



HEALED!

Thanks is the PAYLOAD for Mental Health!

Message preached on Sunday Morning, November 19, 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 health. Spirit, soul and body (1 Thessalonians 5:23). Complete healing!

BELOVED: We live in a time of mental health issues taking over people’s lives. Minds are being bombarded by anxiety, depression, stress, etc. (so many more)

WE MUST REMEMBER: Jesus took them all on the cross!

The Key for Healing

Hebrews 11:32-35a

- 32 And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets:
- 33 Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions,
- 34 Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.
- 35 Women received their dead raised to life again:...

NOTICE: Whenever breakthrough came...promises were obtained...it was because of faith! Faith is the key!

Mark 5 - Woman with the issue of blood...pressed in and kept saying and touched the hem of His garment.

Mark 5:34 – “And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.”

It wasn’t because she got Him to feel sorry for her. It wasn’t because it was her time for healing! ***Her faith make her whole!***

Matthew 9:27-30a

- 27 And when Jesus departed thence, two blind men followed him, crying, and saying, Thou Son of David, have mercy on us.
- 28 And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.
- 29 Then touched he their eyes, saying, According to your faith be it unto you.
- 30 And their eyes were opened;...

QUESTION WAS: Could they believe!

ANSWER: According to their faith be it unto them!

BELOVED: It hasn't changed! According to your faith will determine your manifestation of healing in your body or mind!

KENNETH COPELAND: Faith begins where the will of God is known.

If you don't know God's will, His Word, you will NOT operate in faith! You will not receive anything from God (James 1:6-8)

When you know God and know what His will is...you will see healing in your body and mind.

The CENTURION had the greatest faith...saw his servant healed.

The SYROPHENICIAN woman had great faith...saw her daughter healed.

Faith is the key!

HOWEVER: Faith is not just an action!

Hebrews 11:1 – "Now faith is the substance of things hoped for, the evidence of things not seen."

Faith is a substance! It is something that is inside of you!

It is a KNOWING of what Jesus did on the cross and that it is enough for your healing! Complete!

HERE IS THE QUESTION: How do you know it is in you?

ANSWER: By what you do and say!

BELOVED: We have been going over healing for your mind, the past couple weeks, all those attacks the enemy brings to mess with your mental health.

We have went through several keys regarding breaking the power of those attacks and bring healing!

- * Most of them had to do with the Word...meditate...speak it...read it...listen to it! Why? So you can know the will! That is where faith starts!

UNDERSTAND: If the Word of God gives us a key for conquering these mental attacks...to bring you healing of your mind...we need to know and do them.

Trust them! Operate by faith!

Power of Thanks

Philippians 4:6,7

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

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

NOTICE: vs. 6 – starts with a command

Vs. 7 – ends with protection of your heart and mind!

THE COMMAND: Be careful for nothing!

"Be careful" – anxious, take no thought

Matthew 6:25-33 – use the same word regarding anxious though

How often does the enemy bombard your mind with ANXIOUS THOUGHTS about what you are facing!

- * No one else is facing what I am facing!
- * If anyone knew what I was going through
- * No one cares!
- * I wonder if this will take me out like it took out my parents
- * I never have enough

BELOVED: That isn't God's will for you!

QUESTION: What should you do instead of being ANXIOUS?

"Prayer and supplication" – talk to God, presenting a need

KEY: With thanksgiving!

Prayer and supplication is the vehicle...THANKSGIVING is your payload!

Many people go to God with prayer and supplications...with complaining! With whining! Etc.

That PAYLOAD will get you NOTHING! It will take you further in to your situation!

THE LIFE OF DANIEL: Daniel was blessed in a foreign land...continually being promoted in a land he should NOT have been promoted...why?

He was among the leaders...he was one of the top three...he was finally the top guy in Daniel chapter six. So the other guys hatched a plan (talk about the lions den).

So what did Daniel do? Another attack! What do I do now!

Daniel 6:10 – "Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, **and prayed, and gave thanks before his God, as he did aforetime.**"

Just like he ALWAYS DID...he prayed (vehicle) with thanksgiving (payload)!

It took him STRAIGHT through the den of hungry lions!

Daniel could have gone off with anxiety, depression, frustration, etc.

But he gave thanks and God protected his mind and heart and he got what he was believing to get.

1 Thessalonians 5:18 – "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Why is it His will for you? Because it will get you to where you are going! What you are believing for.

A Few Studies on Gratitude

- * Gratitude can boost serotonin (makes you feel good, and decrease depression, increases mood) and activate the brain stem to produce dopamine (pleasure chemical, happy, energy).
- * There is a solid scientific research that suggests that gratitude can: reduce blood pressure, stress and depression.
- * Improve overall physical health...
- * Improve overall psychological health, reducing toxic emotions like envy, resentment and regret.
- * Improve sleep.
- * Improve self-esteem and mental resilience.
- * Practicing gratitude can lead to lower stress levels, depression and anxiety!