

## ● WARM UP

What we are thinking about has a tremendous effect on our lives. We can wake up in the middle of the night worrying about some issue and losing sleep. Fear can take hold of us, causing us to make wrong decisions. Anger can manifest in our lives because of unresolved issues with other people. Doubt and unbelief can cause us to lose our faith. Rejection can cause us to lose our confidence, which affects our everyday life.

These and other thoughts can attack us, leading to despair. The good news is that there is an answer!



## ● READ 2 Corinthians 10:3-5

## ● BACKGROUND

If we have anger or unforgiveness against a person we might feel justified in our attitude towards the person who has hurt or damaged us and we want revenge. Instead we need to bring this to Christ in prayer.

Jesus said, *"Love your enemies, bless those who curse you, do good to those who hate you, pray for those who spitefully use you and persecute you."* Matthew 5:44

As we forgive others, we cast down arguments and every high thing that exalts itself against the knowledge of God. We are bringing our thought life into captivity to Christ. Instead of our thought life going wild and seeking revenge we are putting it under the control of Christ by forgiving the other person. As we do so we receive God's peace in our heart.

## ● QUESTIONS

- 1 What are some scriptures we can focus on when we are troubled by fear?  
E.g. *"[The] perfect love [of God] casts out [all] fear."* 1 John 4:18

- 2 What can we do when our faith is under attack? E.g. We can remember that God rewards those who diligently seek Him. Hebrews 11:6

- 3 How do we know that we can always rely on God? Hebrews 13:5-6

## ● CONSIDER THIS

Jesus says, *"Have faith in God. For assuredly, I say to you, whoever says to this mountain, 'Be removed and cast into the sea,' and does not doubt in his heart, but believes that those things he says will come to pass, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."* Mark 11:22-24

Remind yourself that God will never leave you nor forsake you. *"For He Himself has said, 'I will never leave you nor forsake you.' So we may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'"* Hebrews 13:5-6

Also remember that God is our eternal refuge. *"The eternal God is your refuge, and underneath are the everlasting arms; He will thrust out the enemy from before you, and will say, 'Destroy!'"* Deuteronomy 33:27

## What is God saying to me?

## ● LET'S PRAY

## ● REAL LIFE STORIES OF GOD'S POWER



*I've had ME (or Chronic Pain Syndrome). I have really bad pains and [it was] also affecting my breathing. I'd wake up most mornings with something like a hangover. I'd feel just really crook and my concentration was really bad. Within a week of [Bill] praying for me at a meeting I realised that I didn't have those things, and I'd had them for about six years. I've had a massive dose of healing.*  
Bruce

