

SOWING AND REAPING

THE BIBLE AND MENTAL HEALTH: PT 6

2 February 2024

An important goal as Christians is that we maintain mental health. God has given us plenty of instruction to help us avoid the pitfalls that lead to mental instability. One thing we must always bear in mind is that we will always reap what we sow. Therefore, it is important that we are sowing good things.

Text: Galatians 6:7-9

"...for whatsoever a man soweth, that shall he also reap."

- Sow to the flesh: reap corruption.
- Sow to the Spirit: reap life everlasting.

God does not operate the way you were taught or the way you assume.

Today we will learn how God works and compare it to how we are taught and how the world works. This will hopefully help us to avoid unrealistic expectations from God that ultimately lead to disappointment, discontentment, and mental illness when you find out you were deceived concerning how God works.

God will not erase the consequences of your bad actions in life.

Many people go to church for the first time, expecting that God can fix their broken life (marriage, finances, health, etc.) When they find out God didn't promise that, they disappear.

1. God will keep his word. You will live with the consequences of your poor decisions in life because God will not be mocked. He will keep His word regarding the wages of sin.
2. What you sow is what you will reap. Sow to the flesh, reap troubles in the flesh. Sow to the spirit, reap spiritual blessings.
3. These verses apply to saved people as well as lost people. It is a universal truth.
4. Your attitude toward God and His word will affect your mental health. If you don't believe God's word, you will be confused when bad things happen to you. You may even doubt your salvation.

Job 15:31 **"Let not him that is deceived trust in vanity: for vanity shall be his recompence."**

- People who believe in hopes and dreams and false promises (vanity) will receive nothing in return.
- Don't put your hopes in your own goodness (vanity). Trust in the God who can give you the help you need.

Job 33:10-12 We learn from this passage that God will always do what is right. He will never do wickedness or commit iniquity to make you happy. His judgment will always be right.

- Telling God "*I'm sorry*" will not change His righteous judgment or cause Him to erase the consequences of your bad actions. You will still reap what you have sown.
- Seeking God's forgiveness will provide you with *eternal* benefits through Jesus Christ, but your *temporal* life will still bring a harvest of whatever you have sown until you get to heaven. The bible teaches restitution, not apologies. Payment must be made.

Job 4:8 **"Even as I have seen, they that plow iniquity, and sow wickedness, reap the same."**

- This principle is true on a national scale as well as in our individual lives.

Prov 13:21 **"Evil pursueth sinners: but to the righteous good shall be repayed."**

- We need to run from evil because it's always after us. Any evil we've done in our past will require repayment. Start sowing righteousness today for rewards later.
- The sins you commit today will cause you to regret and be ashamed in the future.

1 Ki 8:31-32 **"...do, and judge thy servants, condemning the wicked."**

- It is good to pray, but make certain that your prayers are in agreement with God's word. Don't pray for God to bless the wicked when you pray.
- The wicked need to be condemned and receive due judgment so they can recognize their evil situation, repent, and return to the path of righteousness.

Jer 32:18-19 **"God...thine eyes *are* open upon all the ways of the sons of men..."**

- Remembering that God always sees what you're doing will help you not to sow seeds of disobedience that will bring forth an evil harvest later on.

Hos 8:7 **"For they have sown the wind, and they shall reap the whirlwind..."**

- What you sow will be greatly multiplied at the time of harvest. Make sure to sow something good.

Acts 9:10-16 **"For I will shew him how great things he must suffer for my name's sake."**

- The apostle Paul did a lot of bad things to Christians before he met Jesus on the Road to Damascus. God made it clear that Paul would still have to reap what he sowed.

Prov 19:17 **"He that hath pity upon the poor lendeth unto the LORD; and that which he hath given will he pay him again."**

- When you give from a right heart to help someone, you need not worry about repayment. God promised you He would be the one to repay you.
 - Notice your giving is a loan. You **"lendeth unto the LORD."**
 - Whether you give of your money, time, talents, or your whole life, it is never wasted. God will repay.
 - Start plowing and start planting some good seed so you have something to look forward to that will counter the harvest of evil from your evil sowing.

Col 3:23-24 **Whatever you do, do it "as to the Lord; ... Knowing that of the Lord ye shall receive the reward of the inheritance..."**

- We have God's word: He will reward those who serve Him heartily.

But he that doeth wrong shall receive for the wrong which he hath done: and there is no respect of persons."

- We have God's word: He will reward those who do wrong without respect of persons.
 - This reward will be in the form of judgment. If you sowed to the flesh, you'll reap a judgment in the flesh.
 - The way you discipline your children will cause them to think other authorities are the same as you. They'll even think God is like you.
 - They need to learn that bad actions require corrective measures. God is no respecter of persons. You shouldn't be either.
 - It is not love when you allow your child to think it's okay to do whatever they want. It will bring them negative consequences later in life with other authority figures.