accountable for Adam’s mistakes. Jesus Christ corrected it.

**Romans 5:19**

**For As By One Man's Disobedience Many Were Made Sinners, So By The Obedience Of One Shall Many Be Made Righteous.**

God wants His people to know Him in them and that comes by mediating on The Word of God. The Word of God is the attitude of God and He’s listening for you to use His attitude towards yourself. So act like the conquer the Word says you are by putting God in your mind through the pure Word of God.

But when you are looking at The Word of God you have to be aware that what you think or feel in the natural is also operating in your subconscious. Your flesh along with the devil is lingering around and will try to distort your understanding of The Word of God. The devil and your feelings will try to make you filter The Word of God through your flesh that is why you have to pray. Please know that the flesh will try to bring The Word of God down on its’ level. But we need to take God’s word as is. If you don’t, you will not be able to see The Word of God like you should. So pray and ask the Lord to wash your fleshly way of thinking out of you.

When you pray The Word of God will wash out everything. Just Like a good shower for the body leaves a clean smell. Prayer will throw out a clean scent and that scent will come from the pure Word of God.

**St. John 1:1**

**In The Beginning Was The Word, And The Word Was With God, And The Word Was God.**

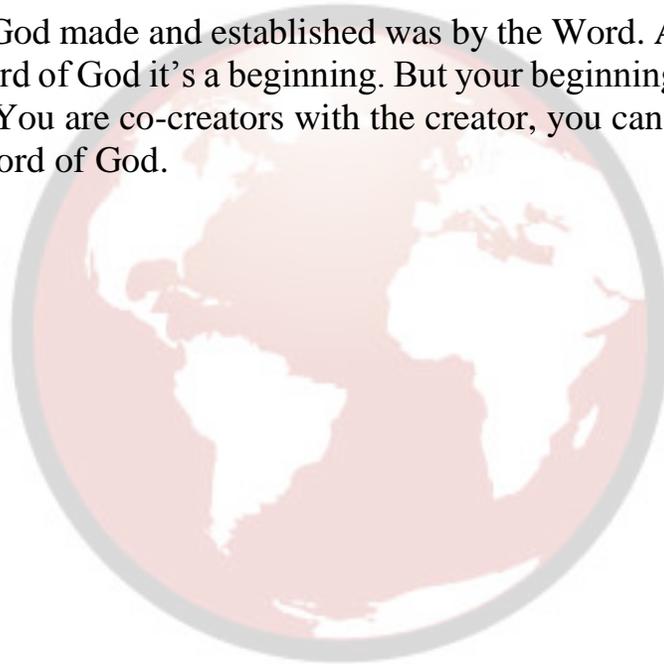
But it’s not enough to quote scriptures and say all the right things. You have to become The Word of God. So make sure that when you get a thought in your mind it’s of God. Because God said you shall have what you say, not what people say about you. You see nobody in the universe is stronger than what you think. So your

thinking must be established by The Word of God.

**Mark 11:23**

**For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.**

In fact, everything God made and established was by the Word. And every time you think about The Word of God it's a beginning. But your beginning is in keeping with The Word of God. You are co-creators with the creator, you can make stuff happen by speaking The Word of God.



**It's getting better all the time!**

**MENTAL HEALTH OUTREACH, INC.**

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 35 – The Knowledge of Good And Evil

Genesis 2:16:17

And The Lord God Commanded The Man, Saying, Of Every Tree Of The Garden Thou Mayest Freely Eat: But Of The Tree Of The Knowledge Of Good And Evil, Thou Shalt Not Eat Of It: For In The Day That Thou Eatest Thereof Thou Shalt Surely Die.

Genesis 3:4:5

And The Serpent Said Unto The Women, Ye Shall Not Surely Die: For God Doth Know That In The Day Ye Eat Thereof, Then Your Eyes Shall Be Opened, And Ye Shall Be As Gods, Knowing Good From Evil.

Knowledge is designed to control both the mind of the person using it and the person listening. Knowledge can be good and evil. You decide where you want to get your knowledge from. Good and evil, both of these are educators. There is no in between. Either you are believing God and doubting the devil or believing the devil and doubting God. But God is all truth and His knowledge is final. God doesn't give good and evil knowledge the devil does that.

When people look at what God said and the devil said at the same time their minds become unstable, they can't even enjoy living. But if you want a stable mind look to Jesus, because instability is not of God.

You see, the devil will give you a seemingly good word then turn right around and give you a word to make you worry or doubt. For example he may give you a word to cheat on your taxes because you need the extra money, but turn right around and get you to worry about what you did after you filed your return.

You are controlled by every word that you choose. So chose The Word of God. The Word of God is incorruptible (not defiled or depraved morally), unlike this worldly educational system of knowledge you can trust it.

This educational system always studies the "I syndrome." "I feel I need this" "I feel I have to have this." The devil educates his people in how they feel but Jesus didn't study like that. His knowledge was controlled by the Word of God. His thought was "I DO THAT WHICH ALWAYS PLEASES THE FATHER." When people are educated in pleasing God, He will make even their enemies be at peace with them.

Proverbs 16:7

When a man's ways please the LORD, he maketh even his enemies to be at peace with him.

When God gives you a Word all that God is, is in that Word. It is that Word of God that will bring health to your mind. When you go to dealing with the ability of God in your mind your dealing with all power, you're dealing with the master of the mind. And the master of the mind through His Word can handle any problem or trial you face. God will always give you a Word designed by Him to handle a trial. The devil doesn't have that power. Only God can give you the power to count it all joy.

You see the devil is a weak thinker, if you put pressure on him (the name of Jesus) he gives up. But if you put pressure on God He gets stronger.

11 Corinthians 16:9

For The Eyes Of The LORD Run To And Fro Throughout The Whole Earth, To Shew Himself Strong In The Behalf Of Them Whose Heart Is Perfect Toward Him.

God has given you His mind and only He can give you the proper evaluation of the mind, so seek Him He promised that He would be found.

Isaiah 55:6

Seek Ye The LORD While He May Be Found, Call Ye Upon Him While He Is Near.

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 36 – Spirit vs Intellect

Spirit can be defined as a rational supernatural being without a body

Intellect is the faculty or power of perception or thought. It can be defined as the sum of the mental powers by which knowledge is obtained.

When The Word of God gets in your spirit you will do the right thing. God will control you. When He is in your spirit He does the thinking, and you become a spiritual being.

But when The Word of God is only received through your natural education or intellect you can love God and forget God at will. You see human intellect can turn God off and on and can believe or not believe God at any time.

But the spiritual man believes things out and keeps God first. While the natural man tries to figure everything out the spiritual man just trusts God. The natural man wants to “see” things first while the spirit man moves by faith. So let the spiritual man be your guide.

Isaiah 55:9

For As The Heavens Are Higher Than The Earth, So Are My Ways Higher Than Your Ways, And My Thoughts Than Your Thoughts.

It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 37 - Do You Have Time For God?

What time of the day is God not available to talk to you? Never. Are you living a balanced life when it comes to time? God is always available to you but are you available to him?

Time can be defined as a period during which an action, process, or condition exists or continues.

Are you giving more time to the flesh or more time to God?

God wants to use you to reproduce spiritually so someone else can pick up where you left off. God wants to spend time with you so that He can prepare you and strengthen you. He wants to use time to download into your spirit what you will need in order to face your tests and trials. He wants to use time to share with you His thoughts. But for you to know Him and for Him to show forth His glory it will take time. Time in His Word, time in prayer, time in His presence.

But have you ever noticed that when it's time to be in the presence of God or when you pray you get so sleepy? Or that when it's time to go to church you have to do something else? That is because the flesh is greedy with time, it wants to control you.

Your flesh will always help you find things to do that take you away from God. But you need to spend time in the presence of God and in His Word. It is that time with God that will take you through anything in life that you will face.

Adam and Eve spent time with God and learned from Him. Then the devil came in and diluted their time. He came in and introduced words of doubt that caused man to focus on feelings and thoughts outside of God.

Once the devil has your time, he then wants to get his words in you just like he did with Adam and Eve. So instead of using your time to mediate on peaceful words that bring hope and generate faith you are using words that generate unbelief.

Instead of focusing our time on God, we focus on words that take us away and break our relationship with Him. But God wants you to redeem your time, so stop talking about how you feel. Instead talk about how the Lord feels, use The Word of God.

Don't let circumstances rob you of your relationship with Jesus Christ. Don't let your will cause you to miss God. The power of time is in us and it was designed by God for fellowship with Him.

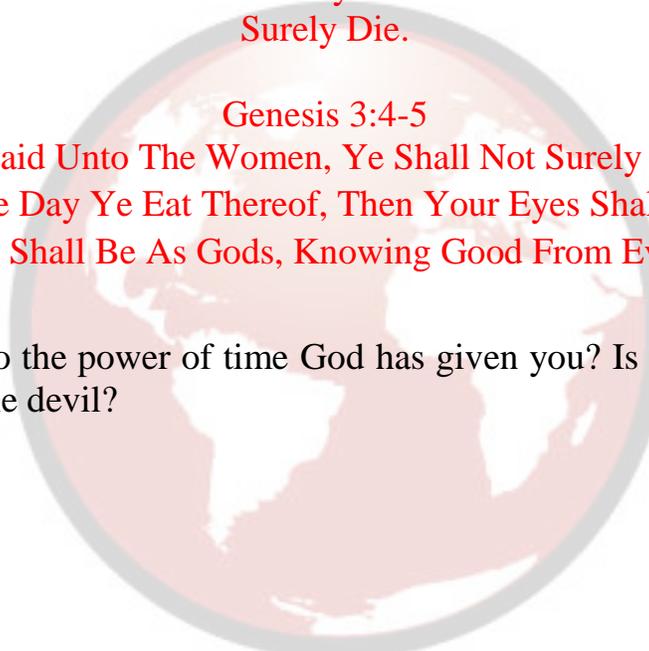
Genesis 2:16-17

And The Lord God Commanded The Man, Saying, Of Every Tree Of The Garden Thou Mayest Freely Eat: But Of The Tree Of The Knowledge Of Good And Evil, Thou Shalt Not Eat Of It: For In The Day That Thou Eatest Thereof Thou Shalt Surely Die.

Genesis 3:4-5

And The Serpent Said Unto The Women, Ye Shall Not Surely Die: For God Doth Know That In The Day Ye Eat Thereof, Then Your Eyes Shall Be Opened, And Ye Shall Be As Gods, Knowing Good From Evil.

What's happening to the power of time God has given you? Is God being glorified with your time or the devil?



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 38- Love.

1 John 4:18

There Is No Fear In Love; But Perfect Love Casteth Out Fear: Because Fear Hath Torment. He That Feareth Is Not Made Perfect In Love.

There is an educational system in fear generated by the flesh (those desires contrary to The Word of God). It's a built in educational system that is waiting to be operated by your feelings. And the only way to keep it from operating is that you walk in the spirit of love. Love is the only way to eradicate the educational system of fear.

There is no fear in love. The only way to make it in this life is to love Jesus Christ. Don't care what happens in your flesh (your thoughts, feelings, ideas not controlled by God). Don't stop loving Jesus because of the way the flesh feels. Love him regardless. Bills, sickness, trials, tribulations? Still love Jesus!

Galatians 5:16

This I Say Then, Walk In The Spirit, And Ye Shall Not Fulfil The Lust Of The Flesh.

We are living in a world where it is nothing to see people highly "anointed" in fear, but as for you, walk in love and love will cast it out. Love can handle everything the devil has in his test. Remember there is no fear in love. When you love God, you can face anything to include the past, present and future.

Most people deal only with the past and the future. They either are regretting something or fearing the future because they don't know what is going to happen.

But saints, don't be afraid of tomorrow or of the future. You see your future is in love. Your future is not in the economy and your future is not in your flesh. Your future is in Christ Jesus. And whatever tomorrow brings He can handle it.

The educational system of fear which has torment, is designed to keep you worried and anxious. But God tells us to be anxious for nothing.

Philippians 4:6

Be Careful For Nothing; But In Every Thing By Prayer And Supplication With Thanksgiving Let Your Requests Be Made Known Unto God.

Everything that's working in your life now is working for the next second. "Right now" is helping you for the future. The now is really the timing of God. So use The Word of God on your past and future now. Too many people are afraid of the next phase in their lives. But we can depend on Christ inside of us we do not have to fear.

Your own flesh which is full of fear and worry will train you how to regret your past, worry about your future and complain about the present. But wouldn't it be something if you told yourself "Jesus loves me." "That Jesus rose for me" or that "Jesus is praying for me and will never leave me."

We just have to look at how much God loves us, and understand that His love is unlimited. When you are facing your trials think about the high calling of God that is in Christ Jesus. Think about the power of Jesus Christ, His blood and His Word, and watch the power of fear begin to shrink and disintegrate. The Word of God has been given to you to call your Word. Don't let fear get in the way.

**Hebrews 11:1**

**Now Faith Is The Substance Of Things Hoped For, The Evidence Of Things Not Seen.**

The Word of God is incorruptible. That is why you need to take the incorruptible and erase the corruptible words of doubt and unbelief from your mind. When you go to dealing with the ability of God in your mind your dealing with all power. When you use The Word of God you're dealing with the master of the mind.

*It's getting better all the time!*

**MENTAL HEALTH OUTREACH, INC.**

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 39 - God Loves You, You Should Love Your Brother and Sister

1 John 4:20

If A Man Say, I Love God, And Hateth His Brother, He Is A Liar: For He That Loveth Not His Brother Whom He Hath Seen, How Can He Love God Whom He Hath Not Seen?

Whatever way you feel about God is how you're supposed to feel about one another. God in His people are the same. If you can't get along with the saints you will never get along with Jesus. That's how you prove you love God, if you love one another and that does not mean only those you like.

1 John 4:19-21

We Love Him, Because He First Loved Us. If A Man Say, I Love God, And Hateth His Brother, He Is A Liar: For He That Loveth Not His Brother Whom He Hath Seen, How Can He Love God Whom He Hath Not Seen? And This Commandment Have We From Him, That He Who Loveth God Love His Brother Also.

You see if people could get away with disliking one another on the earth when they get to heaven they would walk around their rolling their eyes. But God got it fixed so they have to get it right down here. Heaven is a prepared place for a prepared people.

So you have to observe the potential of an individual and not their insufficiencies. It's so easy to look at each other and think you don't have a need for one another in the flesh. The key however, is to love a person over their weaknesses. And don't discern the insufficiencies of the flesh. It is important to see one another through the eyes of God.

God wants you to discover Him in the person right next to you. That saint sitting next to you in church or wherever you happen to be is there to build you up in your faith. But the devil wants the saints to only be concerned about themselves. It's the way the system is set up. People are trying to make ends meet and worrying about how things are going to work out. By the time they get through with that there is no room for anyone else. But you must study to know Jesus in each other.

So ask Jesus, Lord, help me to know you inside my sister or brother. When you do, you will see the full power of Jesus Christ. That's the amalgamated power of the church.

## Lesson 40 Blood – Vital Fluids

Hebrews 9:11-12

But Christ Being Come An High Priest Of Good Things To Come, By A Greater And More Perfect Tabernacle, Not Made With Hands, That Is To Say, Not Of This Building; Neither By The Blood Of Goats And Calves, But By His Own Blood He Entered In Once Into The Holy Place, Having Obtained Eternal Redemption For Us.

St Math 26:27-28

And As They Were Eating, Jesus Took Bread, And Blessed It, And Brake It, And Gave It To The Disciples, And Said, Take, Eat; This Is My Body. And He Took The Cup, And Gave Thanks, And Gave It To Them, Saying, Drink Ye All Of It; For This Is My Blood Of The New Testament, Which Is Shed For Many For The Remission Of Sins.

The only thing that could keep us out of hell was the blood of Jesus. Blood represents life and Jesus gave all His blood for those who would receive it. When the blood went out of the body of Jesus, life went out of Him. Jesus Christ gave up all for us and He is calling for us to give up all to Him.

It was many years after God made man that the blood of Jesus was shed but the shedding of blood had already been planned before man was made. The blood of Jesus was a gift from God. But the only people the blood is going to be in are people who are humble enough to receive it.

A lot of times people are too old in their wills to humble themselves to God. People like to hear God's side or about the blessings but not about their responsibilities. Jesus gave all His blood for those who would give up all their sins.

MENTAL HEALTH OUTREACH, INC.

Romans 10:8-11

But What Saith It? The Word Is Nigh Thee, Even In Thy Mouth, And In Thy Heart: That Is, The Word Of Faith, Which We Preach; That If Thou Shalt Confess With Thy Mouth The Lord Jesus, And Shalt Believe In Thine Heart That God Hath Raised Him From The Dead, Thou Shalt Be Saved. For With The Heart Man Believeth Unto Righteousness; And With The Mouth Confession Is Made Unto Salvation. For The Scripture Saith, Whosoever Believeth On Him Shall Not Be Ashamed.

Philippians 3:10

That I May Know Him, And The Power Of His Resurrection, And The Fellowship Of His Sufferings, Being Made Conformable Unto His Death.

Jesus had to become human, just being a spirit He never could have redeemed man. He had to become human and then give up that human life which was the blood.

1 Timothy 3:16

And Without Controversy Great Is The Mystery Of Godliness: God Was Manifest In The Flesh, Justified In The Spirit, Seen Of Angels, Preached Unto The Gentiles, Believed On In The World, Received Up Into Glory.

St Math 26:28.

And As They Were Eating, Jesus Took Bread, And Blessed It, And Brake It, And Gave It To The Disciples, And Said, Take, Eat; This Is My Body. And He Took The Cup, And Gave Thanks, And Gave It To Them, Saying, Drink Ye All Of It; For This Is My Blood Of The New Testament, Which Is Shed For Many For The Remission Of Sins.

St Math 26:28 is not a physical thing. See, when you receive this New Testament you're getting the blood of Jesus in you. Well, how does the blood of Jesus get in us? By faith. Take a look at St John 6:56 and focus on the phrase "he that eateth".

St John 6:56

He That Eateth My Flesh, And Drinketh My Blood, Dwelleth In Me, And I In Him

"He" is the Spirit of God in you which has nothing to do with male or female. Now when the Spirit of God with in an individual gets hold of the blood of Jesus, that individual is going to be a new creature. The Holy Ghost will see to it that the blood of Jesus is applied, and that old way you used to think you won't think that way anymore. Because the blood of Jesus can take care of everything to include conforming you to His will and way. The blood of Jesus gives you power to count it all joy. The blood is so rich that it is able to eradicate or get rid of all sin.

James 1:2-3

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

---

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

---

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

## Lesson 41 - Gods Word Is Worth Your Whole Life.

God's word is worth trusting Him in life and death. Jesus Christ our Lord proved it. So have faith in God. But having faith in God is not merely hoping for something. No, faith in God means relying on Him, trusting Him and saying with your life and lips "Lord, you know what you're doing."

So turn everything over to the Lord by dying to your will. Die to your way of thinking and turn everything over to Him. Because the Lord Jesus Christ is worth knowing and totally committing everything to.

**Psalms 37:5 Commit Thy Way Unto The LORD; Trust Also In Him; And He Shall Bring It To Pass.**

God wants you to know Him so much so that He expresses Himself to us through His Word and Spirit. One definition of the word know is to perceive or understand as fact or truth. When you know something you are acquainted with it. When you know something you are confident in what you know. Well God wants us to know or be acquainted with Him and His Word. God is saying to some saints "You don't know me yet, to know me is to know me for however long you live." To know Him is to trust Him as Lord, Father and Savior.

**St John 10:14-15**

**I Am The Good Shepherd, And Know My Sheep, And Am Known Of Mine. As The Father Knoweth Me, Even So Know I The Father: And I Lay Down My Life For The Sheep.**

Listen, Jesus has laid down His life for us. The least we can do is to trust Him and to believe Him. So believe, have confidence in, trust and rely on Him always.

As a child of God you have no other purpose on the earth than to believe God. Your job is to believe Him every second of your life. To believe God is to employ Him. Believing creates a power that causes Him to help you. The reason you have to believe the Lord is because He is at His best in everything He does.

### St John 10:27-30

**My Sheep Hear My Voice, And I Know Them, And They Follow Me: And I Give Unto Them Eternal Life; And They Shall Never Perish, Neither Shall Any Man Pluck Them Out Of My Hand. My Father, Which Gave Them Me, Is Greater Than All; And No Man Is Able To Pluck Them Out Of My Father's Hand.**

So don't use worry. Don't worry about your life and what will happen. You omit the ability of God when you worry, because God can handle anything you face in your life. When you begin to worry you have taken your eyes off Jesus and you are not using The Word of God. When you worry you are leaning to your own understanding not faith. Worry is not in the vocabulary of faith.

You may have many negative thoughts going through your mind. Thoughts of discouragement, thoughts like "Nobody loves me," "Don't nobody ever say anything about what I do" or "It don't take all that." But it does not matter how you feel or what you are thinking, you must press through your trials. You must hide the Word of God in your heart. You have to say to your trials "I heard you, but nevertheless God is in control." When The Word of God is in your heart, you're not "gonna" let nothing hinder you! When the Word of God is in your heart you are going to keep going.

### 11 Timothy 1:12

**For The Which Cause I Also Suffer These Things: Nevertheless I Am Not Ashamed: For I Know Whom I Have Believed, And Am Persuaded That He Is Able To Keep That Which I Have Committed Unto Him Against That Day.**

Every Word of God carries the worth of God. Every Word of God is to be remembered and prayed over inside of yourself. However a person can take The Word of God in the carnality of their intelligence and The Word of God will always mean something else to their carnal mind. They will have no reason to remember it or to fall in love with it. If you take carnality in studying The Word of God you never will get to the Spirit of The Word of God. The Word of God will not produce the results. So when you read The Word of God, pray and thank Him. When you do this you lose the judgmental power of the flesh.

St John 4:24

God Is A Spirit: And They That Worship Him Must Worship Him In Spirit And In Truth.

God wants you to know what he can do about everything that you come in contact with. He is concerned with every little detail of your life. So believe God. Turn everything over to the Lord, tell yourself “I am going to take care of Jesus and I am going to trust Him to take care of me.”



It's getting better all the time!

MENTAL HEALTH OUTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH

You Can Depend On The Word Of God  
Apostle Robert L Howard  
IGBATMHO  
A Collection of Bible Study Lessons

ISBN: 978-0-9800004-3-6

IGBATMHO Publishing  
P.O Box 7432  
Silver Spring, MD 20910  
[www.igbattmho.org](http://www.igbattmho.org)



ISBN: 978-0-9800004-3-6



r all the time!

UTREACH, INC.

PROVIDING INFORMATION AND SUPPORT WHILE ENCOURAGING HOPE AND FAITH