

# Spiritual Depression

September 11, 2019

# Philippians 4:8

- “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, 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.”

# Genesis 6:5-6

- “And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the Lord that he had made man on the earth, and it grieved Him at 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.”

# It's all about our thinking

- We must stop listening to ourselves and we must start talking to ourselves.
  - David Martyn Lloyd-Jones
- Listening to ourselves: “fiery darts” are often energized fleshly thoughts (Ephesians 6)
- We must start talking to ourselves with the truth of Scripture “dwell in you richly” (Colossians 3)

# Examples of “evil thoughts”

- I can enjoy this pleasure without causing me (or others) harm
- I will commit this sin, but go no further
- This is unfair; there is no way I can resist these temptations
- I am so thankful I am not like others

# Thoughts to get you“sidelined”

- I can't make a difference in the battle because I don't have a lot of capabilities
- I feel so sad and ignored; I just don't fit in
- I should be in that leadership role
- I am such a failure; I am so vile and worthless
- I hate myself and so does God!

# More wrong thinking:

- I am unique, no one else has ever experienced what I am going through - my sin is unavoidable
- I can fight this through my self will - I have just got to try harder!
- This sin really isn't significant
- God is tempting me
- There is no escape, I can't change

# Evil thoughts after our sin....

- I can't overcome this sin - it's hopeless
- If I "beat myself up" enough, God will be satisfied and be willing to re-accept
- I must not be saved; maybe I have committed the unpardonable sin
- It really isn't important, I'm only human!
- Confession is the same as repentance
- God must be so angry with me!
- Time and better performance cleanses me of sin

# Thinking that destroys....

- The Lord has forgotten about me, He is “sick” of dealing with me - His strength is no longer available for me
- I can never serve God after what I have done
- I am a victim, it isn't my fault
- I must confess the same sin multiple times to ensure forgiveness

# The truth!

## Romans 5 and 6

- As a Christian, I am always in God's good graces and at peace with Him
- My inconsistent performance doesn't change my standing!
- My justification is not a technicality that God resents when we are sinning
- My justification isn't something to hope and struggle for, but to trust and exult in!
- My sin doesn't change at all His gracious feelings toward me!

# More “bondage-breaking” thinking

- Guilt over sin captivates me to them and causes me to commit them all the more!
- If the devil can torment you with guilt, he will dominate you with sin’s power
- The gospel delivers me from sin’s power by first delivering me from its guilt
- Don’t keep asking for forgiveness, thank the Lord for His forgiveness

- *“Apart from receiving, believing, and responding to the Word of God - nothing real will happen spiritually”*

Pastor Mark Minnick

# How do we destroy evil thinking?

- Identify the wrong thoughts you are believing and define them to yourself as lies
- List what believing lies has cost you
- Repent of your unbelief and other sin and include acts of repentance
- Pray fervently and believingly and ask the Lord to destroy the wrong thinking in your life
- Believe earnestly the Truth from God's word that contradicts those lies
- Memorize those verses, meditate on them, and deeply imbed them into your mind
- Tell a friend about your struggle and solicit prayer
- Cry fervently to God for His help, deliverance

# The antidote to evil thinking:

- *“Teach me thy way, O Lord; I will walk in thy truth: unite my heart to fear thy name.”*  
*Psalm 86:11*