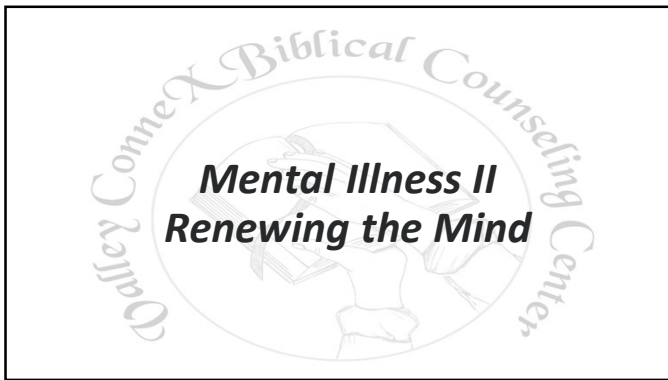


1



2

Definition of Mental Anguish and Distress:

- The condition in which a person significantly struggles with life or ceases to engage life in such a way as to be and become all God created him or her to be.
 - This definition provides a "normal" as life as God created it to be.
 - The condition is marked by neglect or harmful behavior to self-and/or others.

3

Valley Connect Biblical Counseling Center

Factors contributing to mental anguish and distress

4

Living in a fallen world.

- *“For though **we walk in the flesh**, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,” (2 Corinthians 10:3–5, ESV)*

5

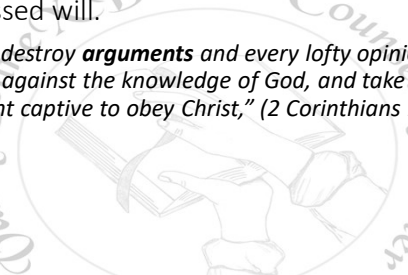
Abdication of our freedom

- *“For though **we walk in the flesh**, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy **strongholds**. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,” (2 Corinthians 10:3–5, ESV)*
- *“Jesus answered them, “Truly, truly, I say to you, everyone who practices sin is a slave to sin.” (John 8:34, ESV)*

6

Rationalization of behavior contrary to God's expressed will.

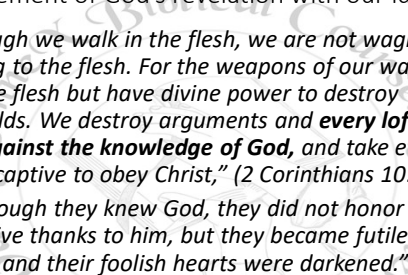
- "...We destroy **arguments** and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ," (2 Corinthians 10:3-5, ESV)



7

Replacement of God's revelation with our ideas.

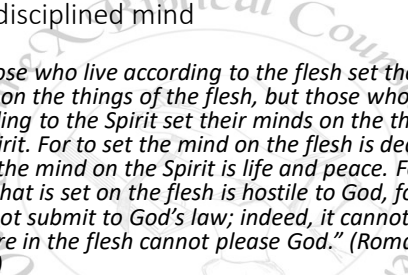
- "For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and **every lofty opinion raised against the knowledge of God**, and take every thought captive to obey Christ," (2 Corinthians 10:3-5, ESV)
- "For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened." (Romans 1:21, ESV)



8

An undisciplined mind

- For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God." (Romans 8:5-8, ESV)



9

An undisciplined mind

- *“And Peter took him aside and began to rebuke him, saying, “Far be it from you, Lord! This shall never happen to you.” But he turned and said to Peter, “Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.”” (Matthew 16:22–23, ESV)*

10

An undisciplined mind

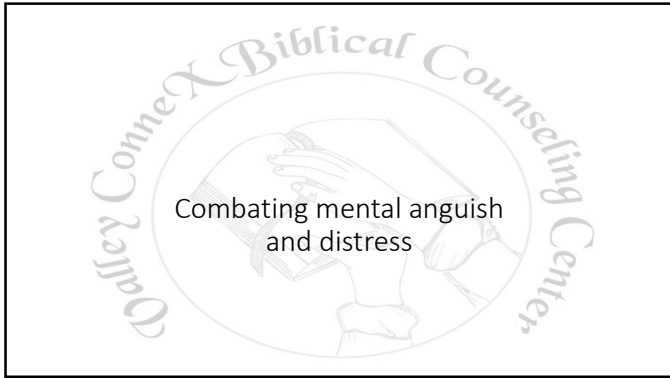
- *“Take care lest there be an unworthy thought in your heart and you say, ‘The seventh year, the year of release is near,’ and your eye look grudgingly on your poor brother, and you give him nothing, and he cry to the Lord against you, and you be guilty of sin.” (Deuteronomy 15:9, ESV)*

11

An undisciplined mind

- *“Thus says the Lord God: On that day, thoughts will come into your mind, and you will devise an evil scheme” (Ezekiel 38:10, ESV)*

12



13

The Weapons

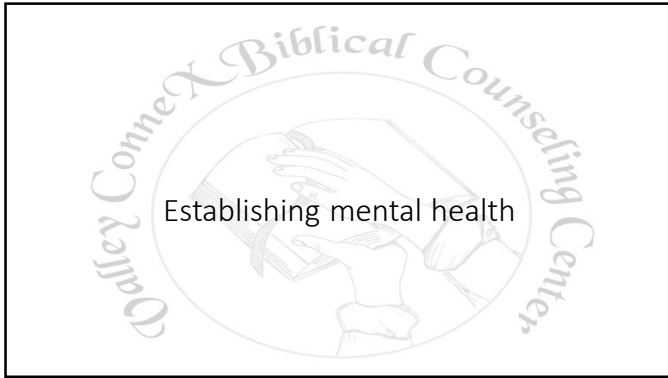
- *“For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds... (2 Corinthians 10:3–5, ESV)*
- *“...and the sword of the Spirit, which is the word of God,” (Ephesians 6:17, ESV)*
- *“And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.” (Revelation 12:11, ESV)*

14

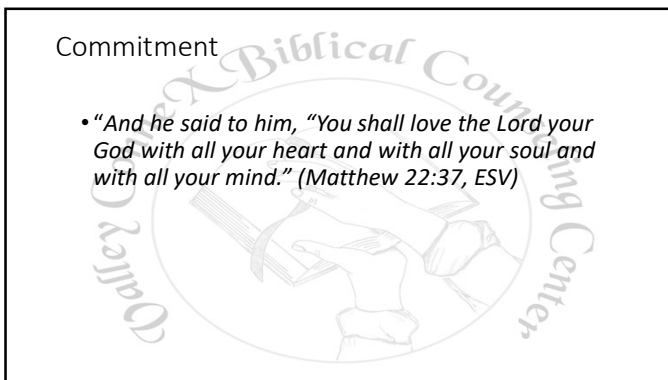
The Weapons

- *“For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds... (2 Corinthians 10:3–5, ESV)*
- *“...but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6, ESV)*

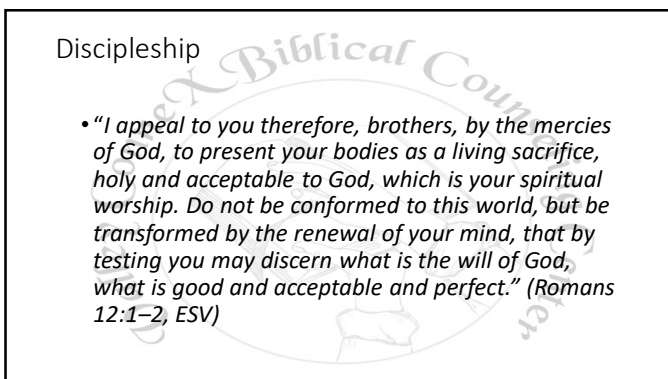
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16



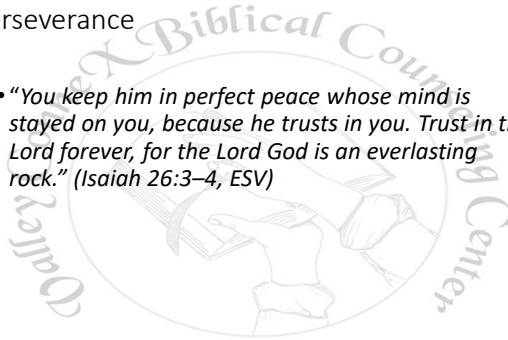
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18

Perseverance

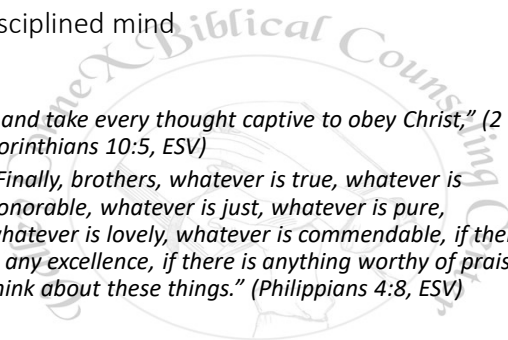
- *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.” (Isaiah 26:3–4, ESV)*



19

Disciplined mind

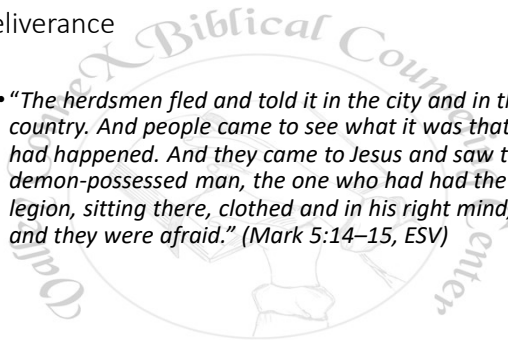
- *“...and take every thought captive to obey Christ,” (2 Corinthians 10:5, ESV)*
- *“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Philippians 4:8, ESV)*



20

Deliverance

- *“The herdsmen fled and told it in the city and in the country. And people came to see what it was that had happened. And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid.” (Mark 5:14–15, ESV)*



21