



**Grace Fellowship of Morehead, KY**  
905 Clearfield Street \* Morehead, KY 40351 \* (606)776-7089 \* [www.gracemorehead.org](http://www.gracemorehead.org)

# HEALED!

## Meditate for Healing of Your Mind!

*Message preached on Sunday Morning, November 12, 2023*

Isaiah 53:4,5

- 4 ***Surely he hath borne our griefs, and carried our sorrows:*** yet we did esteem him stricken, smitten of God, and afflicted.
- 5 But he was wounded for our transgressions, he was bruised for our iniquities: ***the chastisement of our peace was upon him; and with his stripes we are healed.***

**“griefs”** – sickness, disease

**“sorrows”** – pains

**AS FAMILIAR** as we are that Jesus went to the cross for the healing of our bodies...we need to understand that He went to the cross for the healing of our mind...mental issues.

**NOTE:** I am not saying we have it all figured out...but I am saying we associate healing to be with our bodies...not necessarily our minds.

God sent His Son (Word) to heal us WHOLY...spirit, soul and mind!

Let's think about our spirit being healed!

1 John 3:14 – We have passed from death unto life!

**IN OTHER WORDS:** We went from a spirit of death to a spirit that is alive! That is healing...like Lazarus!

Mark 2:5-12

- 5 When Jesus saw their faith, he said unto the sick of the palsy, ***Son, thy sins be forgiven thee.***
- 6 But there were certain of the scribes sitting there, and reasoning in their hearts,
- 7 Why doth this man thus speak blasphemies? who can forgive sins but God only?
- 8 And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason ye these things in your hearts?
- 9 ***Whether is it easier to say to the sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed, and walk?***
- 10 But that ye may know that the Son of man hath power on earth to forgive sins, (he saith to the sick of the palsy,)
- 11 I say unto thee, Arise, and take up thy bed, and go thy way into thine house.
- 12 And immediately he arose, took up the bed, and went forth before them all; insomuch that they were all amazed, and glorified God, saying, We never saw it on this fashion.

**QUESTION:** Which is easier...to say that the guys sins are forgiven or telling a man who was paralyzed to rise up and walk?

**ANSWER:** Sins be forgiven! Why? No proof! To say “rise and walk” there would be instant proof!

**BELOVED:** I give to you, today, that the healing of the body and healing of the mind is PROOF that Jesus forgives of sins...proof of heaven...proof of a living spirit!

**AND...**is not harder than asking Jesus into your heart!

You confessed with your mouth...believed in your heart...and grew!

That is how healing comes!

**BELOVED:** We are living in a day and age of mental issues...attacks on the mind...ANXIETY (what will I eat, drive, where will I live, work, etc.) and ANXIOUSNESS.  
DEPRESSION (severe despondency and dejection, lack of energy, appetite and sleep); OPPRESSION (prolonged cruel or unjust treatment or control; mental pressure or distress).

**LAST WEEK:** We dealt with so many of them...but these are the ones that seem to be having a field day with soooo many people...even Christians.  
Too many things seem overwhelming and will drive you into ANXIETY and OPPRESSION or DEPRESSION! Even feelings of failure!

Joshua 1 describes so much about seeing your mental health healed.

**REMEMBER:** Forty years earlier the children of Israel were ready to enter into the Promised Land...the time was right.

The job before them was LARGE...the land was magnificent...but large and the people in it were mighty/mighty warriors (well equipped military)/large people/...the Israelites were untrained wanderers (children of slaves)...no training!

### ***Their view of themselves?***

Numbers 13:33 – “And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.”

This is how so many of us see ourselves...oppressed, etc.

No way we can measure up to this challenge.

**UNDERSTAND:** Because of what was going on in their mind...they were unable to step into God’s best/plan for their lives.

The notion of “if it is meant to be, it will happen” is non-sense!  
You have to see yourself different.

### Joshua 1:1-5

- 1 Now after the death of Moses the servant of the LORD it came to pass, that the LORD spake unto Joshua the son of Nun, Moses' minister, saying,
- 2 Moses my servant is dead; now therefore arise, go over this Jordan, thou, and all this people, unto the land which I do give to them, even to the children of Israel.
- 3 Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses.
- 4 From the wilderness and this Lebanon even unto the great river, the river Euphrates, all the land of the Hittites, and unto the great sea toward the going down of the sun, shall be your coast.
- 5 There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee.

**NOTE:** This is God’s plan for them...for Joshua...for three million Jews.

Not like the first time around where it is failure...it is time! It is necessary!

**BELOVED:** Guess whose responsibility it is to step into it? Gods? Nope!

**UNDERSTAND:** What happens during forty years of wandering...seeing mom and dad...gramps and grams die off and miss the promise land? How do you feel their mental health is?

How about Joshua’s...the failure 40 years ago! Moses couldn’t do it and it was Moses! Do we think that 40 years later their armies are any less formidable? And we are still wanderers!

**AGAIN:** I want us to focus on their mental health? Let’s get real!

**BELOVED:** What mental health issues are you facing? Perhaps the best description you can find is oppression! Prolonged cruel or unjust treatment...not necessarily by a person, but by the enemy (maybe a person); or how about mental pressure or distress. Is it causing anxiety? Is it fostering depression? Other mental health issues? Acts 10:38 – “How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and **healing all that were oppressed of the devil**; for God was with him.” That oppression is a foothold to bring so many other mental health issues.

God KNEW what was in their minds...He knew the pressure. He KNEW how they saw themselves. So He gives them some very clear insight on how to break/heal those issues!

Joshua 1:6,7,9

- 6 **Be strong and of a good courage:** for unto this people shalt thou divide for an inheritance the land, which I swore unto their fathers to give them.
- 7 **Only be thou strong and very courageous,** that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.
- 9 Have not I commanded thee? **Be strong and of a good courage;** be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

**“Be strong and of good courage”** – we have defined this as hard-headed and obstinate...and I stand by that definition of the phrase...but there is more we can see...

**“Strong”** – fasten upon, seize, conquer

**“Good courage”** – be alert physically and mentally

**UNDERSTAND:** God DOES tell them in vs. 5 that He will be with them and won't fail them...but that is NOT ENOUGH!

They had to have a change of mind! They had to make up their mind and have a change of mind...don't let up in their thinking.

Don't let the enemy get that foothold in their mind!

**That foothold** in their mind of oppression (425 years of it) had kept them from entering into the Promised Land earlier...now they are 40 more years into it!

## YOU MUST see healing in your mind to take what is yours!

1. vs. 6 – Change the way you think...fasten upon...you inheritance! Quit thinking that it is impossible...begin using your faith and call it in. Begin seeing yourself living in that inheritance!
- 2.) vs. 7 – Set your focus on the Word (the Law)...if the Word says it do it!  
**INTERESTING NOTE:** This is the only one of the three that has an adjective added to it...VERY COURAGEOUS (vehemently).  
**IN OTHER WORDS:** This one needs to really get our attention. Find out what the Word of God says and prioritize it above all else...do it above all else. Make that decisions...with your mind.  
**BELOVED:** The enemy tries to put the pressure on your mind...on your emotions...but **God gave us the Word to take the pressure.**

**QUIT setting** your focus on the problem...it will oppress you!

**BELOVED:** Quit trying to figure out HOW you can tithe...just tithe!

**BELOVED:** Quit trying to figure out HOW you can make it to church...just go!

**BELOVED:** Quit trying to figure out HOW you can forgive...just forgive!

These are choices YOU MAKE...you close the door or open the door!  
What you let in...will come in!

- 3.) vs. 9 – Get control of your mind...don't let fear in, don't break down (dismayed), God is bigger than your situation!

**NOW:** This is where you all say...well, Pastor Thad, that is easier said than done! If we have mental health issues, we are having trouble getting control of our minds!  
That is why God inserts the key to getting control of your mind! **How to do it!**

### Joshua 1:8

8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: ***for then thou shalt make thy way prosperous, and then thou shalt have good success.***

**NOTE:** You see the “mayest observe to do” that is what verses 6,7, and 9 are saying! Do it...take control...don't turn away from it!  
But how do you get to that point?

Meditate and murmur/speak on the Word...the Promises...day and night!  
What time of the day is left out for worrying or stressing? None!  
Don't let other things come in and lie...take control of your mind...cast down those things that try to rise up.

**QUESTION:** Have you ever stayed up all night, not being able to sleep, due to what you are thinking? Your thoughts are overwhelming! They keep coming at you in different directions?

**BELOVED:** Ok! You know how to meditate...now you just have to change WHAT you are meditating on!  
***You've been meditating on the wrong stuff!***

**“Shalt Meditate”** – to reflect, to moan, to mutter, to utter, to ponder, imagine, to make a quiet sound, to contemplate by making words; to bring up over and over again! Literally, to set your focus on it and block out exterior things.

**QUESTION:** How often? Day and night!

Finding a Word that is your Word from God! What you are believing on! Even a prophetic Word...and say it over and over again!

Don't let it be ONLY a mind exercise...it is hard to overcome thoughts by thoughts, but when you start speaking something...your thoughts will change!

**QUESTION:** Who makes your way prosperous? You are responsible for your own prosperity and success! It is in your mental health!

**BELOVED:** You are not going to conquer OUTSIDE without getting control of the mental parts of your body. You just won't!

To get control of your mental health...you must learn to meditate on the Word.

Psalm 1:1-6 (perhaps just read and discuss)

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

**UNDERSTAND:** If anyone is telling you to do anything other than meditate on the Word, day and night...don't walk in their counsel...or do what the heathen do!  
That may help you cope...but it will NOT heal you mentally!

2 But his ***delight is in the law of the LORD***; and in ***his law doth he meditate day and night***.  
3 ***And he shall be*** like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

**BELOVED:** If you learn to meditate...it will be impossible but that you will be prosperous and planted where you are suppose to be.  
During a drought...trees along the river side are not informed of the drought...they keep producing and growing!

When you meditate...you will be in a place of constant nourishment and revival!  
Psalm 63:6 – “When I remember thee upon my bed, and meditate on thee in the night watches.”

4 The ungodly are not so: but are like the chaff which the wind driveth away.  
5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.  
6 For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

**REMEMBER:** Ungodly are those who do opposite of the Word.