

SEVEN TIMES IN THE BIBLE WHEN SOMEBODY WAS TALKING TO HIMSELF

THE BIBLE AND MENTAL HEALTH: PT 5

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People sometimes have a thought pop into their head and make the false assumption that God is trying to tell them something. The bible says we need to get control of those thoughts and make them obedient to Christ (2 Cor. 10:5). Mental illness can result from men and women being lazy in their thought life.

1. Psalm 14:1 **“The fool hath said in his heart, There is no God.”**

- a. These are people who consulted their own heart and convinced themselves there is no God.
 - i. That means no heaven, no hell, no judgment, no right, no wrong, no fault, etc.
 - ii. The fact that you got rid of God in your own heart doesn't mean there is no God.
 1. You should have consulted the bible or a bible-believer instead of your heart.
 2. Your heart is inadequate as a final authority.

2. Luke 12:16-21 ^{“19} **And I will say to my soul...take thine ease, eat, drink, and be merry.”**

- a. This man was rich and successful. That is not a sin.
- b. He needed to build bigger barns to keep his riches (vs 18). That is not a sin.
 - i. God made provision for the Israelites to prosper (Deut. 29:9, 1 Kings 2:3, Isa 35:1).
 - ii. God's objective for Christians is that they make enough money to give some of it away (Eph. 4:28).
- c. He said to his soul to take it easy and enjoy the fruits of his labor (vs 19).
 - i. God said he was a fool (vs 20). He prepared for his temporal life (not a sin), but he didn't prepare for his eternal life. He was **“not rich toward God.”** (vs 21).
 1. You need to make room for God in your life or you will lose your soul in hell when you die. You must **“prepare to meet thy God”** (Amos 4:12).

3. Matthew 24:44-51 **“...if that evil servant shall say in his heart My lord delayeth his coming.”**

- a. The Lord very clearly said He was coming again. He left us with instructions to stay busy until He returns.
- b. People who choose not to believe what the Lord said will consult their own opinion instead and decide that Jesus is not coming in their lifetime.
- c. Verses 49-51 describes what will happen to those who don't believe Jesus is coming. They'll behave badly in this life and be “cut asunder” and eternally punished.
 - i. Knowing that Jesus is coming ought to motivate you to continue doing right (1 Jn 3:3).

4. Luke 18:9-14 **“The Pharisee stood and prayed thus with HIMSELF, God...”** (vs 11).

- a. Jesus is speaking to **“certain which trusted in themselves that they were righteous”** (vs 9), which led them to also despise others.
 - i. Don't expect everyone to match your level of “righteousness.” Give people a chance to grow in the Lord.

1. A self-righteous Pharisee has a low tolerance for other peoples' perceived shortcomings. They think they're better than everybody else (vs 11).
 - ii. Your righteousness needs to be coupled with love for those who may not do things the way you expect.
 - b. ¹² **"I fast twice in the week, I give tithes of all that I possess."** You don't need to tell God what you do. He knows you better than you know yourself.
 - c. The humble publican said, **"God be merciful to me a sinner"** (Vs 13).
 - i. Instead of looking at others and condemning them, he looked at himself, saw his own sinfulness, and sought God's mercy.
 - ii. God will justify the humble repentant sinner, not the one who exalts himself (vs 14).
- 5. Luke 15:17-20 "And when he came to himself, he said... I will arise and go to my father."**
- a. The result of *this* man talking things over with himself led him to get out of his despairing situation, repent and stop sinning, and get back with his father.
 - i. Just as the actual sin begins with a thought, recovering from sin and getting right with God begins in your thoughts. *Before you do it, you'll think about it.*
 - ii. Start by thinking like a Christian. That will lead to you acting like a Christian.
 1. *"I'm going to stop ruining my life, I'm going to start reading my bible, I'm going to get back in church, etc."*
- 6. Psalm 42:3, 5, 11 ¹¹ "Why art thou cast down, O my soul? and why art thou disquieted within me? Hope thou in God..."** Here is a man who is discouraged and depressed. He convinces himself to stop feeling sorry for himself and to hope in God (vs 5).
- a. His friends asked him **"Where is thy God?"** (vs 3). It is common for unbelievers to question why a loving God (if there is a God) would allow you to suffer.
 - b. You must convince yourself to get your thoughts back on God: **"Hope thou in God"** (vs 11).
- 7. Psalm 43:5 "Why art thou cast down, O my soul? and why art thou disquieted within me? Hope in God."**
- a. **"...for I shall yet praise him..."** When you are down and full of troubles and tears, you've got to have a talk with yourself and get your mind back where it is supposed to be: trusting, praising, and hoping in God. That's the starting point for recovery.
- 8. Psalm 103:1-2, 22 "Bless the LORD, O my soul...forget not all his benefits."** (Name them).
- a. This man instructed his soul to start the day praising the Lord and thanking the Lord for all the blessings God placed in his life.
 - b. When you count your blessings and name them, and thank God for each one, it becomes impossible to stay discouraged.
 - c. We tend to go to the negative thoughts *automatically*. It takes *effort* to keep your thoughts on God and be thankful for His many benefits in your life.
 - i. Don't let your mind go where it wants to naturally go. Tell it where to go.