

PEACE & JOY IN THE HOLY GHOST

The Word Is Our Answer

- I. **Let not your heart be troubled-Jn14:1**-Let not YOUR heart be troubled (anxious, grief, disturb with various emotions)...²⁷Let not YOUR heart be troubled, neither let it be afraid
- A. **Heart is the part of the spirit/inner man where emotion occurs (soul 1Th5:23)-Pr15:13**-A merry heart makes a cheerful countenance; but by sorrow of heart, the spirit is broken-Jn16:6-Sorrow hath filled your heart-Ps27:3-My heart shall not fear-Jr15:16-Thy word was unto me the joy and rejoicing of mine heart
1. **Heart-ST**-The thoughts, feelings (mind); The middle or central or inmost part of anything; Latin-Cor-**TH**-Center of spiritual life; Soul or mind, as it is the foundation/seat of the thoughts, emotions, will (headquarters, where something occurs)-**VINES**-Seat of spiritual life; Seat of grief, joy, desires, thoughts, understanding, reasoning, perceptions, imagination, purpose, the will-**H3820-BDB**-Inner man, seat of emotions
- B. **Fear/sorrow are issues of the spirit NOT the brain**-Fear/sorrow, joy/peace are not the result of chemical activity in the brain-**Lk16:22**-The beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried;²³And in hell he lift up his eyes, being in torments, and sees Abraham afar off, and Lazarus in his bosom.²⁴And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am tormented (grief, sorrow, distress, pain in mind) in this flame. ²⁵Abraham said, Son, remember that thou in thy lifetime received thy good things, and likewise Lazarus evil things: but now he is comforted (cheered, make glad, encourage) and thou art tormented
1. Brains are in the ground and yet they're experiencing emotion-This proves these things are not a result of workings of the brain
 2. Chemical imbalance theory, antidepressants, laughing-See notes
- C. **Understanding the nature of fear/sorrow and where they work is vital in addressing them**-If you address a problem in the wrong place with the wrong solution you'll never fix the problem
1. Problem is spiritual so a natural remedy will not suffice-You need a remedy that works in the spirit-**Hb4:12-CEV**-What God has said isn't only alive and active! It is sharper than any doubled-edged sword. His word can cut through our spirits and souls and through our joints and marrow-**Js1:22**-Receive with meekness the engrafted word which is able to save (deliver, heal) your souls-**Jr15:16**-Thy word was unto me the joy and rejoicing of my heart-**Pr16:24**-Pleasant words are as a honeycomb, sweet to the soul
- II. **Train yourself to look to The Lord first for everything-Ps23:1**-The Lord is my shepherd I shall not want-**Ps54:4**-Behold, God is mine helper-**Ps121:1**-I will lift up mine eyes to the hills, from whence comes my help. My help cometh from the Lord; **Is30:1**
- A. **Not looking to the Lord can keep you from receiving what you need-2Ch16:1**-In the six and thirtieth year of the reign of Asa Baasha king of Israel came up against Judah...²Then Asa brought out silver and gold out of the treasures of the house of the Lord and of the king's house, and sent to Benhadad king of Syria...³...I have sent thee silver and gold; go, break thy league with Baasha king of Israel, that he may depart from me...⁷Hanani the seer came to Asa king of Judah, and said unto him, Because thou hast relied on the king of Syria, and not relied on the Lord thy God, therefore is the host of the king of Syria escaped out of thine hand. ⁸Were not the Ethiopians and the Lubims a huge host, with very many chariots and horsemen? yet, because thou didst rely on the Lord, he delivered them into thine hand. ⁹For the eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him. Herein thou hast done foolishly: therefore from henceforth thou shalt have wars...¹² And Asa in the thirty and ninth year of his reign was

diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the Lord, but to the physicians.¹³...died in the one and fortieth year of his reign.

III. The Word is our answer-Jn8:31-If you continue in my word, then you are my disciples indeed; And you shall know the truth, and the truth shall make you free-Ps107:20-He sent his word, and healed them, and delivered them from their destructions-Ps119:92-Unless thy law had been my delights, I should then have perished in mine affliction. ⁹³ I will never forget thy precepts: for with them thou hast quickened me.

A. We overcome is by hearing and doing The Word-Js1:8-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-Lk6:47-Whosoever cometh to me, and heareth my sayings, and doeth them, I will shew you to whom he is like: ⁴⁸ He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock.

1. If it'll turn water into wine, it'll turn mourning into dancing-Jn2:5-Whatsoever he saith unto you, DO it.

B. There are spiritual laws that govern peace and joy-Spiritual laws are truths established by God (not rules) and they work-Jn17:17,Mt6:33,Rm8:6

1. Spiritual laws govern this realm-What you experience is connected the laws you set in motion

2. Many ignore spiritual law and try to live by prayer

C. Laws that govern peace and joy-1.Stop judging/despising 2.Have faith in God 3.Fix your minds 4.Don't yield 5.What you eat 6.Cast your care

1. There's got to be some resilience in doing of the word-When things don't happen in an instant people quit --- Do it until it works

IV. NOTES

A. Chemical imbalance theory-Verywellmind.com-Recent findings indicate that depression is likely not the result of chemical imbalances in the brain. However, the belief that chemical imbalances are responsible for causing depression is widely held by the American public. The belief that depression is caused by chemical imbalances has been declining in the scientific and medical community for some time. A study published in a 2022 issue of the journal *Molecular Psychiatry* found further reason to doubt this explanation. The research indicated there is little evidence to suggest that depression is caused by chemical imbalances in the brain-Healthline.com-Some claim that mental health conditions, such as depression and anxiety, result from a chemical imbalance in the brain. The hypothesis is sometimes called the chemical imbalance hypothesis/theory. Studies have observed differences in the brains of people with depression and other mental health conditions. However, it's unclear if these alterations cause conditions, such as depression, or result from them-Technologynetworks.com-The theory is the idea that depression is the result of abnormalities in brain chemicals, particularly serotonin. The theory has been around for decades, but their overarching conclusion is that it is not correct, given that there appears to be no link between measurable serotonin concentration and depression. The reaction from many researchers suggests that this idea, in fact, has not been treated seriously within the field itself for years. Psychiatry forgot to tell the public that it gave up on the "chemical imbalance" theory long ago.

B. Antidepressants-NHSinform.com-While antidepressants can treat the symptoms of depression, they don't always address its causes-Helpguide.org-Medication may help relieve some of the symptoms of depression but it doesn't cure the underlying problem and it's usually not a long-term solution.

C. To laugh is a choice to not yield it releases chemicals in the brain that are lacking in people with depression-Note-In people experiencing depression the neurotransmitters in the brain, such as norepinephrine, dopamine, and serotonin, are

reduced. Laughter can alter dopamine and serotonin activity. Furthermore, endorphins produced by laughter can help when people are uncomfortable or in a depressed mood. The medical community introduced laughter therapy. Laughing produces the same positive effects on the body whether it's real or simulated.

II. NOTES

- A. Chemicals in the brain respond to what is going on in the heart, but the brain is not where it starts/the seat
- B. The Word doesn't help you manage anxiety/depression, it rips it out at the root
- C. Many want the results modified, but their behavior to not be;