



Exploring God's Love through the Bible:
Jesus; The Healer of our Hearts and Minds
December 4, 2016

Text:

Mat 4:23 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

Mat 4:24 And his fame went throughout all Syria: **and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them.**

Mat 4:25 And there followed him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan.

From the ESV:

Mat 4:23 And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.

Mat 4:24 So his fame spread throughout all Syria, **and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, epileptics, and paralytics, and he healed them.**

Mat 4:25 And great crowds followed him from Galilee and the Decapolis, and from Jerusalem and Judea, and from beyond the Jordan.

INITIAL THOUGHTS:

- We've already seen that Jesus came to save His people from their sins (1:21). His primary message was "repent and believe the Gospel" (Mark 1:15).
- And as we saw last week in the Sermon on the Mount, as Savior and King, Jesus inaugurated the breaking in of His Kingdom. He both elevated the commands of the Law and established the grace we need to walk in mercy and as well as **holiness**.
- But last week, Elder Rose said something that made an impression, and I'd like to develop that impression a bit today. He said that many are tormented "in their minds."
- This, I believe, is true. So many people (God's people too!) struggle with racing thoughts, depression, anxiety, paranoia, insecurity, ungodly fears, and improper views of themselves (the world would call this one "low self-esteem"). I think we often forget that...

*Eph 1:4 According as **he hath chosen us** in him before the foundation of the world, that we should be holy and without blame before him **in love**:*

*Eph 1:5 Having **predestinated us** unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,*

*Eph 1:6 To the praise of the glory of his grace, wherein **he hath made us accepted in the beloved**.*

I'd like to establish two propositions today:

1. **There is a battle going on in the soulish realm; there is a battle being waged for your mind.**
2. **Jesus can heal our minds and our hearts!**

THE BATTLE FOR YOUR MIND

Truths we must understand:

1. The mind (or heart) controls **action**.

Pro 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.

Mar 7:20 And he said, That which cometh out of the man, that defileth the man.

Mar 7:21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

Mar 7:22 Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness:

Mar 7:23 All these evil things come from within, and defile the man.

Jas 1:13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:

Jas 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.

Jas 1:15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

2. Our hearts and minds are already prone to **wickedness**.

Gen 6:5 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.

Jer 17:9 The heart is deceitful above all things, and desperately wicked: who can know it?

Jer 17:10 I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

3. The enemy knows this, and often attacks this “inner man” with deception. Deception happens in the **mind!**

2Co 11:3 But I fear, lest by any means, as the serpent beguiled Eve through his subtlety, so your minds should be corrupted from the simplicity that is in Christ.

Joh 8:44 Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

Rev 12:9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.

- This is the nature of temptation. Through the lust of the flesh, the lust of the eyes, and the pride of life (1Jn 2:16), Satan (and demonic powers) whispers his lies to us.

- He cannot take control of our bodies as Christians, but he'll use our weaknesses against us.
- But hear this: **even when our bodies desire to sin, our minds must agree! Therein rages the battle!**

4. This is why Scripture prescribes a constant guarding of and **renewal** of the mind:

Pro 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Rom 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.

2Co 10:3 For though we walk in the flesh, we do not war after the flesh:

2Co 10:4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

2Co 10:5 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;

Heb 12:13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

Heb 12:14 Follow peace with all men, and holiness, without which no man shall see the Lord:

Heb 12:15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

JESUS CHRIST IS OUR HEALER! HE HEALS OUR HEARTS AND MINDS!

Luk 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

Luk 4:19 To preach the acceptable year of the Lord.

Isaiah said of Jesus:

Isa 53:3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

Isa 53:4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.

Isa 53:5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Jesus fulfilled this ministry of healing, both physical and spiritual!

Mat 8:16 When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick:

Mat 8:17 That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.

1Pe 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

SCRIPTURE DECLARES THAT GOD HEALS OUR HEARTS!

Psa 147:1 Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.

Psa 147:2 The LORD doth build up Jerusalem: he gathereth together the outcasts of Israel.

Psa 147:3 He healeth the broken in heart, and bindeth up their wounds.

Php 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Php 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

EXHORTATIONS AND PRAYERS:

1. But do we trust Him in this area? Can Jesus heal our hearts and minds? I say, **“Yes!”**
2. Depression is often tied to a lack of **circumstantial** happiness. It manifests because of a loss of **joy**.
3. Jesus declared:

Joh 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.

Joh 15:10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

Joh 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Joh 15:12 This is my commandment, That ye love one another, as I have loved you.

4. Everything about Jesus is an antidote to **fear**, anxiety, and depression!
 - He created us out of love!
 - His came to rescue us out of love!
 - He suffered and died for us out of love!
 - He rose again that we might rise too!
 - He promises us ETERNAL LIFE, despite the trials of this life!

Joh 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.

Joh 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

5. In addition to supernatural healing, here are other means of **grace** we've been given to keep your minds and hearts healthy and strong:
- **Prayer.** We must increase our Christ-consciousness. We must become more aware of Him as we commune with Him throughout the day.
 - **Reading the Word daily.** DAILY. For example, reading through the whole Scripture each year is a great thing for perspective.
 - **The fellowship of the brethren.** God's people provoke one another unto love and to good works! (Heb 10:24-25) This happens through the preaching of the Word and encouragement from the saints.
 - **Serving.** There's always someone going through more than you.
6. Lord, help us to trust you. Help us to gain an eternal perspective. Help us to embrace the mind-renewing power of your love. Lord, help us to keep our minds stayed on you...

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isa 26:4 Trust ye in the LORD forever: for in the LORD JEHOVAH is everlasting strength:

Amen!