### Learn of me

As a continuation from the first part "The Key to the Shackles of Anxiety and Depression." The main things we learned in that teaching was, How to obtain faith so that we would be able to stand against the Wiles of the Devil, that the Devil is an oppressor of the mind, and that he is a LIAR. We also have learned to put our trust in the Lord Jesus, how to begin to start fighting Anxiety and Depression by surrendering ourselves to Jesus Christ and putting on the whole armour of God. Also Worshiping him from the bottom of our hearts that we may gain His strength and not the strength of we ourselves. We also learned that if we have fear, it does not mean we don't love our Lord and Savior. It means that we have not perfected our Love to Him.

Finally, we have Learned two crucial things to add to our understanding. The first is that it is a sacrifice of praise many times to worship the Lord. That means, that your body does not want to do it, or your mind does feel like doing it, or both are going on at the same time. We know from the Bible that Satan is a liar and the father of all lies. For this I'd like to give an account of a man that was a prisoner of his mind and tormented day and night by the devil and many other various demons that took lodge in his body.

Mark 5:5:1 And they came over unto the other side of the sea, into the country of the Gadarenes.

2 And when he was come out of the ship, immediately there met him out of the tombs a man with an unclean spirit,

3 Who had his dwelling among the tombs; and no man could bind him, no, not with chains:

4 Because that he had been often bound with fetters and chains, and the chains had been plucked as under by him, and the fetters broken in pieces: neither could any man tame him.

5 And always, night and day, he was in the mountains, and in the tombs, **crying**, and **cutting himself with stones**.

6 But when he saw Jesus afar off, he ran and worshipped him,

This is a crucial thing to understand. Though this man was possessed of the Devil and tormented Day and Night, <u>the devils could not stop him</u> from running to the Lord Jesus Christ and offering up worship to Him. Though many mentally ill people today are not possessed, they are all **oppressed** by

their thoughts directly being influenced by Satan. The <u>access portal that</u> <u>Satan is using</u> is our <u>fears and lack of understanding of the Bible to cause us</u> <u>torment.</u> Through these worries Satan then causes us <u>to become confused</u>, <u>feelings of being disoriented</u>, because there seems to be no answer to our problems, <u>which produces more fear</u>. This vicious cycle is what <u>eventually</u> <u>overwhelms our minds and makes us feel like we are going crazy</u>. These feeling of going crazy can become so intense, that one will begin to cut at themselves or to feel as if they need to tear their own skin off of their own flesh as illustrated above by this man in the tombs who cut himself with stones.

(Continuing)

7 And cried with a loud voice, and said, What have I to do with thee, Jesus, thou Son of the most high God? I adjure thee by God, that thou torment me not.

In this verse, it is important to understand that this was the devils in him that asked the question to Jesus. This was not the man asking this question. Jesus came to this world for a Light unto men. He came to save man and not to destroy.

8 For he said unto him, Come out of the man, thou unclean spirit.

9 And he asked him, What is thy name? And he answered, saying, My name is Legion: for we are many.

10 And he besought him much that he would not send them away out of the country.

11 Now there was there nigh unto the mountains a great herd of swine feeding.

12 And all the devils besought him, saying, Send us into the swine, that we may enter into them.

13 And forthwith Jesus gave them leave. And the unclean spirits went out, and entered into the swine: and the herd ran violently down a steep place into the sea, (they were about two thousand;) and were choked in the sea.

Again it is important to see that even though this man had two thousand devils taking abode in him, they were not able to even slow this man down when he saw Jesus coming.

14 And they that fed the swine fled, and told it in the city, and in the country. And they went out to see what it was that was done.

15 And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and **in his right mind**: and they were afraid.

16 And they that saw it told them how it befell to him that was possessed with the devil, and also concerning the swine.

The second crucial thing to understand from the first lesson is that it is through our sufferings, that we are strengthened and established. To God be the Glory. For this I will remind you of what Peter told us and make some notes.

I Peter 5:6-11

6 <u>Humble</u> yourselves therefore under the <u>mighty hand of God</u>, that he may <u>exalt you</u> in due time:

Notice that he tells us in due time. See God has a time for everything.

Isaiah tells us in chapter 40:31

31 But they <u>that wait upon the LORD shall renew their strength</u>; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

The key here is patience.

(Continuing from I Peter 5)

7 Casting <u>all your care</u> upon him; for <u>he careth</u> for you.

8 Be sober, be vigilant; because your <u>adversary the devil</u>, <u>as a</u> roaring lion, walketh about, <u>seeking whom he may devour</u>:

9 Whom <u>resist</u> stedfast in the <u>faith</u>, knowing that the <u>same afflictions</u> are <u>accomplished</u> in your <u>brethren</u> that are in the world.

It's Important here to note that verse nine tells us that <u>the same afflictions</u> have been overcome by other <u>Christian brethren in the world</u>.

Affliction: to cause pain or suffering to.

10 But the <u>God of all grace</u>, who hath <u>called us</u> unto <u>his</u> eternal <u>glory</u> by <u>Christ Jesus</u>, after that ye have <u>suffered</u> a while, make you <u>perfect</u>, <u>stablish</u>, <u>strengthen</u>, <u>settle you</u>.

11 To him be glory and dominion for ever and ever. Amen.

Praise God!! This suffering is what perfects us. Through our sufferings, we

learn to better Love our Redeemer that is soon to come.

Here is an illustration of this love spoke by Jesus to his disciple Simon.

Luke 7:40 And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he saith, Master, say on.

41 There was a certain creditor which had two debtors: the <u>one owed five</u> <u>hundred pence</u>, and <u>the other fifty</u>.

42 And when they had nothing to pay, <u>he frankly forgave them both</u>. Tell me therefore, <u>which of them will love him most</u>?

43 Simon answered and said, I suppose that he, <u>to whom he forgave most</u>. And he said unto him, <u>Thou hast rightly judged</u>.

The lesson learned here was that the one who was forgiven the most, <u>developed the most love</u>. The person <u>who is suffering and falling</u>, then <u>praying and repenting</u>, then pressing on, **learns to better love the Lord**, than the one who has little problems in life.

Paul give us the perfect example of handling suffering in Philippians 3:8

8 Yea doubtless, and <u>I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord</u>: for whom <u>I have suffered the loss of all things</u>, and do count **them but dung**, that <u>I may win Christ</u>,

9 And <u>be found in him</u>, <u>not having mine own righteousness</u>, which is of the law, but that <u>which is through the faith of Christ</u>, the <u>righteousness which is of God by faith</u>:

10 That I may know him, and <u>the power of his resurrection</u>, and **the fellowship of his sufferings**, <u>being made conformable unto his death</u>;
11 If by any means <u>I might attain unto the resurrection of the dead</u>.

Conformable: compliant; obedient; submissive

So at this time I'd Like to further open our understanding of how we should behave and conduct ourselves knowing the important lessons given to us in the previous first lesson. Starting with <u>what gave birth</u> to this second teaching.

Matthew 11:28-29 says 28 Come <u>unto me</u>, all ye that labour and are <u>heavy laden</u>, and <u>I will give</u> <u>you rest</u>.

29 Take my yoke upon you, and <u>learn of me</u>; for <u>I am meek and lowly</u> in heart: and ye <u>shall find rest unto your souls</u>.
30 For my yoke is <u>easy</u>, and my burden is <u>light</u>.

#### Learn of Me

The key things to note here is: <u>He will</u>, not that He may or might, <u>give you</u> <u>rest</u>. But that <u>He will give you rest</u>. The condition however is after you take his yoke upon you, you must **learn of Him**. He gives you only two attributes of himself here.

<u>Meek</u>: quiet, gentle, and submissive.

<u>Lowly</u>: low in status or importance. That means he isn't puffed up, Better than you, or To good to be around you.

The **Goal of Learning of Jesus** is to <u>mold yourself to follow after His</u> <u>footsteps</u> that he laid out before us <u>in the New Testament</u>.

Since we have been addressing <u>Fear and Depression</u>, that is the Learning points we will discuss at this time.

Fear tells us things like:

I can't do that. What if I mess up? What if someone sees me mess up? How can I handle myself if I am made fun of? I don't understand. Who do I turn to? Where will I go? How will I get there? What if I made the wrong choice? Should I rethink what I've done? What should I do? Where do I turn? Why do I have this problem? What is my problem? How can I fix it? Does anyone care? No one cares.

The typical answer to shutting this horrific nightmare off <u>without the</u> <u>knowledge of Jesus Christ</u> is typically Drinking liquor, smoking marijuana, or even using crack/cocaine. Then <u>trying to get help</u> from a therapist or a counselor where you are given psychiatric drugs that are <u>supposed to stop</u> this cycle. But for most people, it does nothing. Furthermore, my own studying and reading online, has taught me that their medications actually, over the long haul, make our problems worse. They bring forth <u>more</u> <u>anxiety</u>, <u>more depression</u>, <u>more sadness</u>, <u>feelings of lethargy</u>, <u>weight gain</u>, <u>noises in our brain</u>, **triggering** <u>more anxiety</u>, and <u>further worsening us</u> back to drinking liquor or smoking to bring forth relief.

So to begin to answer how to overcome this with the help of God, lets start with what I found to be

#### Step 1 Gird up your mind

I Peter 1:13 Wherefore <u>gird up the loins of your mind</u>, be sober, and <u>hope to</u> <u>the end for the grace</u> that is to be brought unto you at the revelation of Jesus Christ;

14 As <u>obedient children</u>, **not** fashioning yourselves according to the former lusts in your ignorance:

15 But as he which hath called you **is holy**, so be **ye holy** in all manner of conversation;

16 Because it is written, **Be ye holy**; for **I am holy**.

<u>Gird</u>: encircle or secure with a belt or band.

That means secure your mind and let not your wrongful thoughts consume you, by not allowing yourself to have those thoughts any longer.

**How then** do we do such a difficult task with all these fears still running rampant in our lives?

Remember the first lesson. <u>Worship the Lord for strength</u>. Remember to get your <u>shield of Faith</u> out. And now we will continue to <u>sharpen your Sword</u> (The Word of God.) So that you will be able to replace your thought process with scriptures, thus <u>girding up the loins of your mind</u>.

#### Step 2 Be Not of a Doubtful Mind

Luke 12:27-32 with some explanations.

27 <u>Consider the lilies</u> how they grow: they toil not, they spin not; and yet I say unto you, that <u>Solomon</u> in all his glory <u>was not arrayed like one of these</u>.

This is telling us that the wisest man that ever was, King Solomon and the kingdom he ruled over, was not even clothed like one of the lilies in the

field.

28 If then <u>God so clothe the grass</u>, which is to day in the field, and to morrow is cast into the oven; <u>how much more will he clothe you</u>, O ye of little faith?

Here we are told that if God takes that kind of time with a lily that is here today and gone tomorrow, how much more will he array you? Then we are reminded that being of a worrisome or doubtful mind, that we are of little faith.

29 And seek not ye what ye shall eat, or what ye shall drink, <u>neither be ye</u> <u>of</u> **doubtful mind**.

Here we are told specifically, to <u>be not of a doubtful mind</u>.

30 For all these things do <u>the nations of the world seek after</u>: and your <u>Father knoweth</u> that ye have need of these things.

31 But rather <u>seek ye the kingdom of God</u>; and <u>all these things shall be</u> <u>added</u> unto you.

32 **Fear not**, little flock; for it is your <u>Father's good pleasure to give you the kingdom</u>.

Here we see that <u>if we pursue the Kingdom of God</u>, <u>He will take care of us</u> and the things we need will be added unto us. Then we are reminded to **Fear not**, and then reminded of the Promise of God, <u>The Heavenly</u> <u>Kingdom</u> we all are striving for.

So now we know to <u>worship the Lord</u>, to <u>put our trust in Him</u>, To <u>gird up the</u> <u>loins of our mind</u>, and <u>not to be of a doubtful mind</u>.

## Step 3 Isaiah 54-4; two things not to allow yourself to do that generates fear.

54:4 Fear not; for thou shalt not be ashamed: neither be thou confounded;

This is very important.

<u>Shame</u>: 1. a feeling of humiliation or distress caused by awareness of wrong or foolish behavior. 2. A painful emotion caused by a strong sense of guilt,

embarrassment, unworthiness, or disgrace

<u>Confounded</u>: 1. bewildered; confused; perplexed. 2. To make (something bad) worse: *Do not confound the problem by losing your temper*.

Notice that <u>the instruction was Fear not</u>, then <u>explained what not to do</u>. That is because both of these feelings, <u>shame and being confounded</u>, bring forth **fear**.

#### **Step 4 Just Believe**

Another <u>Crucial Step</u>, since all of this new found knowledge <u>seems</u> <u>unobtainable</u>.

What to pray for and seek for, to help get the job done of bringing your mind under subjection to Almighty God.

You will to need to pray and seek for **Desire**, **Determination**, **Discipline**, **Courage**, and **Faith**.

#### Let's expound here some

<u>Desire</u>: a strong feeling of wanting to have something or wishing for something to happen.

<u>Determination</u>: 1. the act of coming to a decision or of fixing or settling a purpose.

2. the information ascertained; solution. 3. a fixed purpose or intention.

<u>Discipline</u>: behavior in accord with rules of conduct; behavior and order maintained by training and control. This would be applying what you have now learned.

<u>Courage</u>: 1 the ability to do something that frightens one. 2 strength in the face of pain or grief. Courage is very important. It will help you get up and move on when mistakes are made. It is the driving force that will bring you through fear.

<u>Faith</u>: 1. belief in God or in the doctrines or teachings of religion. 2. complete trust or confidence in God and the Word of God.

#### Step 5 Lean not on your own understanding.

Proverbs 3:5-7

5 <u>Trust in the LORD</u> with all thine heart; and lean not unto thine own understanding.

6 In all thy ways **acknowledge him**, and **he shall** <u>direct thy paths</u>.

7 <u>Be not wise in thine own eyes</u>: fear the LORD, and <u>depart from evil</u>.

Here we learn that <u>if we trust in ourselves</u>, <u>we will not find the way</u>. But, <u>if</u> <u>we acknowledge the Lord in all our ways</u>, **He shall direct our paths**.

Psalms 119:104 says,

104 <u>Through thy **precepts** I get understanding</u>: therefore <u>I hate every false</u> way.

105 <u>Thy word is a lamp unto my feet</u>, and <u>a light unto my path</u>. 106 I have sworn, and I will perform it, that <u>I will keep thy righteous judgments</u>.

<u>Precepts</u>: a general rule regulating behavior or thought.

Here David is referring to the precepts of the Lord to get understanding of <u>his way</u>. He then describes it <u>as a lamp unto his feet</u>, and <u>a light unto his path</u>.

Psalms 40:4

4 <u>Blessed is that man</u> that <u>maketh the **LORD his trust**</u>, and respecteth not the proud, nor such as turn aside to lies.

#### Step 6 Labour for the Kingdom

Proverbs 16:2-3

2 All the ways of a man are clean <u>in his own eyes</u>; **but the LORD** <u>weigheth</u> <u>the spirits</u>.

3 Commit thy works <u>unto the LORD</u>, and thy thoughts shall be established.

This is a <u>very important step</u> because not only are you being productive for the furthering of the Kingdom of God, we <u>Learn that our thoughts will be</u> <u>established</u>.

So, How do you labour for the kingdom?

Sing songs and praise to the Lord. Pray for those that are in need. Pray for Salvation. Pray for others that Salvation will find them. Pray that you will be sent unto them. Witness to your neighbors of Jesus. Pray that the Lord will guide you and give you the words to speak. Commit yourself to Church. Put God first in everything of your life. Study to show thyself worthy. Ask the Lord what you can do for the Kingdom.

In the book of Matthew it says,

#### Matthew 9:35-38

35 And Jesus went about all the cities and villages, <u>teaching</u> in their synagogues, and <u>preaching</u> the <u>gospel of the kingdom</u>, and <u>healing every</u> <u>sickness and every disease among the people</u>.

36 But when he saw the multitudes, <u>he was moved with compassion</u> on them, because they fainted, and were scattered abroad, <u>as sheep having no shepherd</u>.

37 Then saith he unto his disciples, <u>The harvest truly is plenteous</u>, but the **labourers are few**;

38 <u>Pray ye therefore the Lord of the harvest</u>, that he will send forth labourers into his harvest.

#### Step 7 Eliminate Self Guilt

This <u>is achieved by forgiving yourself</u> when you make a mistake.

"Don't tell yourself things like",

Well I should have tried harder. I should've done better. It's all my fault. I don't deserve forgiveness. I'm not worthy. I'm a loser. Everyone else can do it. What good am I.

The bible tells us that Jesus came to set the captives free.

Luke 4:17-19

17 And there was delivered unto him the book of the prophet Esaias. And when he
had opened the book, he found the place where it was written,
18 The Spirit of the Lord is upon me, because he hath anointed me to preach

the gospel to the poor; <u>he hath sent me</u> to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty <u>them that are bruised</u>,

#### 19 To preach the acceptable year of the Lord.

Jesus tells us, ye shall know the truth, and the truth shall make you free.

John 8:31-36

31 <u>Then said Jesus to those Jews which believed on him</u>, **If** ye continue **in my word**, <u>then are ye my disciples indeed</u>;

32 And ye shall know the truth, and the truth shall make you free.

33 They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free?

34 <u>Jesus answered them</u>, Verily, verily, I say unto you, <u>Whosoever</u> <u>committeth sin is the servant of sin</u>.

35 And the servant abideth not in the house for ever: but the Son abideth ever.

36 If the Son therefore shall make you free, ye shall be free indeed.

In Psalms 100:1-5 it tells us <u>His Truth endureth to all generations</u>.

1 A Psalm of praise. Make a joyful noise unto the LORD, all ye lands.

2 Serve the LORD with gladness: come before his presence with singing.

3 <u>Know ye that the LORD</u> he is God: <u>it is he that hath made us</u>, and **not we ourselves**; we are **his people**, and the **sheep of his pasture**.

4 Enter into his gates <u>with thanksgiving</u>, and into his courts <u>with praise</u>: <u>be</u> <u>thankful</u> unto him, and <u>bless his name</u>.

5 For <u>the LORD is good</u>; his **mercy is everlasting**; and **his truth endureth to all generations**.

Psalms 103:17-18 it says,

17 But <u>the mercy of the LORD</u> is **from everlasting to everlasting** upon them that fear him, and <u>his righteousness unto children's children;</u>
18 To such as **keep his covenant**, and to **those** that <u>remember his</u> commandments to do them.

In II Corinthians 12:9-10 Apostle Paul tells us concerning what Jesus told him.

9 And he said unto me, <u>My grace is sufficient for thee</u>: for <u>my strength is</u> <u>made perfect in weakness</u>. Most gladly therefore will <u>I rather glory in my</u>

infirmities, that the power of Christ may rest upon me.

10 Therefore <u>I take pleasure in infirmities</u>, <u>in reproaches</u>, <u>in necessities</u>, <u>in persecutions</u>, in <u>distresses for Christ's sake</u>: for <u>when I am weak</u>, then **am I strong**.

This is the <u>whole reason Jesus died on the cross for us.</u> So that we <u>could live</u> <u>life more abundantly</u>, choosing **Life** <u>rather than</u> **Death**.

John 10:7-14

7 Then said Jesus unto them again, Verily, verily, I say unto you, <u>I am the</u> door of the sheep.

8 All that ever came before me are thieves and robbers: but the sheep did not hear them.

9 <u>I am the door</u>: **by me** if any man enter in, **he shall be saved**, and shall go in and out, and find pasture.

10 The thief cometh not, but for to steal, and to kill, and to destroy: <u>I am</u> <u>come</u> that they **might have life**, and <u>that they might have it more</u> abundantly.

11 I am the good shepherd: the good shepherd giveth his life for the sheep.

12 But <u>he that is an hireling</u>, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and <u>leaveth the sheep</u>, and <u>fleeth</u>: and <u>the wolf</u> <u>catcheth them</u>, and <u>scattereth the sheep</u>.

13 The <u>hireling fleeth</u>, because he is an hireling, <u>and careth not for the</u> <u>sheep</u>.

14 I am the good shepherd, and know my sheep, and am known of mine.

#### None of us are worthy.

Isaiah 64:6 says,

6 But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

**However** our righteousness does not come from our works, <u>but it does come</u> <u>from</u>...

Philippians 3:8-98 Yea doubtless, and <u>I count all things but loss for the excellency of the</u>

<u>knowledge of Christ Jesus my Lord</u>: for <u>whom I have **suffered** the loss of all things</u>, and <u>do count them but **dung**</u>, that <u>I may win Christ</u>,

9 And <u>be found in him</u>, not having mine own righteousness, which is of the law, but <u>that which is through the faith of Christ</u>, the **righteousness** <u>which is of God by faith</u>:

#### Step 8 Be Angry, but sin not

Though not easy to do sometimes. It is completely possible.

Ephesians 4:17-32

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, <u>because of the blindness of their heart</u>:
19 Who being past feeling <u>have given themselves over unto lasciviousness</u>, to work all uncleanness with greediness.

Lasciviousness: feeling or showing an overt or offensive sexual desire.

20 But ye have not so learned Christ;

21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

22 That <u>ye put off concerning the former conversation the old man</u>, <u>which is</u> <u>corrupt</u> according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye **put on the new man**, which after <u>God is created in</u> <u>righteousness and true holiness</u>.

25 Wherefore putting away <u>lying</u>, **speak every man truth** with his neighbour: for <u>we are members one of another</u>.

26 Be ye angry, and sin not: let not the sun go down upon your wrath:

### 27 Neither give place to the devil.

28 Let him that stole steal no more: but <u>rather let him labour</u>, <u>working with</u> <u>his hands the thing which is good</u>, that he may have to give to him that needeth.

29 Let <u>no corrupt communication proceed out of your mouth</u>, but <u>that which</u> is good to the use of edifying, that it may minister grace unto the hearers.
30 And grieve not the holy Spirit of God, whereby ye are sealed <u>unto the</u>

day of redemption.

31 Let <u>all bitterness</u>, and <u>wrath</u>, and <u>anger</u>, and <u>clamour</u>, and <u>evil speaking</u>,

be put away from you, with all malice:

32 And **be ye kind** one to another, **tenderhearted**, **forgiving** one another, <u>even as</u> **God for Christ's sake** <u>hath forgiven you</u>.

Take a special note of verses 26-27. Getting Angry is ok but give no place to the devil.

Proverbs 14:17

17 He that is soon angry dealeth foolishly:

Proverbs 16:32

32 He that <u>is slow to anger is better than the mighty</u>; and <u>he that ruleth his</u> <u>spirit than he that taketh a city</u>.

Proverbs 29:22-23

22 An <u>angry man stirreth up strife</u>, and a <u>furious man aboundeth in</u> <u>transgression</u>.

23 A <u>man's pride shall bring him low</u>: but **honour** <u>shall uphold the humble</u> <u>in spirit</u>.

Colossians 3:2-17

2 Set your affection on things above, not on things on the earth.

3 For ye are dead, and your life is hid with Christ in God.

4 When Christ, **who is our life**, shall appear, <u>then shall ye also appear with</u> <u>him in glory</u>.

5 **Mortify** therefore <u>your members</u> which are upon the earth; <u>fornication</u>, <u>uncleanness</u>, <u>inordinate affection</u>, <u>evil concupiscence</u>, and <u>covetousness</u>, which is **idolatry**:

6 For which things' sake **the wrath of God** cometh on the <u>children of</u> <u>disobedience</u>:

7 In the which ye also walked some time, when ye lived in them.

<u>Mortify</u>: subdue (physical urges) by self-denial or discipline. <u>Idolatry</u>: worship of idols

Colossians 3:8-17

8 But now ye also **put off all these**; <u>anger</u>, <u>wrath</u>, <u>malice</u>, <u>blasphemy</u>, <u>filthy</u> <u>communication</u> out of **your mouth**.

9 Lie not one to another, seeing that <u>ye have put off the old man with his</u> <u>deeds;</u>

10 And have put on the new man, which is renewed in knowledge after the

image of him that created him:

11 Where there is <u>neither Greek nor Jew</u>, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all.
12 <u>Put on therefore</u>, as the elect of God, holy and beloved, <u>bowels of mercies</u>, <u>kindness</u>, <u>humbleness of mind</u>, <u>meekness</u>, <u>longsuffering</u>;
13 <u>Forbearing</u> one another, and <u>forgiving one another</u>, if any man have a quarrel against any: <u>even as Christ forgave you</u>, so also do ye.

Forbearing: patient and restrained

14 And <u>above all these things</u> **put on charity**, which is the **bond of perfectness**.

15 And <u>let the peace of God rule in your hearts</u>, to the <u>which also ye are</u> <u>called</u> in one body; and **be ye thankful**.

16 Let the **word of Christ** <u>dwell in you richly in all wisdom</u>; **teaching** and **admonishing** one another <u>in psalms and hymns and spiritual songs</u>, singing <u>with grace</u> in <u>your hearts to the Lord</u>.

<u>Admonishing</u>: 1. To counsel (another) against something to be avoided; caution.

2. To remind of something forgotten or disregarded, as an obligation or a responsibility.

17 And whatsoever ye do in word or deed, **do all in the name of the Lord Jesus**, <u>giving thanks</u> to God and the Father by him.

## Step 9 Stop Judging and Condemning yourself and others

<u>Judge</u>: 1. a person qualified to pass a critical judgment 2. to pass legal judgment on; pass sentence on (a person) 3. to form a judgment or opinion of; decide upon critically

<u>Condemn</u>: 1. to judge or pronounce to be unfit for use or service. 2. to give grounds or reason for convicting. 3. To express strong disapproval of

Luke 6:35-37

35 But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.
36 Be ye therefore merciful, as your Father also is merciful.

37 **Judge not**, and <u>ye shall not be judged</u>: **condemn not**, and <u>ye shall not be condemned</u>: **forgive**, and <u>ye shall be forgiven</u>:

I Corinthians 4:2-5

2 Moreover it is required in stewards, that a man be found faithful.

3 But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, **I judge not mine own self**.

4 For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord.

5 <u>Therefore</u> **judge nothing** before the time, until **the Lord come**, <u>who both</u> will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.

# Step 10 Apply Mercy/Forgiveness to everyone, ASAP. Instantly is the Goal

Isa 30:18-21

18 And <u>therefore will the LORD wait</u>, that <u>he may be gracious unto you</u>, and <u>therefore **will he be exalted**</u>, that <u>he may have mercy upon you</u>: for <u>the</u> LORD is a God of judgment: blessed are all they **that wait for him**.

19 For the people shall dwell in Zion at Jerusalem: thou shalt weep no more: he will be very gracious unto thee at the voice of thy cry; when he shall hear it, he will answer thee.

20 And **though the Lord give you** the <u>bread of adversity</u>, and <u>the water of affliction</u>, yet <u>shall not thy teachers be removed into a corner any more</u>, but thine eyes shall see thy teachers:

21 And <u>thine ears shall hear a word behind thee</u>, saying, **This is the way**, **walk ye in it**, when ye turn to the right hand, and when ye turn to the left.

Matt 5:44-45

44 But I say unto you, <u>Love your **enemies**</u>, <u>bless them **that curse you**</u>, <u>do</u> <u>good to them **that hate you**</u>, and **pray for them** which <u>despitefully use you</u>, and <u>persecute you</u>;

45 That <u>ye may be the children of your Father</u> which is in heaven: for <u>he</u> <u>maketh his sun to rise on the evil and on the good</u>, and <u>sendeth rain on the</u> <u>just</u> and on the <u>unjust</u>.

Matt 6:14-15

14 For <u>if ye forgive men their trespasses</u>, **your heavenly Father** <u>will also</u> <u>forgive you</u>:

15 But <u>if ye forgive not men their trespasses</u>, **neither will your Father** <u>forgive your trespasses</u>.

As with any Learning Experience, it takes time to apply all that you have learned.

Do your Best!!! That is all you can do!!!

Luke 11:9-13 says

9 And I say unto you, **Ask**, and <u>it shall be given you</u>; **seek**, and <u>ye shall find</u>; **knock**, and <u>it shall be opened unto you</u>.

10 For every one that asketh receiveth; and <u>he that seeketh findeth</u>; and <u>to him that knocketh **it shall be opened**</u>.

11 If a son shall ask bread of any of you that is a father, <u>will he give him a</u> <u>stone</u>? or if he ask a fish, <u>will he for a fish give him a serpent</u>?

12 Or if he shall ask an egg, will he offer him a scorpion?

13 If ye then, **being evil**, <u>know how to give good gifts unto your children</u>: **how much more** <u>shall your heavenly Father</u> **give the Holy Spirit** <u>to them</u> <u>that ask him</u>?

Matt5:2-16

2 And he opened his mouth, and taught them, saying,

3 <u>Blessed are the poor in spirit</u>: for **theirs is the kingdom of heaven**.

4 <u>Blessed are they that mourn</u>: for **they shall be comforted**.

5 <u>Blessed are the meek</u>: for **they shall inherit the earth**.

6 <u>Blessed are they which do hunger and thirst after righteousness</u>: for **they shall be filled**.

7 <u>Blessed are the merciful</u>: for **they shall obtain mercy**.

8 <u>Blessed are the pure in heart</u>: for they shall see God.

9 <u>Blessed are the peacemakers</u>: for **they shall be called the children of God**.

10 <u>Blessed are they which are persecuted for righteousness' sake</u>: for **theirs is the kingdom of heaven**.

11 <u>Blessed are ye, when men shall revile you, and persecute you, and shall</u> say all manner of evil against you falsely, **for my sake**.

12 **Rejoice**, and **be exceeding glad**: for **great is your reward in heaven**: for so persecuted they the prophets which were before you.

13 Ye are the salt of the earth: but <u>if the salt have lost his savour</u>, <u>wherewith shall it be salted</u>? <u>it is thenceforth good for nothing</u>, <u>but to be cast</u> <u>out</u>, and to be **trodden under foot of men**.

14 Ye are the light of the world. A city that is set on an hill cannot be

hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.
16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Praise God!!! Holy, Righteous, and True!!!