WALKING CONTINUOUSLY IN VICTORY IS POSSIBLE!
Amanda Buys’ Spiritual Covering

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For further information or to place an order, please contact us at:
P.O. Box 15253 27 John Vorster Avenue
Panorama Plattekloof Ext. 1
7506 Panorama 7500
Cape Town Cape Town
South Africa South Africa

Tel: (+27) (21) 930 7577
Fax: 086 681 9458
E-mail: kanaan@iafrica.com
Website: www.kanaanministries.org
Office hours: Monday to Friday, 9 am to 3 pm.

**Kanaan in Europe:**

Juergen & Bettina Wende
Am Hollerbach 11
65719 Hofheim/Wildsachsen
Germany
Tel + 49 6198 576949
E-mail: bettinawende@hotmail.com
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Are you serious about growth in the Lord Jesus Christ? Are thoughts and feelings stumbling blocks to your progress? Do old feelings come back to haunt you after you have had deliverance through the Soul Care School including your bloodline? In this study we will be looking at the roots of our sin nature; learning very important lessons concerning the way the Lord heals and the necessity to wage warfare to overcome continuing habits and feelings, and the need to build new ways of thinking and feeling so that you can reach higher in Jesus!!

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PART A: WALKING CONTINUOUSLY IN VICTORY IS POSSIBLE!

INTRODUCTION

STRONGHOLDS

The first most important effort of Satan is to capture the minds of men and women, and thus their souls. The mind is the strong tower of the soul.

Under the anointing of the Holy Spirit, the mind rules our hearts and directs our life. Satan knows if he can get hold of the way we think, he can expand his rule into every other area of our life.

Prov 23:7 “For as he thinketh in his heart, so is he.”

Satan wants to control not only our conscious mind but also our motives and thoughts in our subconscious minds.

II Cor 10:3-5 “For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses/strongholds. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.”

A fortress/stronghold was a walled city with access to their own water supply and plenty of storage space for food. Seige warfare was used to attack this fortress. They dug trenches around the city, used catapults to hurl boulders against the walls, hurled firebombs over the walls, etc.

Paul uses this knowledge to describe the attack needed against strongholds in the mind. We can destroy every stronghold because our weapons are eternal and invincible.
INDIVIDUAL MENTAL STRONGHOLDS

This is a way of thinking and feeling that has developed a life of its own within us. We were created in the image of God, with a free will. Whatever we create within us likewise has a life and will of its own.

Example: If we develop a habit of temper, or jealousy, or alcoholism, that habit forms a life of its own within us and does not want to die.

One simple decision not to do it again does not kill it. The next time the “right” circumstances arise, the habit may take over and still be in control.

An individual stronghold is more than a habit: It is a centre of fleshly control within us that uses habits to maintain its control over us.

These strongholds are the fortresses of thought and emotion ringed about the “nation” of selfishness that is at the core of us all.

The function of a stronghold is to put up smoke screens to keep things like sermons, teaching and counseling from piercing our inner man with truths that could bring repentance and freedom.

A stronghold guards the untruths that keep us in bondage to self and the flesh.

It not only fends off outsiders but also prevents our spirits and renewed minds from seeing our own deceptions.

Strongholds give us tunnel vision, preventing us from seeing what common sense would tell us is wrong. They create inner captivity to deception and misery.

The central core of each stronghold is made up of lies.

Examine your ways. Many times there are patterns of dealing with life, people, relationships, risk and even love itself that are causing you problems now. We need to learn new patterns of behaviour according to God’s ways and then He will make a way for us.

Examples:
If you have learned: Not to let people get close, examine that pattern to see when it is limiting you.
To avoid conflict, examine that pattern to see how it's weakening you and prolonging conflict.

See the new you through **new eyes**!

Old baggage we carry around is the view of ourselves that we learned in past relationships and situations – we “borrow” the eyes of others when we are growing up.

We need to unpack all the various false views of ourselves.

Ask yourself:
- Is the way I see myself realistic?
- Is it balanced with strengths and weaknesses of things I value and areas where I need to grow?
- Do I see myself as loved?

God has designed us to learn who we are by who loves us. We need – **DEEPLY NEED** – to see ourselves first of all as loved by God and having **GREAT value** to Him! Then we can begin to see ourselves as the people who love us can see us.

**BE FREE TO BE YOU!!** God does not want your past to hold you back! God has made a way out, a way to unpack your bags of grief, pain, unforgiveness, guilt, shame, or even old patterns of relating.

Ask Him to show you His ways of unpacking your heavy baggage so you can begin to travel light!
What makes up these strongholds that we have to demolish? Sub-conscience mind and filters, e.g. Traditions.

**Example**: A young girl molested sexually - the lies that become the walls of the stronghold: “I am a slut - always have been and always will be. I’m good for nothing but to be used by men. I’m ugly. Nobody really knows me. Nobody really cares. Nobody wants me.”

When truths threaten one of those walls of deception, the centre of control within the stronghold quickly reinforces the weak spot with more lies and false feelings, trying to counter that bit of truth lest it break the walls and set the person free.

The **function** of an individual mental stronghold is to keep the person from thinking effectively, or feeling repentant, or praying in ways that would defeat it as one of the fortresses of the ruling center of flesh within the person.
A stronghold is like a boil on the brain. It has a sick core, surrounded by the pus of twisted feelings and thoughts. It sends pain and sickness throughout the body of personality and character. The Lord’s persistent love is needed to draw it to a head, and the pressure of truth and forgiveness to pull out the core. Once the ruling centre has been broken or extracted, then its lies can be dismantled one by one on the Cross of Jesus Christ. So the “pus” is expelled and healing comes to the body.

**Fear is the primary weapon of strongholds.** We fear letting go and trusting the goodness of God.

*I John 4:18 “Perfect love casts out fear.”*

Love begins the battle against strongholds. Love enables us to see the truth. Love hurls truth over the walls of self-deception. Love causes us to repent.

It is easy to see how demons use strongholds. They establish and maintain control.

To set people free, it is not enough to bind the strongman and cast him out. The power of the stronghold must be broken before his house can be plundered.

You can discern when a stronghold finally loses its hold. Suddenly the person begins to brighten. His mind begins to catch the truths you tell him, for the first time. He starts to see things accurately for himself. He helps you discover truths within himself rather than smoke screening and blocking. **Hope** shines again in his face. His faith is rekindled.

He may block you all over again when you begin to tackle the next stronghold, but in this area he has found freedom.

**COUNTER ATTACKS**

Strongholds and strongmen counterattack. So we must not abandon the battle before the time that the healing has been settled. So these people need to be surrounded by the family of God with a fortress of love and prayer.

Family members or sometimes even church families possess the very strongholds that can throw the person back into his own stronghold from which he has just escaped. We must be careful, then, to guard the aftermath of healing.
LESSON 1: DEALING WITH THE ROOTS

OLD LIFE
BAD FRUIT
REBELLION
HATE
BLOODLINE
OCCULT
PRIDE
REJECTION
BITTERNESS

GRAFTING INTO THE NEW LIFE
OLD ROOTS
BAD ROOTS

SWORD OF THE SPIRIT
OLD LIFE
Note: The tree was dead. Those old ways of acting and feeling had truly died. But their roots had been left there, in the soil of our life, fully capable of “springing up” to cause trouble again.
Heb 12:15  “See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.”

Why? Why didn’t He jerk them out once for all, and be done with it? Because God, in His wisdom, knew we have to be forced to stay close to Him in devotion. If He were to remove our problematic nature altogether and replace it with something Christ-like, our confidence would be in ourselves. We would soon succumb to the greater sin of pride. And we would quickly drift away from dependence on Him, thinking, “I can do it myself”.

By leaving our old, practiced way there, intact inside us, dead but present, He installs an automatic thermometer of our distance from His fire of love. The moment we walk away from private devotions and/or from worship with others, our old nature begins to revive and we are driven back to our knees in prayer. So God leaves our sin nature intact within our roots.

Question: After the deliverance and inner healing, what was accomplished through all that soul-searching and prayer?

Before we face our old nature and die to it on the Cross, it has us. We act impulsively and sometimes compulsively, blind-sided by forces within us of which we have little or no awareness - and we have no power to overcome whatever we are aware of!

When we have repented, received forgiveness and reckon that aspect of our sinful nature as dead on the Cross, it can no longer control us.

We are no longer impelled into wrong decisions and actions. We are free - as long as we remain humbly dependant on Him at the foot of His Cross.

Our transformation is simply in our newfound freedom to choose the way of Christ, and the power by His Holy Spirit to live it, not something set in concrete in ourselves, never again requiring personal discipline and choice.

Rom 12:1, 2  “I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.”
Our minds are like **computers**. Once the mind has ingrained a way of thinking, it maintains a kind of inertia, a **habitual track** it never leaves, unless jolted or forced off track.

In many years of counselling, we have seen that it is habitual tracks of the mind, which defeat the fruits of counselling more than anything else.

**It is not enough to wash long forgotten sins in the Blood, nor enough to apply the cross to habitual patterns of behaviour. The mind must learn to think in new ways.**

Habitual tracks of thought must be overcome before the New Way of Christ can be built.

**THE BRAIN CELL:**
Rom 8:5-8 “For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; and those who are in the flesh cannot please God.”
Eph 4:17-23 “So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more. You, however, did not come to know Christ that way. Surely you heard of Him and were taught in Him in accordance with the Truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds;...”

Every Christian must deal with a two-fold problem in his mind:

Firstly, he must root out and destroy the practiced tracks of thinking he may never have realized are bondages. Without help he cannot do this.

Secondly, he must seek new rootage in the Spirit, in the Mind of Christ.

I Cor 2:16(b) “…we have the mind of Christ”.

This is a fact BUT the carnal mind does not surrender its rule easily. We must let go of the old tracks of thought and learn to sink our roots into Jesus and build ways of letting His mind fill all the channels of our thinking processes.

It is no easy task to transform all our thinking according to the Word of God. It involves both exterior and interior warfare.

Early in life we assigned to our minds the task of guarding and keeping all our ways. Now that we are born again and have invited the Holy Spirit to rule us, our carnal mind does not willingly give up its rule.

The real issue of the Baptism of the Holy Spirit is not the gifts we receive nor even what fruits we can produce - the important thing is who is in control. The struggle is for headship.

Our carnal mind is often the last enemy to die within us - our supposed self-control, our carnal mind’s predominance over all that we think and do.

Pride of intellect manages to reinstall the carnal mind as king of our lives.

(Significant that Jesus was crucified upon Golgotha, “the skull”, the residence of the mind, the first and the last residence of sin in mankind.)
LESSON 2: THE DEPTH OF THE BATTLE

Few have understood the depths of the battle to renew the conscious mind. It is not merely a matter of deciding to change the way we think.

Our minds own deep ruts: long-practiced ways of thinking which are not overcome that easily.

The first lesson to be learned in the renewal of the mind is not to believe old carnal feelings and thoughts when they come back after prayers for healing.

Old long-dead feelings and thoughts will return. If we believe these thoughts and feelings are what we really feel or think, we will have our problems back again - because we have resurrected what was dead, and have given it power in our lives again.

The purpose behind it is the desire of the old self to regain its mastery of you.

I Cor 13:11 “When I was a child, I used to speak as a child, think as a child, reason as a child; when I became a man, I did away with childish things.”

Our practiced ways of thinking and feeling which resurrect after being slain on the cross are precisely that: the ways we used to think and reason as children. Under pressure, we tend to regress to the familiar ways of the past. We have reinstalled our carnal, old self in control - even if that means being out of control in our emotions and thoughts!
The discipline every Born-Again Christian must learn is how to recognize when he is resurrecting an old fallen practice, so as to haul it restfully back to the cross again. We are crucifying anew, daily, the *childish* ways of thinking and feeling which our carnal nature would use to regain the throne of our life.

We are created in the Image of God. God is free. We have a *free will* and a life of our own. The same is true of whatever we create within our own nature. Our self has a life of its own. Our emotions have a life of their own. So, too, our carnal mind has a life of its own.

Neither our feelings nor our thoughts want to die or let go of their control over us. Our carnal mind *refuses* to lie down and quit its rule over us just because we have invited the Holy Spirit to take charge of us.

> **Rom 8:7** “For the mind that is set on the flesh is hostile to God; it does not submit to God’s law, indeed it cannot.”

This verse clearly shows that our minds do have a life of their own - a life involving will, desire and intention.

**RENEWING YOUR THOUGHT LIFE**

- 80 to 100 billion brain cells.
- Produce electricity patterns.
- 30 000 new connections every second and never repeats one.

Fluid between the cells - A.C.H.
Helps the connection forming process – good conductor.

Thought life: 1250 w.p.m.
Speech: 200-250 w.p.m.
STEPS TO FREEDOM FROM PAST WOUNDS AND SINFUL LIVING

OLD THOUGHT PATTERNS

BUTTON

BEHAVIOUR

Rejection ↔ sexual masturbation & pornography.

NB: These are chemical pathways. The Blood of Jesus does NOT make them go away. The thought life has to be renewed.

NEW THOUGHT PATTERNS

BUTTON

NEW BEHAVIOUR

OFF RAMP = however, it takes three weeks to three months to establish.

Once established, a new chemical is released: GABA
DISLODGING THE CARNAL MIND

Its rulership **begins** to be dislodged when we receive the Lord Jesus Christ as Lord and Saviour, when we read the Word of God, pray, receive truth when confronted, minister to others, choose sound thinking in Christ, etc.

Our carnal mind fights back - “It isn’t logical to believe that. You aren’t making sense”.

Our mind demands **intellectual integrity**, a tight system with no loop-holes, no contradictions. It wants to keep the Holy Spirit from becoming seated as the Ruler of our hearts and minds.

**Example**: The gift of the speaking in tongues.

Nothing dislodges the carnal mind and embarrasses it more than for us to start spouting words it can’t understand or control!

Who has not noticed that it is frequently the most logical and rationalistic people who profess to have little use for the gift of tongues? “Oh, I suppose it has some value for some people, but I’ve just never seen much good in it.”

“I’d rather have the gift of knowledge or wisdom.” The person has spoken in tongues once or twice to prove he has received the baptism of the Spirit, but has not done it since.
From our infancy, we have installed our conscious, carnal mind in control of our flesh, to rationalize our desires, protect our feelings, think our thoughts, and plan our steps. It is our lack of trust in God which our carnal mind uses to retain its throne. We are afraid if we let go, the Holy Spirit won’t really take charge, and we will run amok and embarrass ourselves.

When our parents (who represent God to our childish mind) fail to apply appropriate discipline to fence-off our rampaging emotions, we are even more unconsciously sure as adults that God won’t be there for us if we let go control of ourselves to His Holy Spirit.

Because family structures are disintegrating more and more, people are finding it increasingly difficult to trust enough to allow God to govern their lives.

Steps in dethroning the Carnal Mind:

1. Gain a healthy respect for the cleverness of the carnal mind and a holy fear of it’s abilities to seduce us again and again.

2. Prayer and discipline
   Is this the way Jesus would think? Is this what Jesus would feel? Is this what Jesus would do?

3. Continual, loving confrontations of brothers and sisters who love us too much to let us get by with our practiced deceits. The carnal mind fights honesty, vulnerability, openness and corporateness even as it fights prayer. “Don’t be so open, it’s too risky.” Whoever would truly have the Mind of Christ must pay the price of corporateness. The price is the pain and fear of openness, especially since people make mistakes, and sometimes intends to hurt. The price is also the humility of being formed by others.

THE MOST DIFFICULT THING FOR CHRISTIANS TO LEARN

Our feelings and thoughts have such a life of their own within us that they are fully capable of waiting until just the right moment to flare back to life, so that we will take them up and adopt them again. DO NOT FEAR THAT YOU WEREN’T HEALED AFTER ALL!

Many Christians have never been taught about the continuing battle to subdue their own minds and feelings. So they plunge needlessly back into their ancient troubles and then blame and shout at the devil.
He will use whatever handles we give him, but **he is not the primary problem.**
Our lack of understanding and discipline is what destroys us in these cases.

The solution is easy. Don’t struggle with its thoughts and resurrected old feelings all over again. Say to yourself: “That is not what I really feel or think. I’m not going to give it any power.
I choose (whatever new feelings and thoughts are appropriate in Christ). That’s who I really am. I’ll ignore these feelings and thoughts until they go away. **Lord, I choose Your way, and I banish these old things from my heart and mind.**
You don’t have to act on them just because they came into your head and heart. **They have no real life unless you give it to them.** Rest, and enjoy your new life in Christ!

**Remember:** We cannot simply ignore, as having no reality, whatever we have not yet brought to effective death on the Cross. Whatever we feel or think, which Jesus would not entertain as His, is a signal to us that we need to track that thing to its roots and bring it to death on the cross.

But, if we have already **wrestled** an old way to the cross, its reappearance is no more than the self, trying to regain the throne of control within us.

The way the Lord heals ensures that old feelings and thoughts will crop up again and again as we grow in Him!

When the Lord heals our soul, He doesn’t merely fix it, like repairing a machine so it will run again.

**Ps 23:3** “He restores my soul.”

All Christian “restoring” proceeds by the work of the Cross.

Healing + Restoration = Crucifixion + Rebirth (not mending)

Our carnal mind cannot be adjusted or retaught, it can only be slain!

**We must come to see our carnal mind as our enemy, not our friend.** We must gain a healthy respect for its cleverness, a holy fear of its ability to seduce us again and again. Keep pressing into Jesus, calling for repentance and change. Soul Care School made us aware that we lacked knowledge about how things worked in the Spirit.
We now need to be careful not to become filled with pride and self-confidence in knowledge. “I’ve learned the hard way. Now that I know myself, I’ll never do that again.” KNOWLEDGE CANNOT PROTECT YOU! The Trinity is not “Father, Son and Knowledge”. It is only the Holy Spirit who will keep us in walking uprightly in Him.

**PRAYER:**

*Lord, I don’t want my mind. I want Your mind. I believe I have Your mind within me. Let Your mind live and rule all my thinking and feeling.*

*I don’t want my knowledge or any other humanistic knowledge.*

*I want Your truth.*

*Purge my mind according to Your Word.*

*Take me on a never-ending Emmaus walk, and open Your Word to me daily, upsetting and replacing whatever I have learned in the world.*

*Bring my mind to death in all its knowledges and ways of thinking and ways of controlling my feelings, in all the ways I have learned to think and feel in the world.*

*Lord, I thank You for the keen mind You have given me. I thank You for all its labours in accumulating knowledge. But now, Lord, it exaggerates its task and does too much. Still my mind, Lord! Quiet it. Take it off centre stage so that the Holy Spirit can rule it through my spirit. Turn my mind down for a while, Lord. It won’t lose power. I will not become dumb or stupid. After a while, it will have more power than ever before, but then it will be ruled only by Your mind, not mine. It will be Your servant, ruled by You, no longer the master but the slave.*

**AMEN!**
LESSON 3: DEVELOPING MENTAL DISCIPLINE

It is our “traditions which make void the Word of God”.  
(Mat. 15:2-6; Mark 7:5-13)

All of us possess countless traditional ways of thinking we have assumed are Christian, but may not be at all.

The Christian life is not a matter of feelings. It is a matter of continual choices, of milli-second choosings within the stresses of living.

Abiding in Christ demands moment-by-moment choices to live by His Word and by His example.

The discipline of trying to live positively like Christ is what brings us to our knees and to death of ourselves faster than anything else we have tried so far.

PRAYER:

I will not think what You would not think, Lord Jesus.

I will not let myself feel what You wouldn’t allow in Your emotions.

I will not do what You wouldn’t do.

AMEN.

Our mind ceases to be our enemy when we discipline it in Christ and give it good channels to run in. If we do not pay the price of building such a discipline in prayer, we cannot defeat the fleshly rule of our minds.

There are no instant-on saints.

There can be no substitutes for our own efforts, no matter how much our Lord generously gives us through His grace. He has paid the price, once for all. But in His wisdom, He leaves some areas for us to conquer with Him, in Him. And this is one of those areas in which He will not do everything for us with no corresponding discipline and effort on our part.
Some Christians remain immature. There are those that refuse the discipline of flash prayers and the constant daily habit of checking every feeling and thought and action by the example of Jesus.

Christians need to practice “praying without ceasing” until they no longer have to remind themselves to pray, they just automatically do it.

The more we learn to concentrate to pray, the more we lessen the hold of our mind’s carnality.
LESSON 4: DEEP RUTS

There are two kinds.

1. Thought-patterns, tracks in our minds which were not trained into us, nor chosen in experience, but which are part of us, inherited simply because we are descendants of Adam and Eve.

2. Our ways of thinking we built into ourselves in infancy and early childhood, so deep we may not be aware they exist, though they guide us daily, and can entrap us.

3. There are also combinations of both inherited and developed ruts.

Deep mental ruts exist in all of us, whether born-again or not. All too often they serve as channels for rivers of fleshly passions to rise nearly unchecked into dominance and control. Deep ruts are also often the mental shape of deep roots within us.

Definition: Roots are practiced, hidden ways of drinking nurture and fulfillment from God, from others, self and nature. They are
- habitual manners of receiving
- systems for getting, not for giving
- ways our inner being has developed to obtain whatever it deems is necessary for survival and well-being.

Roots are hidden in the same way that we, as tiny children, built ways of walking and talking until they became automatic systems requiring no continued, conscious effort.

Those formations happened so long ago, we have forgotten or never really knew we learned them. Thus, our practiced ways are hidden to us. Only when exposed to others do we see that our ways are not always everybody else’s.
Roots are ways of reaching beyond ourselves to drink from others what we need: affection, acceptance, love, approval, embrace, etc. Or, unfortunately, to feed on rejection, refusal, criticism, bitterness, aloofness, etc.

Experience with parents, siblings and others confirms, upsets or rebuilds both the root systems we inherit and those we originate. By the time we are six, both kinds of roots are firmly established. From then on, up till about twelve, we are busy building and establishing the strong trunk of **character** on which the limbs and leaves of our personality will depend for the remainder of our lives. Deep roots reside in the heart.

Matthew 15:18: “18 But whatever comes out of the mouth comes from the heart, and this is what makes a man unclean and defiles [him].”
INHERITED ROOTS

Root systems inherited from Adam and Eve are common to all; no one has escaped having them. We share equally in original sin; no one has received unique dosages. What we do with inherited roots is unique.

Roots and deep ruts in all of us are strongly established and stubbornly persistent in functioning the way we inherited or first constructed them.

**Example:** Once our roots have learned to seek and feed on rejection, hatred, criticism, etc., though plenty of love and encouragement, affection and approval may abound, our root system may pick out that which brings misery and death rather than life.

**As with ruts, it is in the heart that our roots live and cause us to choose wrongly.**

E.g. the body will take up carbon monoxide much faster than oxygen. In the same way, once our roots have learned to seek and feed on rejection, hatred, criticism, etc., though plenty of love and encouragement, affection and approval may abound, our root system may pick out that which brings misery and death rather than life. We unconsciously chose death rather than life. We unconsciously chose death and mix death so much with life, that we remain emotionally crippled.

*Heb. 3: 12:* “12 [Therefore beware] brethren, take care, lest there be in any one of you a wicked, unbelieving heart [which refuses to cleave to, trust in, and rely on Him], leading you to turn away and desert or stand aloof from the living God.”
WHERE IT ALL BEGAN

1. ADAM AND EVE DID NOT COMMUNICATE PROPERLY

Eve listened to the serpent and Adam was silent.

From that lack of cohesiveness and attention to one another comes the first of our inherited deep roots and ruts.

The most common problem we as counselors deal with in marital counseling is improper communication between the partners.

Every action of Adam and Eve is so deeply set into our nature roots and ruts that only the Cross of Christ can overcome them and enable us to change!

That is how original sin affects us all in the present, through tendencies and stubborn practices set and fixed into our old nature, still effective long after we come to Jesus, until we bring them to death on the Cross.

Since then, every marital couple must struggle against the ruts of their flesh to keep the lines of communication open and flowing.

2. EVE ADDED TO GOD’S COMMAND

*Gen 3:2, 3* “...You shall not eat from it or touch it, lest you die!”

That error has become instinctive, a deep rut of thought in all of us.

How frequently we add to God’s commandments!

Example: dress rules, make-up, hair styles, etc.

Obedience to God’s law should always be refreshing to us.

*Ps 19: 7-8a:* “The Law of the Lord is perfect, restoring the soul.
8 The precepts of the Lord are right, rejoicing the heart.”

**PRAYER:**

Lord, bring to death my practiced, hidden ways of reading Your Law. Bring to death on the Cross the mind I inherited from Adam and Eve, and renew in me the Mind of Christ, so I may see as He saw and obey as He obeyed. AMEN.
3. EVE HAD BEEN FEEDING EVERYWHERE ELSE

She said in Gen 3:2, 3 that the forbidden tree was in the middle of the garden. She didn’t know which tree was actually the forbidden one and confused the command. This means that she had not been feeding on the Lord Jesus Christ where she should have! Her spirit had become weak and, therefore, vulnerable to delusion.

From that error we inherit our root tendency to feed everywhere else but on Jesus.

**PRAYER:**

*Lord, crucify my habit of wandering everywhere else than to You. Teach my heart anew to centre in You. Fasten my mind to feed on the Tree of Life who is my Lord Jesus Christ.*

*AMEN.*

4. IDOLATRY

When we do not put God at the centre of life, something else has to fill that vacuum. Eve was ripe for temptation. Satan stepped in to fill her hunger for truth.

Just so, idolatry has become the most besetting sin of all mankind.

It is a powerful rut within us all to make anything and everything rather than Jesus the center of life.

Eve placed Satan at the center of her life. The tree of knowledge filled the vacuum.

We celebrate the strength of the flesh rather than God’s transforming power.

Placing Satan at the center enhances the world of fear. Fear breeds lack of trust in those who protect us, most especially in our Father God.

We see now that the root of fear and mistrust in us began at this point in history.

From Eve’s error came deep ruts of mistrust in all of us, stimulating closure, creating hearts of stone, fearfulness, patterns of flight and unnatural deviousness and cleverness.
We are **double-minded** and **unstable** in all our ways (James 1:5-8).

This mental rut of **fear and root of mistrust destroys our faith**. This is the foundation of **back-sliding**.

*Is 26: 3: “3 You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You and hopes confidently in You.*

5. **EVE BELIEVED A LIE ABOUT GOD’S CHARACTER**

*Gen 3:4, 5 “You surely shall not die.”*

Satan was telling Eve that God was lying to them.

We now are **vulnerable to defilement and temptation**.

**Inherited tracks of defilement are**
- **bitter roots** from drinking from Satan’s nature
- **twisted ruts** of thoughts about God and His nature.

**The result:** We now cannot fully trust God that He is as good as the Bible reveals Him to be AND we don’t tap into His presence sufficiently nor frequently enough. **PRAYERLESSNESS!!!**

**PRAYER:**

*Father, I fail to be with You as I ought. Therefore, I don’t trust You as I should. Bring my spiritual slothful and wandering nature to death on the cross. Give me a new heart of devotion, and a new mind of trust.*

**AMEN.**

6. **BAD COMPANY**

Because Eve kept bad company in the Garden, it is a root tendency in all of us to **ally ourselves with people who do us little good.**
Freedom is not achieved merely by determining to find better friends, though it may help. We need to crucify that in us which seeks the flattery of friendship with people weaker than ourselves in grace and wisdom, and to pray for the humility to seek out those friends whose fellowship will make us stretch to improve.

Our propensity to be overtaken and made captive to do someone else’s will, began right there in Eve’s succumbing to Satan’s defilement.

7. “A DELIGHT TO THE EYES”

**Gen 3:6: ‘6 And when the woman saw that the tree was good (suitable, pleasant) for food and that it was delightful to look at, and a tree to be desired in order to make one wise, she took of its fruit and ate; and she gave some also to her husband, and he ate.**

Defilement had run its course in Eve. She was no longer thinking her own thoughts. If sin did not look good, who would do it?!

We are all powerfully influenced by root tendencies and mental ruts to take again and again by force of sin what God would have given at the right time by grace.

E.g. Taking sex before marriage. A thief takes by force of sin, a liar tries to obtain by lies.

Every sin we do has behind it untrust that the good God will provide what is best for us in His own time and way. That habit of falsely grabbing what we want, rather that waiting for the goodness of God to provide the best, is a mental rut of untrust we have all inherited.

**PRAYER:**

*Lord, slay my false wantings and my untrust. Let me be born anew here too, equipped and empowered by Your heart of trust in our Heavenly Father.*

**Question:** Did a sinful act produce something good?

From this confusion has come the mistaken notion that if we sin, something good will come of it!

People excuse their extra-marital affairs saying, “I’m coming alive like never before!” (Actually, they are dying in their souls while being emotionally excited and turned on.)
“This is wonderful! Surely something this good can’t be that bad.”
That sinful and foolish mental rut has seduced untold thousands into misery.

Gal. 6: 7-8: “7 Do not be deceived and deluded and misled; God will not allow Himself to be sneered at (scorned, disdained, or mocked by mere pretensions or professions, or by His precepts being set aside.) [He inevitably deludes himself who attempts to delude God.] For whatever a man sows, that and that only is what he will reap.
8 For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life.

Nothing good ever comes from sin!!!

8. ADAM CHOSE EVE ABOVE GOD

Adam listened to Eve and ate of the fruit.

From this sin derives our rut of choosing the woman in place of God. Whoever sins sexually with any woman has surrendered again to that track of placing a woman above God in importance.

That rut has been the basic first cause for every man’s sexual sins. All of us have it in us to fall to seduction. No one is safe.

PRAYER:

Dear God, bring this carnal nature of mine to death. Set me free in You to have emotions and think and act in relation to woman as only You would have me do.
AMEN.

9. “THEY KNEW THEY WERE NAKED”

After they had sinned they ran to cover their nakedness with fig leaves. From this mental rut has originated our entire tendency to pornography, adult bookstores, X-rated movies, etc.
10. FEAR OF GOD’S PRESENCE

Out of their flight from God comes one of the most powerful ruts in all our thinking. We don’t want God to come any closer to us than we can control and feel comfortable about.

We’re afraid of His awesome presence.
We’re afraid to come forward and confess our sins.

For every flight pattern, we possess built-in excuses.

Adam put the wrong reason on his foolish actions. That deception built into all mankind the deep mental track of putting lying reasons behind foolish deeds. “I just couldn’t help myself” is a common example of a lying reason.

We learned the track of lying to ourselves before we learned anything, because we never had to “learn” it; it came with the package of being human - from Adam’s first lie to God - “because I was naked”.

**PRAYER:**

*Slay it in me, Lord. Set me free from deceiving myself and others. Give me a heart and mind of truth and honesty.*

**AMEN.**

11. “WHO TOLD YOU THAT YOU WERE NAKED?”

From Adam’s silence to God’s question we inherit our own reluctance and rebellious resistance to responding, as we should in hundreds of situations.

**Example:**
- not responding to God at an altar call.
- not giving the word the Holy Spirit prompts you to bring.
- not confessing you were wrong.

**The result:** Rebellion and hatred between parents and children, bosses and employees, etc.

How long will we still quibble as children in self-justifying, self-seeking ways?
12. PASSING THE BUCK

Finally, Adam knew he had to respond: “The woman who You gave me...”

Eve also passed the buck: “The serpent deceived me”.

Thus, a double dose of buck-passing! We are forever blaming each other.

We also tend to blame God when things go wrong. “Why did God do this to me?”

Silly excuses and blaming of others just seem to flow so easily out of our mouths!

PRAYER:

Lord, bring this habit of blaming You in my heart to death on Your cross (whether I can admit it in my mind or not) and resurrect trust and honour for You until that becomes second nature to me.

AMEN.

13. “YOUR DESIRE SHALL BE FOR YOUR HUSBAND”

Because Eve had caused Adam to choose her before God, she and her descendants would reap a perpetual rut of striving to please men rather than God.

Husbands cannot be allowed to exercise authority which overrides the commandments of God. He cannot be allowed to force her to lie, or cheat, or steal, or give herself sexually in wrong ways.

Let every woman surrender to the Lord her tendency to please and obey her husband rather than God, and let her ask to be set free from that idolatry.

14. “AND HE SHALL RULE OVER YOU”

Men have dominated and controlled women the world over - she is her husband’s possession. It is ingrained in all men to put women down, ever so subtly sometimes, but down nevertheless!
A husband must never dominate and control or use his position for personal advantage, or disrespect and treat his wife as an object to be used as he sees fit.

One of the first and most telling signs of heresy is when women immediately lose their rights as free and equal partners and become second-class citizens from whom only slavish obedience is to be expected— in meek and submissive silence!

Jesus intends to restore the woman by bringing this mental rut of dominance and control to death on His cross.

15. “BY THE SWEET OF YOUR FACE YOU SHALL EAT BREAD”

Because of sin, labour is filled with anxiety and tension, creating “sweat”. Labour has been corrupted by the curse of the mental rut of strain.

Because of sinful ruts in men’s thinking, from then on until now men tend to flee from their wives into the security and manageable satisfaction of their work.

A man has two worlds: work and family, and all too often his family comes second.

Bring to death on the cross that practiced rut that came from Adam’s loving his work first. Love your wife and family first after God, not your work.

Sin separates. Immediately after they had sinned, guilt, fear and lies separated Adam and Eve from God. Then they were separated from each other by Eve’s inordinate desire and the corruption of headship, and by Adam’s preferring labour above Eve.

Finally, they were separated from nature by thorns and thistles and unrewarding labour.

It became a vicious cycle which we inherit through roots and ruts today. Men spend too much time and energy at work. That frustrates their wives’ desire to be with them. So wives scold, incite, agitate or manipulate, trying to cause their husbands to pay them more attention.
This makes husbands want to **flee back to the office or farm or factory**, where they can feel more competent and composed, where they know how to make things happen and feel the satisfaction of seeing a job well done.

That, in turn disappoints their wives all the more, and their resultant **bitterness**, **loneliness** and **tension** cause them to act in ways which can only separate them further!

It is important for husbands and wives to see this cycle and come to hate it until both can haul it to the cross together.

We need to repent of it as our own sin, and as a death-dealing cycle we have all inherited from our forefathers, generation to generation, back to Adam and Eve. It needs to be broken at the foot of the cross in repentance.

### 16. “MAN HAS BECOME LIKE ONE OF US”

**(Gen 3:22)** Adam and Eve now knew good from evil, but not in God’s pure way - as Satan knows good from evil. Their **lies** and **sins** had caused them to become spiritually, emotionally and mentally **like Satan**, not like God.

From the misinterpretation of that text has descended a most persistent lie, a rut of deception that has done untold harm in the lives of countless people - that **sinning somehow produces good**.

**That lie weakens our resolve to stand in righteousness.**

We sin because whatever forbidden thing we want, seems to be worth the price of sin to get it. The lure of it, and the **lie** that there won’t be any bad consequences, and the **foolishness** of unconsciously thinking that we will be better people because of it - all come from this mental rut of thinking that God said Adam and Eve had become like Him by sinning!

God could not let them return to the Garden until His Son’s cross could purify them to live again among holy things.

Here lies the crux of this teaching: **it is not enough merely to receive Jesus Christ as Lord and Saviour. Conversion only starts the process of death and rebirth required to prepare us for fullness of life in Jesus.**
Positionally, it is all done (John 19:30). Experientially, we must daily make His death for us more and more our own.

Here, at the foot of the Cross, moment by moment, day by day, is where we are either transformed according to God’s Word, or conformed to the world!

**LET’S FIGHT THE BATTLE WHERE IT COUNTS -**

**IN THE DEEP RECESSES OF THE MIND!**
LESSON 5: RESTORING THE FUNCTIONS OF THE MIND AND THE HEART

When looking at issues of the heart, it may feel like death is at the door!

I Cor 2:16 “But we have the mind of Christ”

If we have the mind of Christ, what needs to be renewed?

What is dysfunctional in our minds?

One major problem is that the relationship between our minds and our hearts has been perverted, the roles confused.

The proper function of the mind in relation to the heart is to make decisions, while the heart is to sense and feel things as the servant of the Spirit - renewed mind.

Though we have the mind of Christ, too many of us don’t yet walk in it.
THE FUNCTION OF THE HEART

The heart feels, intuits and understands things in a way unique among our other faculties. The heart also serves a pondering function and can achieve a level of understanding deeper than comprehension of mere facts.

Prov 15:28 “The heart of the righteous ponders how to answer.”

But because the heart is the seat of our fallen emotions, we are specifically instructed not to follow after it.

Num 15:39 “You will have these tassels to ... obey them and not prostitute yourselves by going after the lusts of your own heart and eyes.”

Prov 28:26 “He who trusts in his own heart is a fool.”

The fallen heart is not to be trusted. Clearly the fallen heart must not become the decision-maker in our lives.

Jer 17:9 “The heart is more deceitful that all else.”

The fallen heart is more likely to mislead, more likely to misrepresent itself and to tell lies. Left to itself, the fallen heart is the most selfish and, therefore, the most dishonest instrument we possess.

THE FUNCTION OF THE MIND

The mind is to know objectively and then decide what to do with what is known. The mind, not the heart, functions to set direction, to make decisions and then to summon all other faculties to follow after.

The mind should be “set on the Spirit” (Rom 8:6) which is a decision. In God’s plan, the Holy Spirit rules the mind, and the mind directs the heart.

Ps 16:7 “My mind instructs me in the night.”

Prov 15:14 “The mind of the intelligent seeks knowledge.”
The **function of the mind is to plan**, to set a righteous direction and then to marshall all the other parts of the person to pursue the chosen direction.

**In Rom 7 Paul tells us of the war going on inside every one of us.** The law of sin wages war against the law of his mind.

We **get into trouble when the heart is allowed to become the decision-maker** and judge of truth and the mind becomes carnal, the servant of the heart to justify and fortify what the heart has purposed.

The mind **should set borders** and limits for the heart so that the heart becomes the compassionate servant of the renewed mind.

When the mind fails to provide such discipline, **the heart runs amok with desires, emotions and urges until it makes living a shipwreck.** A heart running amok as the decision-maker twists all perceptions to fit its own selfish frames of reference, makes everyone else responsible for its misery (“You did this to me!”), creates delusions (“God told me to”, though He didn’t) and so much more.

But the heart disciplined by a renewed mind is freed to become a tool for gentleness and for discerning the needs of others for the sake of **ministry in compassion.**

Suppose your mate does **something that really hurts you.** Anger results and you act on it by snapping back with a cutting remark. You believe you did it because you were hurt. But the truth is: You did it because you let your heart decide your course of actions rather than the mind inspired by the Holy Spirit. You used your mind to justify what your heart had already decided, rather than to rule over your inner self for a righteous response.

This is not suppressing emotions. We are to **feel** the emotions, but **decide** to behave righteously.

**YOU HAVE THE RIGHT TO FEEL, BUT NOT TO HURT OTHERS.**
James 1:19, 20  “But let everyone be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.”

Left to itself, the heart is not only the most selfish instrument we own, but will also captivate every other aspect of ourselves. However, when ruled by a renewed mind, it becomes a marvelous instrument of compassion. My heart then becomes a tool for compassion and not a decision-maker, running amok.

We will quickly settle our arguments when this principle is in force!

The New Age thinking says “do and be what you feel”. Feeling is being presented as truth. As a result, we have become self-centred, asking the whole world to satisfy our need to feed our own thinking. Our personal urges are exalted above the Word of God - IDOLATRY!

If the heart rules then:

• “I love” becomes a definition of feeling, rather than a purposed direction for behavior as God intended.

• Marital communication: “If my words succeed in manipulating her into doing the things that I think will make me happy, she has heard me. If not, then we haven’t communicated.” My mind has become the servant of my heart, seeking ways to control my wife’s behavior for my emotional gratification.

• “Turning my life over to Jesus” means that Jesus has made me feel good - and had better continue to do so! If He doesn’t, then I’ll conclude that “it didn’t work” and my mind, wrongly functioning as the servant of the heart, will provide all the hollow sounding excuses I need for my apostasy.

• “Being sensitive” means that I am easily and selfishly hurt, rather than considerate of the feelings of others.

• The heart makes others responsible for its own misery.

• Jumping into bed with whoever, shows the undisciplined heart wanted to do it and the mind provided the justification rather than serving its intended role of holding the heart to the revealed Truth of God’s Word.
We conclude that whatever we felt or heard from our inner voice, was the truth. We idolatrously deify our feelings.

The subconscious motive of most couples in marital counseling is: “Make us feel good so we can like each other again.”

They don’t really want the truth because that would mean their minds would have to discipline their hearts to obey. Our hearts don’t want to do that and our minds are lazy.

Both parties are interested only in establishing that what he or she feels is the truth. Each party wants to be the winner at the other party’s expense.

**Having problems with moods?**

**Stop letting your feelings lead you around by the nose.** Decide with your mind how you will live and then demand that your heart follow along. Get it in order.

It takes self-sacrificial effort to get a breakthrough. You must call the mind to demand that the heart abandon selfishness and begin to have empathy for the other. It must call the heart to account.

**THE TASK OF THE MIND**

In our broken thinking we really believe emotions are strength - THEY ARE NOT!

We believe anger is protection - IT ISN’T!

We believe feelings are honest - THEY LIE!

The task of the mind is to provide the heart with a **framework** of objective truths within which to operate.

*Prov 16:32* “He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.”

*Prov 25:28* “Like a city that is broken into and without walls is a man who has no control over his spirit.”
Prov 17:20  “He who has a crooked mind finds no good.”

If the renewed mind is not the boss, a person has no capacity to rule over negativity. Trapped in negativity, he can see no good in anything or anyone.

**NB: II Cor 10:3-5**  “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

As Christian healers, we aren’t in business to make people feel good, but to take thoughts captive that the heart might follow after.

**Philippians 4:8-9:**  “8 For the rest, brethren, ● whatever is true, ● whatever is worthy of reverence and ● is honorable and seemly, ● whatever is just, ● whatever is pure, ● whatever is lovely and lovable, ● whatever is kind and winsome and gracious, ● if there is any virtue and excellence, ● if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].

9 Practice what you have learned and received and heard and seen in me, and model your way of living on it, and the God of peace (of untroubled, undisturbed well-being) will be with you.”
PART B:

PRACTICAL APPLICATION OF WALKING IN VICTORY
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SWATTING THE FLY

Ed Silvoso, founder of Harvest Evangelism, tells the story of a pastor who was walking along the seashore. As he was trying to enjoy the scenery a swarm of flies began bothering him. There is a spiritual truth here, the Lord said. Understand the life cycle of the fly and you will begin to understand how to get rid of the negative spiritual issues in your life.

Upon investigation the pastor found that the life cycle of the adult fly is 21 days in the summer. The larva stage of the fly is a few days and the pupa stage is three to seven days. The truth then became clear. If you can get rid of a fly and its offspring, then the cycle of the fly's generation is broken and you will be rid of all flies.

The Lord the told him to proclaim truth for forty days. Specifically he told the pastor to take an area of your life in which you want freedom. Find forty key biblical verses in that area and proclaim them as truth for forty days.
Proclaim the Truth for Forty Days:

Praying the Word Against:

1. Anger

Ps 4:4 “In your anger do not sin; when you are on your beds, search your hearts and be silent.”

Ps 37:8 “Refrain from anger and turn from wrath; do not fret— it leads only to evil.”

Prov 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Prov 27:4 “Anger is cruel and fury overwhelming, but who can stand before jealousy?”

Prov 29:8 “Mockers stir up a city, but wise men turn away anger.”

Prov 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.”

Prov 30:33 “For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.”

Eccl 7:9 “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Eccl 10:4 “If a ruler’s anger rises against you, do not leave your post; calmness can lay great errors to rest.”

2 Cor 12:20 “For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder.”

Eph 4:26 “In your anger do not sin: Do not let the sun go down while you are still angry.”
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<tr>
<th>Verse</th>
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<tbody>
<tr>
<td>Eph 4:31</td>
<td>“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”</td>
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<tr>
<td>Col 3:8</td>
<td>“But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”</td>
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<td>1 Tim 2:8</td>
<td>“I want men everywhere to lift up holy hands in prayer, without anger or disputing.”</td>
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<td>Prov 19:11</td>
<td>“A man’s wisdom gives him patience; it is to his glory to overlook an offense.”</td>
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<td>Prov 25:15</td>
<td>“Through patience a ruler can be persuaded, and a gentle tongue can break a bone.”</td>
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<td>Eccl 7:8</td>
<td>“The end of a matter is better than its beginning and patience is better than pride.”</td>
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<td>2 Cor 6:4-6</td>
<td>“Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonment and riots; in hard work, sleepless nights and hunger; in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love;”</td>
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<td>Col 1:11-12</td>
<td>“being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully. Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”</td>
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<td>Mark 7:21-22</td>
<td>“For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly.”</td>
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<td>1 Pet 2:1</td>
<td>“Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.”</td>
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2 Pet 1:4-7  “Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love.”

Gal 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. “

Phil 4:5 “Let your gentleness be evident to all. The Lord is near.”

Col 3:12 “Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

1 Tim 6:11 “But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.”

1 Pet 3:15 “But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,”

Prov 15:18 “A hot-tempered man stirs up dissension, but a patient man calms a quarrel.”

Prov 14:17 “A quick-tempered man does foolish things, and a crafty man is hated.”

Prov 22:24-25 “Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.”

1 Cor 5:8 “Therefore let us keep the Festival, not with the old yeast, the yeast of malice and wickedness, but with bread without yeast, the bread of sincerity and truth.”

James 1:19-20 “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.”
2. Curses Against Your Children

Isaiah 65:23  "They shall not labor in vain, Nor bring forth children for trouble; For they shall be the descendants of the blessed of the Lord, And their offspring with them."

Isaiah 61:9  "Their descendants shall be known among the Gentiles, And their offspring among the people. All who see them shall acknowledge them, That they are the posterity whom the Lord has blessed."

Jeremiah 32:38,39  "They shall be My people, and I will be their God; then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them."

Jeremiah 31:17  "There is hope in your future, says the Lord, That your children shall come back to their own border."

Jeremiah 30:10  "Therefore do not fear, O My servant Jacob, says the Lord, Nor be dismayed, O Israel; For behold, I will save you from afar, And your seed from the land of their captivity, Jacob shall return, have rest and be quiet, And no one shall make him afraid."

Isaiah 61:4  "And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations."

Isaiah 60:18  "Violence shall no longer be heard in your land, Neither wasting nor destruction within your borders; But you shall call your walls Salvation, And your gates Praise."

Isaiah 54:13  "All your children shall be taught by the Lord, And great shall be the peace of your children."

Isaiah 49:25  "But thus says the Lord: Even the captives of the mighty shall be taken away, And the prey of the terrible be delivered; For I will contend with him who contends with you, And I will save your children."

Acts 16:31  "So they said, ‘Believe on the Lord Jesus Christ, and you will be saved, you and your household.’"

Genesis 9:9  "And as for Me, behold, I establish My covenant with you and with your descendants after you."
| **Genesis 13:15,16** | "for all the land which you see I give to you and your descendants forever. And I will make your descendants as the dust of the earth; so that if a man could number the dust of the earth, then your descendants also could be numbered." |
| **Genesis 17:7,8** | "And I will establish My covenant between Me and you and your descendants after you in their generations, for an everlasting covenant, to be God to you and your descendants after you. Also I give to you and your descendants after you the land in which you are a stranger, all the land of Canaan, as an everlasting possession; and I will be their God." |
| **Deuteronomy 30:6** | "And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live." |
| **Deuteronomy 30:19** | "I call heaven and earth as witnesses today against you, that I have set before you life and death blessing and cursing; therefore choose life, that both you and your descendants may live;" |
| **Psalm 25:13** | "He himself shall dwell in prosperity, And his descendants shall inherit the earth." |
| **Psalm 37:25** | "I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread." |
| **Psalm 37:26** | "He is ever merciful, and lends; And his descendants are blessed." |
| **Psalm 69:35,36** | "For God will save Zion And build the cities of Judah, That they may dwell there and possess it. Also, the descendants of His servants shall inherit it, And those who love His name shall dwell in it." |
| **Psalm 89:29** | "His seed also I will make to endure forever, And his throne as the days of heaven." |
| **Psalm 102:28** | "The children of Your servants will continue, And their descendants will be established before You." |
| **Psalm 112:2** | "His descendants will be mighty on earth; The generation of the upright will be blessed." |
**Proverbs 11:21**  "Though they join forces, the wicked will not go unpunished; But the posterity of the righteous will be delivered."

**Isaiah 44:3**  "For I will pour water on him who is thirsty, And floods on the dry ground; I will pour My Spirit on your descendants, And My blessing on your offspring;"

**Isaiah 66:22**  "For as the new heavens and the new earth which I will make shall remain before Me, says the Lord, So shall your descendants and your name remain."

**1 Corinthians 7:14**  "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband; otherwise your children would be unclean, but now they are holy."

**Acts 2:38**  "Then Peter said to them, ‘Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.’"

**Acts 2:39**  "For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call."

**Joel 2:28**  "And it shall come to pass afterward, That I will pour out My Spirit on all flesh, Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions."

**Psalms 103:17,18**  "But the mercy of the Lord is from everlasting to everlasting On those who fear Him, And His righteousness to children's children."

**Psalms 128:3**  "Your wife shall be like a fruitful vine In the very heart of your house, Your children like olive plants All around your table."

**Ezekiel 37:25**  "Then they shall dwell in the land that I have given to Jacob My servant, where your fathers dwelt; and they shall dwell there, they, their children, and their children’s children, forever; and My servant David shall be their prince forever."
3. Depression

1 Chronicles 16:27 “Splendor and majesty are before him; strength and joy in his dwelling place.”

Job 8:21 “He will yet fill your mouth with laughter and your lips with shouts of joy.”

Psalm 4:7 “You have filled my heart with greater joy than when their grain and new wine abound.”

Psalm 5:11 “But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.”

Psalm 16:11 “You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

Psalm 51:8 “Let me hear joy and gladness; let the bones you have crushed rejoice.”

Psalm 51:12 “Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

Psalm 66:1 “Shout with joy to God, all the earth!”

Psalm 67:4 “May the nations be glad and sing for joy, for you rule the peoples justly and guide the nations of the earth.”

Psalm 71:23 “My lips will shout for joy when I sing praise to you-- I, whom you have redeemed.”

Psalm 81:1 “Sing for joy to God our strength; shout aloud to the God of Jacob!”

Psalm 86:4 “Bring joy to your servant, for to you, O Lord, I lift up my soul.”

Psalm 90:14 “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.”

Psalm 92:4 “For you make me glad by your deeds, O LORD; I sing for joy at the works of your hands.”
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<td>Ps 94:19</td>
<td>“When anxiety was great within me, your consolation brought joy to my soul.”</td>
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<tr>
<td>Ps 95:1</td>
<td>“Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.”</td>
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<td>Ps 98:4</td>
<td>“Shout for joy to the LORD, all the earth, burst into jubilant song with music;”</td>
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<td>Ps 100:1</td>
<td>“Shout for joy to the LORD, all the earth.”</td>
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<td>Ps 118:15</td>
<td>“Shouts of joy and victory resound in the tents of the righteous: &quot;The LORD’s right hand has done mighty things!”</td>
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<td>Ps 126:2</td>
<td>“Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, The LORD has done great things for them.”</td>
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<td>Ps 126:3</td>
<td>“The LORD has done great things for us, and we are filled with joy.”</td>
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<td>Ps 126:5</td>
<td>“Those who sow in tears will reap with songs of joy.”</td>
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<td>Ps 126:6</td>
<td>“He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.”</td>
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<td>Prov 12:20</td>
<td>“There is deceit in the hearts of those who plot evil, but joy for those who promote peace.”</td>
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<td>Prov 14:10</td>
<td>“Each heart knows its own bitterness, and no one else can share its joy.”</td>
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<td>Prov 15:30</td>
<td>“A cheerful look brings joy to the heart, and good news gives health to the bones.”</td>
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<td>Isa 55:12</td>
<td>“You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.”</td>
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<td>Scripture Reference</td>
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<tr>
<td>John 15:11</td>
<td>“I have told you this so that my joy may be in you and that your joy may be complete.”</td>
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<td>John 16:20</td>
<td>“I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.”</td>
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<tr>
<td>John 16:24</td>
<td>“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.”</td>
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<tr>
<td>John 17:13</td>
<td>“I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.”</td>
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<td>Acts 14:17</td>
<td>“Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.”</td>
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<td>Rom 14:17</td>
<td>“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,”</td>
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<td>Rom 15:13</td>
<td>“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”</td>
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<td>Gal 5:22</td>
<td>“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,”</td>
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<td>1Thes 1:6</td>
<td>“You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.”</td>
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<td>Heb 12:2</td>
<td>“Let us fix our eyes on Jesus, the Author and Perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”</td>
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<td>James 1:2</td>
<td>“Consider it pure joy, my brothers, whenever you face trials of many kinds,”</td>
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1 Pet 1:8 “Though you have not seen him, you love him; and even though you
do not see him now, you believe in him and are filled with an inexpressible and
glorious joy,“

Jude 1:24 “To him who is able to keep you from falling and to present you
before his glorious presence without fault and with great joy—“
<table>
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<th>4. Doubt</th>
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<td><strong>Matt 21:21</strong> “Jesus replied, ‘I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,’ and it will be done.”</td>
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<td><strong>James 1:6</strong> “But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind.”</td>
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<td><strong>Mark 11:22</strong> “Have faith in God,' Jesus answered.”</td>
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<td><strong>John 14:12</strong> “I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.”</td>
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<td><strong>1 Cor 16:13</strong> “Be on your guard; stand firm in the faith; be men of courage; be strong.”</td>
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<td><strong>2 Cor 1:24</strong> “Not that we lord it over your faith, but we work with you for your joy, because it is by faith you stand firm.”</td>
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<td><strong>Gal 2:20</strong> “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”</td>
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<td><strong>Heb 10:38</strong> “But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him.”</td>
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<tr>
<td><strong>Heb 11:1</strong> “Now faith is being sure of what we hope for and certain of what we do not see.”</td>
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<td><strong>Heb 12:2</strong> “Let us fix our eyes on Jesus, the Author and Perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”</td>
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<td><strong>1 Pet 1:7</strong> “These have come so that your faith-- of greater worth than gold, which perishes even though refined by fire-- may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.”</td>
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<tr>
<td><strong>Ps 91:2</strong> “I will say of the LORD, &quot;He is my refuge and my fortress, my God, in whom I trust.”</td>
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</table>
Ps 115:11 “You who fear him, trust in the LORD-- he is their help and shield.”

1 Pet 1:21 “Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.”

Mark 11:24 “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

Luke 20:5 “They discussed it among themselves and said, "If we say, 'From heaven,' he will ask, 'Why didn't you believe him?'”

Ps 20:7 “Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”

Ps 25:2 “In you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me.”

Ps 31:14 “But I trust in you, O LORD; I say, ‘You are my God.’”

Ps 33:21 “In him our hearts rejoice, for we trust in his holy name.”

Ps 37:3 “Trust in the LORD and do good; dwell in the land and enjoy safe pasture.”

Ps 37:5 “Commit your way to the LORD; trust in him and he will do this:”

Ps 40:3 “He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.”

Ps 40:4 “Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods.”

Ps 52:8 “But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever.”

Ps 55:23 “But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.”

Ps 56:3 “When I am afraid, I will trust in you.”
| **Ps 56:4** | “In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?” |
| **Prov 3:5** | “Trust in the LORD with all your heart and lean not on your own understanding;” |
| **Ps 62:8** | “Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah” |
| **Ps 78:7** | “Then they would put their trust in God and would not forget his deeds but would keep his commands.” |
| **Ps 118:8** | “It is better to take refuge in the LORD than to trust in man.” |
| **Ps 119:42** | “then I will answer the one who taunts me, for I trust in your word.” |
| **Ps 125:1** | “Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.” |
| **Isa 12:2** | “Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation.” |
| **Isa 26:4** | “Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.” |
| **Isa 30:15** | “This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.” |
| **Isa 31:1** | “Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel, or seek help from the LORD.” |
| **Nahum 1:7** | “The LORD is good, a refuge in times of trouble. He cares for those who trust in him,” |
| **John 14:1** | “Do not let your hearts be troubled. Trust in God; trust also in me.” |
5. Fear

**Ps 3:6** “I will not fear the tens of thousands drawn up against me on every side.”

**Ps 23:4** “Though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

**Ps 27:1** “The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?”

**Ps 27:3** “Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.”

**Ps 46:2** “Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,”

**Ps 91:5** “you will not fear the terror of night, nor the arrow that flies by day,”

**Ps 112:7** “we will have no fear of bad news; his heart is steadfast, trusting in the LORD.”

**Ps 112:8** “his heart is secure, he will have no fear; in the end he will look in triumph on his foes.”

**Prov 3:25** “have no fear of sudden disaster or of the ruin that overtakes the wicked,”

**Prov 29:25** “Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.”

**Isa 51:7** “Hear me, you who know what is right, you people who have my law in your hearts: Do not fear the reproach of men or be terrified by their insults.”

**Isa 51:12** “I, even I, am he who comforts you. Who are you that you fear mortal men, the sons of men, who are but grass,”

**Ps 125:1** “Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.”
**Isa 54:4**  “Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.”

**Isa 54:14**  “In righteousness you will be established: Tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you.”

**Jer 39:17**  “But I will rescue you on that day, declares the LORD; you will not be handed over to those you fear.”

**Rom 8:15**  “For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, ‘Abba, Father.’”

**1 Pet 3:14**  “But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened.”

**I Jn 4:18**  “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

**Ps 9:10**  “Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.”

**Ps 13:5**  “But I trust in your unfailing love; my heart rejoices in your salvation.”

**Ps 20:7**  “Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”

**Ps 31:14**  “But I trust in you, O LORD; I say, ‘You are my God.’”

**Ps 40:3**  “He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.”

**Ps 40:4**  “Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods.”

**Ps 56:3**  “When I am afraid, I will trust in you.”

**Ps 91:2**  “I will say of the LORD, ‘He is my refuge and my fortress, my God, in whom I trust.’”
**Ps 115:11** “You who fear him, trust in the LORD-- he is their help and shield.”

**Prov 3:5,6** “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight”

**Isa 12:2** “Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation.”

**Isa 26:4** “Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.”

**Nahum 1:7** “The LORD is good, a refuge in times of trouble. He cares for those who trust in him,”

**Deut 31:8** “The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

**Ps 56:3** “When I am afraid, I will trust in you.”

**Ps 118:6** “The LORD is with me; I will not be afraid. What can man do to me?”

**Rev 1:17** “When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last.”

**Ps 55:22** “Cast your cares on the LORD and he will sustain you; he will never”

**Ps 112:6,7** “Surely he will never be shaken righteous man will be remembered forever. He will have no fear of bad news: his heart is steadfast, trusting in the Lord.”
6. Lust

Phil 4:8 “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”

Prov 5:20-23 “Why be captivated, my son, by an adulteress? Why embrace the bosom of another man’s wife? For a man’s ways are in full view of the LORD, and he examines all his paths. The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly. “

Matt 5:29-30 “If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. “

Job 31:1 “I made a covenant with my eyes not to look lustfully at a girl.”

Prov 4:25 “Let your eyes look straight ahead, fix your gaze directly before you.”

Prov 17:24 “A discerning man keeps wisdom in view, but a fool’s eyes wander to the ends of the earth.”

James 1:13-16 “When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is fullgrown, gives birth to death. Don’t be deceived, my dear brothers.”

1 Pet 2:11 “Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. “

Rom 13:14 “Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.”

Gal 5:16 “So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.”

Col 3:10 “and have put on the new self, which is being renewed in knowledge in the image of its Creator.”
2 Pet 1:3-4  “His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.”

2 Cor 7:1  “Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”

Heb 12:10  “Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.”

1 Thes 4:7-8  “For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.”

Lev 11:44  “I am the LORD your God; consecrate yourselves and be holy, because I am holy.”

I Jn 2:16-17  “For everything in the world – the cravings of sinful man, the lust of his eyes and the boasting of what he has and does – comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever.”

Prov 4:23  “Above all else, guard your heart, for it is the wellspring of life.”

Prov 22:11  “He who loves a pure heart and whose speech is gracious will have the king for his friend.”

Ps 24:3-4  “Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.”

Ps 51:6-7  “Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”

Ps 51:8-10  “Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me.”
**Matt 5:8** “Blessed are the pure in heart, for they will see God.”

**Mark 7:18-19** “Are you so dull?’ he asked. ‘Don’t you see that nothing that enters a man from the outside can make him ‘unclean’? For it doesn’t go into his heart but into his stomach, and then out of his body.”

**2 Tim 2:22** “Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”
7. Pride and Control

II Chronicles 7:14  "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

1 Peter 5:5,6  "Likewise you younger people, submit yourselves to your elders, Yes, all of you be submissive to one another, and be clothed with humility, for God resists the proud, But gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,"

Zephaniah 3:12  "I will leave in your midst A meek and humble people, And they shall trust in the name of the Lord."

Philippians 2:3  "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself."

Philippians 2:5  "Let this mind be in you which was also in Christ Jesus."

Philippians 2:7  "but made Himself of no reputation, taking the form of a bond-servant, and coming in the likeness of men."

Philippians 2:8  "and being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross."

Philippians 2:9  "Therefore God also has highly exalted Him and given Him the name which is above every name,"

Galatians 5:24  "And those who are Christ's have crucified the flesh with its passions and desires."

Luke 16:15  "And He said to them, "You are those who justify yourselves before men, but God knows your hearts For what is highly esteemed among men is an abomination in the sight of God."

Galatians 6:2  "Bear one another's burdens, and so fulfill the law of Christ."

Deuteronomy 8:2  "And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not."
| 1 Corinthians 1:26 | "For you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many noble, are called." |
| 1 Corinthians 1:27 | "But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty;" |
| 1 Corinthians 1:28 | "and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are." |
| 1 Corinthians 1:29 | "that no flesh should glory in His presence." |
| 1 Corinthians 1:30 | "But of Him you are in Christ Jesus, who became for us wisdom from God and righteousness and sanctification and redemption." |
| 1 Corinthians 1:31 | "that, as it is written, 'He who glories, let him glory in the Lord.'" |
| 1 Corinthians 2:1 | "And I, brethren, when I came to you, did not come with excellence of speech or of wisdom declaring to you the testimony of God." |
| 1 Corinthians 2:2 | "For I determined not to know anything among you except Jesus Christ and Him crucified." |
| 1 Corinthians 2:3 | "I was with you in weakness, in fear, and in much trembling." |
| 1 Corinthians 2:4 | "And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power," |
| 1 Corinthians 2:5 | "that your faith should not be in the wisdom of men but in the power of God." |
| II Corinthians 12:4 | "For though He was crucified in weakness, yet He lives by the power of God, For we also are weak in Him, but we shall live with Him by the power of God toward you." |
| Proverbs 16:18 | "Pride goes before destruction, And a haughty spirit before a fall." |
| **Jeremiah 9: 23,24** | “Thus says the Lord: Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches; But let him who glories glory in this, That I am the Lord, exercising loving kindness, judgment, and righteousness in the earth. For in these I delight,’ says the Lord.” |
| **Proverbs 18:12** | "Before destruction the heart of a man is haughty. And before honor is humility.” |
| **Proverbs 13:10** | "By pride comes nothing but strife, But with the well-advised is wisdom.” |
| **1 John 2:16** | "For all that is in the world-the lust of the flesh, the lust of the eyes, and the pride of life-is not of the Father but is of the world.” |
| **Isaiah 29:19** | “The humble also shall increase their joy in the Lord, And the poor among men shall rejoice In the Holy One of Israel.” |
| **Isaiah 29:13** | "Therefore the Lord said: Inasmuch as these people draw near with their mouths And honor Me with their lips, but have removed their hearts far from Me, And their fear toward Me is taught by the commandment of men,” |
| **Isaiah 31:1** | "Woe to those who go down to Egypt for help, And rely on horses, Who trust in chariots because they are many, And in horsemen because they are very strong, But who do not look to the Holy One of Israel, Nor seek the Lord!” |
| **Jeremiah 17:5** | "Thus says the Lord: "Cursed is the man who trusts in man And makes flesh his strength. Whose heart departs from the Lord.” |
| **Jeremiah 17:7** | "Blessed is the man who trusts in the Lord And whose hope is the Lord.” |
| **Daniel 4:37** | "Now I, Nebuchadnezzar, praise and extol and honor the King of heaven, all of whose works are truth, and His ways justice. And those who walk in pride He is able to put down.” |
| **James 1:9** | "Let the lowly brother glory in his exaltation," |
| **James 1:10** | "but the rich in his humiliation, because as a flower of the field he will pass away." |
| **Psalm 18:2** | "The Lord is my rock and my fortress and my deliverer; My God, my strength, In whom I will trust; My shield and the horn of my salvation, my stronghold." |
8. Rejection

My Father loves me with an everlasting love. I have never not been loved by Him.

**Jeremiah 31:3**  “I have loved you with an everlasting love; therefore I have drawn you with loving kindness.”

My Father loves me so much that He gave His only Son to die for me so I might know His love.

**John 3:16**  “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.”

My Father loves me so much that He wants to express His love and affection to me.

**John 16:27**  “For the Father Himself loves you, because you have loved Me, and have believed that I came forth from the Father.”

Nothing can separate me (not even my faults) from God’s love for me.

**Romans 8:38-39**  “For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

My Father loves me just as much as He loves His Son, Jesus.

**John 17:23**  “[I pray] that they may be perfected in unity, that the world may know that Thou didst send Me, and didst love them, even as Thou didst love Me.”

Even when I have sinned, Father loves me and asks me to sit beside Him with Christ.

**Ephesians 2:4-6**  “But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus.”
My Father wants me to overflow with His love.

**Ephesians 3:19** “[I pray that you may] know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.”

Even when I am wounded, my Father sees me as beautiful and takes pleasure in me.

**Psalm 149:4** “For the Lord takes pleasure in His people; He will beautify the afflicted ones with salvation.”

My Father’s thoughts toward me are always good and filled with hope for me.

**Jeremiah 29:11** “For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”

I am beautiful, handsome and pleasant in His eyes.

**Song of Solomon 1:15-16** “How beautiful you are, my darling, how beautiful you are! Your eyes are like doves. How handsome you are, my beloved, and so pleasant.”

My love for Him fills Him with ecstasy and joy.

**Song of Solomon 4:10** “How beautiful is your love, my sister, my bride! How much better is your love than wine.”

My Father is so pleased with my being His child that He will never leave me. He wants to meet all my needs.

**Luke 15:31** “And he said to him, ‘My child, you have always been with me, and all that is mine is yours.’”

My Father likes being with me so much that He made His home with me.

**John 14:23** “Jesus answered and said to him, ‘If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him, and make Our abode with him.’”
I am to shine the light of my Father throughout the earth.

Matthew 5:13-14  "You are the salt of the earth ... You are the light of the world."

I am a witness of God to the world.

Acts 1:8  "But you shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."

I am a minister of reconciliation for God.

2 Corinthians 5:18  "Now all these things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation."

I am God's ambassador to the world.

2 Corinthians 5:20  "Therefore, we are ambassadors for Christ, as though God were entreatting through us; we beg you on behalf of Christ, be reconciled to God."

I can do all things in Christ.

Philippians 4:13  "I can do all things through Him who strengthens me."

Jesus is not ashamed of me.

Hebrews 2:11  "For both He who sanctifies and those who are sanctified are all from one Father; for which reason He is not ashamed to call them brethren."

God is not ashamed to be my Father.

Hebrews 11:16  "Therefore God is not ashamed to be called their God; for He has prepared a city for them."

He has forgiven my iniquity and remembers my sin no more.

Jeremiah 31:34  "And they shall not teach again, each man his neighbor and each man his brother, saying, 'Know the Lord,' for they shall all know Me, from the least of them to the greatest of them," declares the Lord, "for I will forgive their iniquity, and their sin I will remember no more."
He has put all of my sins under His feet and cast them into the depths of the sea.

**Micah 7:19** “He will again have compassion on us; He will tread our enemies underfoot. Yes, Thou wilt cast all their sins into the depths of the sea.”

God has redeemed me and forgiven all my sin.

**Colossians 1:13-14** “For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.”

God forgives and cleanses me from all my sin.

**1 John 1:9** “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

I am called a child of God.

**John 1:12** “But as many as received Him, to them He gave the right to become children of God, even to those who believe in His Name.”

I am called Christ's friend.

**John 15:15** “No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you.”

In Christ, God sees me just as if I had never sinned.

**Romans 5:1** “Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ.”

I belong to my Father.

**1 Corinthians 6:19-20** “Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price.”
I have been adopted and placed in my Father's Presence.

**Ephesians 1:5** “He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will.”

I am complete in Christ.

**Colossians 2:10** “In Him you have been made complete, and He is the head over all rule and authority.”

I am free forever from condemnation.

**Romans 8:1-2** “There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death.”

My Father is always for me, never against me.

**Romans 8:31** “What then shall we say to these things? If God is for us, who is against us?”

Troubles do not separate me from God’s love.

**Romans 8:35** “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?”

I am hidden with Christ in the Father.

**Colossians 3:3** “For you have died and your life is hidden with Christ in God.”

I am filled with God’s power, love and a sound mind.

**2 Timothy 1:7, NKJV** “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

I can find grace and mercy when I am hurting.

**Hebrews 4:16** “Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.”
Father’s perfect love for me displaces my fears.

1 John 4:18  “There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.”

The evil one has no right to touch me while I am in my Father’s arms.

1 John 5:18  “We know that no one who is born of God sins; but He who was born of God keeps him and the evil one does not touch him.”

My Father wants to hold and comfort me when I’m afraid.

Isaiah 66:12-13  “For thus says the Lord, ‘Behold, I extend peace to her like a river, and the glory of the nations like an overflowing stream; and you shall be nursed, you shall be carried on the hip and fondled on the knees. As one whom his mother comforts, so I will comfort you; and you shall be comforted in Jerusalem.’”

Father did not send His Son to die for me so that I might be judged by Him. When I believe in Him, I am not judged.

John 3:17-18  “For God did not send the Son into the world to judge the world; but that the world should be saved through Him. He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.”

My Father does not judge me.

John 5:22  “For not even the Father judges anyone, but He has given all judgment to the Son.”

Jesus came to save me from my sin, not to judge and condemn me for it.

John 12:47  “And if anyone hears My sayings, and does not keep them, I do not judge him; for I did not come to judge the world, but to save the world.”
9. Shame

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<td><strong>Ps 25:2</strong></td>
<td>“in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me.”</td>
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<td><strong>Ps 25:3</strong></td>
<td>“No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse.”</td>
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<td><strong>Ps 119:6</strong></td>
<td>“Then I would not be put to shame when I consider all your commands.”</td>
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<td><strong>Ps 119:31</strong></td>
<td>“I hold fast to your statutes, O LORD; do not let me be put to shame.”</td>
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<td><strong>Ps 119:46</strong></td>
<td>“I will speak of your statutes before kings and will not be put to shame,”</td>
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<td><strong>Ps 119:80</strong></td>
<td>“May my heart be blameless toward your decrees, that I may not be put to shame.”</td>
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<td><strong>1 Pet 2:6</strong></td>
<td>“For in Scripture it says: ‘See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame.’”</td>
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<td><strong>Joel 2:26</strong></td>
<td>“You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be shamed.”</td>
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<td><strong>Ps 62:7</strong></td>
<td>“My salvation and my honor depend on God; he is my mighty rock, my refuge.”</td>
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<td><strong>Ps 71:21</strong></td>
<td>“You will increase my honor and comfort me once again.”</td>
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<td><strong>Ps 84:11</strong></td>
<td>“For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.”</td>
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<td><strong>Ps 91:15</strong></td>
<td>“He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.”</td>
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<tr>
<td><strong>Prov 3:35</strong></td>
<td>“The wise inherit honor, but fools he holds up to shame.”</td>
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</table>
Prov 21:21 “He who pursues righteousness and love finds life, prosperity and honor.”

Prov 22:4 “Humility and the fear of the LORD bring wealth and honor and life.”

Isa 22:23 “I will drive him like a peg into a firm place; he will be a seat of honor for the house of his father.”

Heb 2:7 “You made him a little lower than the angels; You crowned him with glory and honor”

Job 33:26 “He prays to God and finds favor with him, he sees God’s face and shouts for joy; he is restored by God to his righteous state.”

Ps 5:12 “For surely, O LORD, You bless the righteous; You surround them with Your favor as with a shield.”

Ps 30:5 “For his anger lasts only a moment, but His favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.”

Ps 69:13 “But I pray to You, O LORD, in the time of your favor; in Your great love, O God, answer me with Your sure salvation.”

Ps 84:9 “Look upon our shield, O God; look with favor on Your anointed one.”

Ps 89:17 “For you are their glory and strength, and by Your favor you exalt our horn.”

Ps 90:17 “May the favor of the Lord our God rest upon us; establish the work of our hands for us--yes, establish the work of our hands.”

Prov 8:35 “For whoever finds me finds life and receives favor from the LORD.”

Prov 12:2 “A good man obtains favor from the LORD, but the LORD condemns a crafty man.”

Prov 13:15 “Good understanding wins favor, but the way of the unfaithful is hard.”
Isa 49:8 “This is what the LORD says: “In the time of My favor I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances,”

Isa 66:2 “Has not My hand made all these things, and so they came into being?” declares the LORD. “This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word.”

1 Sam 2:8 “He raises the poor from the dust and lifts the needy from the ash heap; he seats them with princes and has them inherit a throne of honor. For the foundations of the earth are the LORD’s; upon them he has set the world.”

1 Chr 29:12 “Wealth and honor come from You; You are the ruler of all things. In Your hands are strength and power to exalt and give strength to all.”

Rom 10:11 “As the Scripture says, ‘Anyone who trusts in Him will never be put to shame.’”

Isa 54:4 “Do not be afraid; you will not suffer shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.”

Isa 61:7 “Instead of their shame My people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs.”

Ps 71:1 “In You, O LORD, I have taken refuge; let me never be put to shame.”

Ps 25:3 “No one whose hope is in You will ever be put to shame, but they will be put to shame who are treacherous without excuse.”

Ps 25:20 “Guard my life and rescue me; let me not be put to shame, for I take refuge in You.”
Ps 31:1 “In You, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness.”

Ps 31:17 “Let me not be put to shame, O LORD, for I have cried out to You; but let the wicked be put to shame and lie silent in the grave.”

Ps 18:35 “You give me Your shield of victory, and Your right hand sustains me: You stoop down and make me great.”
10. Waste and Desolation

**Daniel 4:34** "And at the end of time I, Nebuchadnezzar lifted my eyes, to heaven, and my understanding returned to me; and I blessed the Most High and praised and honored Him who lives forever: For His dominion is an everlasting dominion, And His kingdom is from generation to generation."

**Isaiah 52:9** "Break forth into joy, sing together, You waste places of Jerusalem! For the Lord has comforted His people, He has redeemed Jerusalem."

**Isaiah 49:8** "Thus says the Lord: In an acceptable time I have heard You, and in the day of salvation I have helped You; I will preserve You and give You as a covenant to the people, To restore the earth, To cause them to inherit the desolate heritages:"

**Isaiah 43:19** "Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert."

**Isaiah 49:17** "Your sons shall make haste; Your destroyers and those who laid you waste Shall go away from you."

**Isaiah 51:14** "The captive exile hastens, that he may be loosed, That he should not die in the pit, And that his bread should not fail."

**Isaiah 51:3** "For the Lord will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, And her desert like the garden of the Lord; Joy and gladness will be found in it, Thanksgiving and the voice of melody."

**Isaiah 44:26** "Who confirms the word of His servant, And performs the counsel of His messengers; Who says to Jerusalem, You shall be inhabited, To the cities of Judah, You shall be built, And I will raise up her waste places;"

**Isaiah 54:3** "For you shall expand to the right and to the left, And your descendants will inherit the nations, And make the desolate cities inhabited."

**Amos 9:11** "On that day I will raise up The tabernacle of David, which has fallen down, And repair its damages; I will raise up its ruins, And rebuild it as in the days of old;"
Amos 9:14  "I will bring back the captives of My people Israel; They shall build the waste cities and inhabit them; They shall plant vineyards and drink wine from them; They shall also make gardens and eat fruit from them."

Isaiah 61:4  "And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations."

Isaiah 62:4  "You shall no longer be termed Forsaken, Nor shall your land any more be termed Desolate: But you shall be called Hephzibah, and your land Beulah; for the Lord delights in you And your land shall be married."

Isaiah 61:7  "Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs."

Isaiah 62:12  "And they shall call them The Holy People, The Redeemed of the Lord; And you shall be called Sought Out, A City Not Forsaken."

Ezekiel 36:33  "Thus says the Lord God: "On that day that I cleanse you from all your iniquities, I will also enable you to dwell in the cities, and the ruins shall be rebuilt."

Ezekiel 36:34  "The desolate land shall be tilled instead of lying desolate in the sight of all who pass by."

Ezekiel 36:35  "So they will say, ‘This land that was desolate has become like the garden of Eden; and the wasted, desolate, and ruined cities are now fortified and inhabited.’"

Ezekiel 36:36  "Then the nations which are left all around you shall know that I the Lord, have rebuilt the ruined places and planted what was desolate. I, the Lord, have spoken it, and I will do it."

Ezekiel 37:12  "Therefore prophesy and say to them, Thus says the Lord God: "Behold, My people, I will open your graves and cause you to come up from your graves, and bring you into the land of Israel."

Ezekiel 37:13  "Then you shall know that I am the Lord, when I have opened your graves, O My people, and brought you up from your graves."
Ezekiel 37:14  “I will put My Spirit in you, and you shall live, and I will place you in your own land. Then you shall know that I, the Lord, have spoken it and performed it, says the Lord.”

Ezekiel 36:25  "Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols."

Ezekiel 36:26  "I will make them and the places all around My hill a blessing; and I will cause showers to come down in their season; there shall be showers of blessing."

Ezekiel 39:27  “When I have brought them hack from the peoples and gathered them out of their enemies lands, and I am hallowed in them in the sight of many nations,”

Isaiah 58:12  "Those from among you shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell in."

Zephaniah 3:20  "At that time I will bring you hack. Even at the time I gather you; For I will give you fame and praise Among all the peoples of the earth, When I return your captives before your eyes.' Says the Lord.”

Jeremiah 29:14  "I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive."

Deuteronomy 30:2  "and you return to the Lord your God and obey His voice, according to all that I command you today, you and your children, with all your heart and with all your soul"

Deuteronomy 30:3  "that the Lord your God will bring you back from captivity, and have compassion on you, and gather you again from all the nations where the Lord your God has scattered you."

Deuteronomy 30:4  "If any of you are driven out to the farthest parts under the heaven, from there the Lord your God will gather you, and from there He will bring you."
Deuteronomy 30:5 "Then the Lord your God will bring you to the land which your fathers possessed and you shall possess it. He will prosper you and multiply you more than your fathers."

Deuteronomy 30:6 "And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live."

Psalm 127:1 "Unless the Lord builds the house, They labor in vain who build it; Unless the Lord guards the city, The watchman stays awake in vain."

Jeremiah 32:37 "Behold, I will gather them out of all countries where I have driven them in My anger, in My fury, and in great wrath; I will bring them back to this place, and I will cause them to dwell safely."

Jeremiah 32:38 "They shall be My people, and I will be their God;"

Jeremiah 32:39 "then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them."

Jeremiah 32:40 "And I will make an everlasting covenant with them, that I will not turn away from doing them good; but I will put My fear in their hearts so that they will not depart from Me."

Jeremiah 32:41 "For thus says the Lord; Just as I have brought all this great calamity on this people, so I will bring on them all the good that I have promised them."

Jeremiah 33:6 "Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth."