

BIBLE HELP FOR MENTAL HEALTH
TALK TWO: WEAPONS OF SELF DESTRUCTION
AUGUST 26, 2020

The Six Weapons of Self-Destruction: Shame, Compulsions, Fear, Hopelessness, Bitterness and Insecurity.

Romans Chapter 8 contains Six Answers to the Six Weapons of Self-Destruction:

1. REMIND MYSELF DAILY WHAT JESUS DID FOR ME.

“So now there is no condemnation for those who belong to Christ Jesus. For the power of the life giving spirit has freed you through Christ Jesus from the power of sin that leads to death. For what the law, weakened by the flesh, was powerless to do, this God has done: by sending his own Son in the likeness of sinful flesh” (Romans 8:1-3)

2. REALIZE I HAVE A NEW ABILITY TO SAY NO

“Let the Spirit direct your lives, and you will not satisfy the desires of the flesh.” (Galatians 5:16)

“But you are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you.” (Romans 8:9)

3. TURN MY THOUGHTS TO GOD WHENEVER I’M AFRAID

“For you did not receive a spirit of slavery leading you back into fear, but a spirit of adoption, through which we cry, ‘Abba, Father!’ The Spirit Himself bears witness with our spirit that we are children of God.” (Romans 8:15-16)

“For God did not give us a Spirit of fear but of power and love and self-control.” (2 Timothy 1:7)

4. FOCUS ON THE LONG TERM, NOT THE SHORT TERM

“But if we are children, we are heirs as well, heirs of God, heirs with Christ, if only we suffer with him so that we may also be glorified with him. I consider that the sufferings of the present to be as nothing compared with the glory to be revealed in us.” (Romans 8:17-18)

5. REMIND MYSELF THAT GOD IS GOOD AND IN CONTROL

The Holy Spirit is praying for you. *“The Spirit helps us with our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with inexpressible groanings.”* (Romans 8:26)

God is using everything in your life for good. *“We know that all things work for the good for those who love God, who are called according to his purpose.”* Romans 8:28)

God wants me to succeed. *“If God is for us, who can be against us? Is it possible that he who did not spare his own Son but handed him over for the sake of us all will not grant us all things besides?”* (Romans 8:31-32)

6. TRUST THAT GOD WILL NEVER STOP LOVING ME

“For I am certain that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God that comes to us in Christ Jesus our Lord.” (Romans 8:38-39)