

# ***Be Strengthened in Your Mind, Soul and Heart***

2 Thessalonians 3:1-5

- 1 **Finally, brethren, pray for us that the word of the Lord will spread rapidly and be glorified, just as it did also with you;**
- 2 **and that we will be rescued from perverse and evil men; for not all have faith.**
- 3 **But the Lord is faithful, and He will strengthen you**

Reports are that here in America there exist two – three epidemics that will cost ‘billions’: addiction and mental-emotional health. Millions of people in America, especially in the young are suffering from addiction and mental and emotional problems of stress.

## **Why Not?**

This should not surprise us at all. You take the Bible away from the young people by taking the Bible away from schools and churches, homes and hospital care- obviously you are going to greatly increase the number of people with mental and emotional problems. They have **no source of mental and emotional strength.**

Take prayer away from people, from our children don't be surprised as more and more of them become mentally and emotionally deprived.

You take away **moral standards** the souls, minds of people become heavy laden, stressed, confused and lost.

**Immorality puts a heavy burden, stress on the soul.**

### **Why?**

Because they know it is wrong, yet not one is telling them it is wrong. And they do not want to listen to anyone who tells them the truth.

You cannot imagine what going to a sound church 2-3 times a week does to a person's mental and emotional stability.

And what about the billions that will be spent on these problems? It will do nothing more than increase the problems here in America.

### **Why?**

Because what these billions will be spent on will **not cure**, nor will it **give** to these people what they need. Mental and Emotional **strength**.

And why is **addiction** becoming epidemic?

Because for the last few decades as our government has been taking away the Bible and discouraging church, and in it's place giving drugs to help our children cope, to the point they are now addicted.

Government's solution? **More drugs**, stronger drugs to give 'strength' to these now young adults.

## And what are the Churches doing?

### “Psychoheresy”

Multitude of big churches have trained psychologist on their staff; **not trained in the Bible** but trained in human psychology. And statistics show what many churches that cannot afford to have a psychologist on their staff, recommend one to troubled parents and troubled children.

And what is recommended for these children and Adults?...**DRUGS!**

## NOT THE BIBLE

And here the Spirit Filled Paul says: 2 Thessalonians 3:3

**The Lord is faithful and will strengthen you**

### Strengthened what?

Certainly not your physical muscles!!! The Greek word comes from the root ‘to stand’ it means to set fast, to fix firmly, establish, confirm and strengthen. It is a future Active Indicative. When does this future refer? The future tense refers to anytime any one of these believers starts walking by FAITH in the Holy Spirit and depends on the Holy Spirit by FAITH; then the Spirit of the Lord will strengthen that believer.

Oh, people, the Lord, our Lord, YOUR LORD has the perfect solution to emotional or mental problems. You trusted Him for your eternal salvation, now trust Him for your daily life problems.

One of the strongest uses of this verb is by our Lord in talking to Peter, after Peter recovers from his cursing denial that he even knew Jesus the Nazarene...

Luke 22:32

32 **but I have prayed for you, that your faith may not fail—(be totally eclipsed); and you, when once you have turned again, strengthen your brothers.”**

Several things here.

### **First Why does the Lord say these words to Peter?**

Because of the eleven, this Peter will know how emotionally and mentally believers can be hurt because he just went through a horrible time in his denials.

**Second:** People, believers will have tests and failures in their lives, where their souls, their minds, their hearts will need to be **strengthened**.

And Peter who will have their **Own Mind and Soul and Heart strengthened** will be able to help others, guide others to **strengthened** their souls and minds.

And it will not be by drugs or human viewpoint;

No, it will be by turning them back to

# **FAITH to Trusting God...**

TRUSTING THE WORD OF GOD...

TRUSTING THE HOLY SPIRIT...

TRUSTING THE FAITHFULNESS OF OUR LORD...

that they also may turn again and continue on in their Christ-like life.

People, everyone of you have everything necessary to help people with emotional and mental problems... you have the Word of God. Now I am not saying that there are not some people (a few people) who will need some type of drugs to relax them so they can walk by FAITH.

Another important passage:

Romans 1:11

11 **For I (Paul) long to see you so that I may impart some spiritual gift to you,** (that is some spiritual grace benefit to them, why) **that you may be established;** (This is our word—strengthen) **that you may be spiritually strengthened.**

It may be by his teaching them sound doctrine on pertinent issues; It may be by encouraging them or even rebuking them; but these believers need so much to be strengthened... just as so many in America are in need of emotional and mental strengthening.

This one was in the first chapter of Romans. Now look at the last chapter of Romans:

25 **Now to Him who is able to establish you** (this is our word: strengthen you spiritually) **according to my gospel and the preaching of Jesus Christ, according to the revelation of the mystery which has been kept secret for long ages past,**

Note the three categories of doctrines that will help to stabilize and strengthen our minds, souls:

- (1) **Gospel**, it is amazing how the assurance of after death calms so many pains and stresses of people, both those dying and those living.  
And this is what the Gospel does—strengthens in respect to so many fears. And what are these young people, and even older people, given today?  
  
“**there is no hell to fear**”  
“**everyone is going to heaven**”, etc.  
These platitudes are given instead of the assurance that comes from just believing in the Gospel of JESUS CHRIST.  
  
So if you desire to **hopefully** strengthen the soul of an unbeliever—speak to them of the gracious gospel of JESUS CHRIST. **hopefully** because their being strengthened depends on whether or not they believe the Gospel.

(2)

## **Preaching of JESUS CHRIST**

We studied this just this last Wednesday night (January 27, 2016) in our study of Isaiah 53 how just knowing Him as your friend does so much to our stability in life.

**He was despised and forsaken of men, A man of sorrows and acquainted with grief...**

But you have to listen to someone who teaches concerning JESUS CHRIST in Truth. So if you wish to hopefully strengthen a believer who is shaken mentally or emotionally – share with them the marvelous personal benefits of knowing JESUS CHRIST as their friend. Again, hopefully for not all will believe what the Scriptures teach, and they prefer to have their heaven, weakened souls wallow in their self-pity. We saw in the study of Isaiah 53, your attitude of JESUS CHRIST has a great bearing on your attitude about yourself.

(3)

## **revelation of the mystery**

**What is this?** And how does it strengthen and encourage a believer who is discouraged in life?

This refers to many teachings but let us note one:

**knowing and believing all you are in Christ.**

The moment you believe in JESUS CHRIST as your Savior, God gives you some **34 things**. And one of those is the **INDWELLING OF THE HOLY SPIRIT** so that you might learn all of these and realize who you are in JESUS CHRIST.

Look at another writer of the New Testament in regard to strengthening our souls, our minds, even our emotions:

James 5:8

8 **You too be patient; strengthen your hearts, for the coming of the Lord is near.**

**First** in the spiritual warfare of the Church Age, James beckons them to be **patient**.

This is the Greek word ***makrothumia*** and directs our attention to our problems and test with others—therefore best translated: **longsuffering or longtempered**, as opposed to being short tempered

And is so used in describing Spiritual Love in 1 Corinthians 13:4

4 **Spiritual love is longsuffering or longtempered.**

Let us face it... others, believers and unbelievers can be allowed to cause emotional and mental stress.

And, people, be warned, this includes your parents, your children, your husband, your wife, your friends, people at work and yes... people in church.

Being ***longsuffering or longtempered***, is not a passive attitude; it is a strong offensive. You are being strengthened.

Christ has given us something to actually **prevent** this mental and emotional stress, as well as to strengthen us.

The ***longsuffering*** of Spiritual Love blocks that stress.



**You too be longsuffering in regard to others,  
strengthen your hearts**

(This is our word—and we have noted how you strengthen your heart by pertinent doctrines, soundly taught from the Word of God; beginning with the gospel, then teaching about JESUS CHRIST; then teaching about who you are in JESUS CHRIST.)

This will strengthen your soul in the tests and challenges of life ...

**for the coming of the Lord is near**

Wow, this refers to *The Rapture*...

the coming of the Lord to gather us up to Himself.

And, therefore, people is why we study Prophecy...  
to strengthen our souls in life' s turmoils.

Here is

*OUR HOPE,*

*OUR PEACE,*

*OUR REST* FROM THE PRESSURES OF THIS LIFE

—Meeting The Lord In The Air—

And you will not get this in government sponsored programs to help the emotionally and mentally unhealthy! You will not here this from human psychologist. But here is peace in the soul, here is the source of inner strength.

Be strong and of good courage, you will soon be with the Lord.

James 5:9

9 **Do not complain, brethren, against one another,**  
against other believers,  
against your husband,  
against your wife,  
against your parent,  
against your children,  
against your friends  
or  
against people in the church.

The word **not complain** is an interesting word.

It means to be squeezed by circumstances.

This is not talking about a 'loving squeeze', oh no!

This is talking about where they are irritating you when they do (or say) or don't do something that causes you to be pressured in your soul, the way you wanted things to be.

This word means to '**groan**'.

Have you ever just *grooanned* because of someone else?

Maybe someone close to you?

Well, you need strength... **inner strength... inner peace.**

So, what is one good reason for not complaining or groaning against One Another?

**so that you yourselves may not be judged; behold, the Judge is standing right at the door.**

*The Rapture* is very close!

Think about this... the less we judge One Another,  
the less stress and pressure we have in our lives.

Think about it:

A child who has all the school pressure, peer pressure, problems at home, in the world, **can to go to church 2-3-times a week, to calm down, know that there is a solution.**

2 Thessalonians 3:3b,4-5

3b **...and protect you from the evil one.**

4 **We have confidence in the Lord concerning you, that you are doing and will *continue to do* what we command.**

5 **May the Lord direct your hearts into the love of God and into the steadfastness of Christ.**

2 Peter 1:12

12 **Therefore, I will always be ready to remind you of these things,**

**What things?**

**Doctrine in all categories.**

Do you ever get tired of repetition?

Well, you may not need it on that particular point of Scripture, but someone else does, another member of this assembly, and then there will be repetition of one that you need!

**even though you *already* know them,** (and now for our word) **and have been established** (strengthened) **in the truth which is present with you. or in you.** What strengthens?

Truth of the the Word of God; prophecy, lives. teaching on JESUS CHRIST, teaching on who you are in Christ.

These things strengthened **Your Soul, Your Mind, Your Heart.** And again, will not be so strengthened in the psychoheresy\* of this world. It comes from the Word of God.

\*The integration of psychotherapy and Christian teaching

Paul uses this word throughout 1 and 2 Thessalonians.

1 Thessalonians 3:2

2 **and we sent Timothy, our brother and God's fellow worker in the gospel of Christ, to strengthen and encourage you as to your faith,**

OK, here is another area that always needs strengthened:

***OUR FAITH.***  
**Faith is the battle.**

2 Timothy 4:7

7 **I have fought the good fight, I have finished the course, I have kept the faith;**

We are to live by **Faith**, walk by **Faith**, this is the daily battle. Not to learn doctrine, not to be moral, but to walk by **Faith** in His Spirit.

1 Thessalonians 3:2

2 **and we sent Timothy, our brother and God's fellow worker in the gospel of Christ, to strengthen and encourage you as to your faith,**

1 Thessalonians 3:13

13 **so that He** (The Lord, by means of the Spirit of the Lord whom He sent to us) **may establish your hearts** (This is our word, to strengthen our hearts) **without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints.**

Talk about peace and being strengthened; this is related to our sins in our lives. Sins are not to pull us down, but we keep moving, keep advancing by Faith—again, with the hope and confidence of the Second Advent of JESUS CHRIST.

2 Thessalonians 2:17

17 **comfort and strengthen your hearts in every good work and word.**

We are strengthened when we walk and perform and talk by the power and leading of the Holy Spirit.

Alright people, we are family, we are together in this battle of the **ANGELIC CONFLICT** and we are to strengthen and encourage One Another throughout everyday in our lives.

Acts 14:21

21 **After they had preached the gospel to that city and had made many disciples,** (believers in JESUS CHRIST) **they returned to Lystra and to Iconium and to Antioch,** (Why did they return?)

22 **strengthening the souls of the disciples, encouraging them to continue in the faith,** (continue walking in Faith in Holy Spirit) **and saying, “Through many tribulations we must enter the kingdom of God.”**

2 Thessalonians 3:3

3 **But the Lord is faithful, and He will strengthen and protect you from the evil *one*.** (you will notice in the margin of the NASV or) **from evil.**

Again, the issue is not determined by the Greek. The Greek word translated **evil or evil one** may be seen as a neuter gender which would be translated **all that is evil**. Or it may also be taken as masculine gender and, therefore, be translated **the evil one**.

Both, ***all that is evil*** and ***the evil one*** are involved in this word, since Satan is the producer and instigator of all that is evil: **“evil things proceed from the evil one”**

Being protected from the Evil One (Satan) is so important to our Lord. In the Lord's prayer, which was prayed just hours before He was crucified, Christ prayed that we might be kept from the evil one.

John 17:13-14

13 **"But now I** (JESUS CHRIST, your son,) **come to You;** (Heavenly Father, by prayer) **and these things** (All the teachings of JESUS CHRIST during His physical life here on earth) **I speak in the world so that they may have My joy made full in themselves.** In Satan's world, every believer can have inner joy made complete, in their souls.

14 **"I have given them Your word;** (everything that JESUS CHRIST spoke were the words and messages of God the Father by means of the Holy Spirit) **and the world has hated them,** (The world hates believers, especially those who walk and stand on the teachings of JESUS CHRIST which were the teachings of God the Father; some will be attracted by your joy in the Lord, but most will just hate you) **because they are not of the world,** (get it? We are the trouble makers! We are the aliens in this world.) **even as I am not of the world.** (JESUS CHRIST came from above and we are born of heavenly citizenship. (Phillipians 3:20)

JESUS CHRIST is fully conscious of His origin...

So we should be continually conscious of our second birth—  
born again, born from above.

By our first birth we are earthly –of the earth.

By our second birth we are heavenly—born from above—

By our second birth we are **a new creation** 2 Corinthians 5:17.

(1) The world follows it's own flesh

(2) The world follows it's own father—the devil

(3) The world resents—hates—those who do not live, think  
as they!

(4) 1 John 2:16

16

**For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.**

And when you do not think this way – the world hates you!

If we followed the course of the world, conformed to its policies it's norms and standards; it's goals, it's thinking – the world would not hate us!

But the ways of the world are not the ways of God, nor the ways of those who follow God.

Therefore, as the world **hates** God, **hates** JESUS CHRIST –it also hates those who are of JESUS CHRIST.



And the further the world moves from God, from the Cross, from the Word, their hatred will increase and be demonstrated. You have not suffered until you are hated because of your beliefs of the Word of God.

Now the world hates us, there will be suffering and tribulations in this world (John 16:33) so what is JESUS CHRIST's attitude toward us?

John 17:15

15 **"I do not ask You to take them out of the world, but to keep them from the evil one.**

Wow, this is powerful -- how many times do we say:

***take me out of here,  
get me out of here!  
Come quickly Lord Jesus;  
send the Rapture, etc.***

This is not the thinking of our Savior JESUS CHRIST.

Even though they are not of this world;

Even though the world hates them I do not ask thee to take them out of the world...by death, or ***Rapture*** or just remove them!

**I do not ask** More on prayer:

Do you ever relay to God in your prayers, what you are **not asking Him**? well JESUS CHRIST does--three times in this prayer, JESUS CHRIST specifically states what He does not ask for.

Sometimes it will do us good in our own prayer life to actually state what we are not asking! This will reveal clarity on your prayer to Him.

But, I do ask **that you keep them from the evil one**  
**Keep them out from the evil one**

### **What does this mean?**

When JESUS CHRIST prays to God the Father to keep them... **out from the evil one...**

What is JESUS CHRIST asking?

- 1- That they be protected from the power and snares of the Evil One, Satan, himself.
- 2- Keep them from being possessed by Satan as was Judas! No believer can be demon possessed. He can be under demonic influence and under the influence of the doctrine of demons but not demon possessed. Here JESUS CHRIST prays that they be protected from Demonic influence, which is different from praying that they be protected from demonic attacks... and we assume that everyone of them came under Demonic attack.
- 3- Keep them from destruction—death, until their course is run.

-4-

Very important... the very fact that JESUS CHRIST prays this of God the Father shows that **we cannot keep ourselves from evil or from the evil one.** We must be aware of this fact and stand guard and be Filled with the Holy Spirit and put on the whole armor of God. Ephesians 6.

-5-

Again we learn from our Lord, how we ought to pray, not to be taken out of this old hateful world with all it's sins and tribulations but that we be protected and those believers we love be protected!

Now this answers the "what does this mean" but now the question:

## **How?**

How is God going to keep us from evil and from the evil one?

**First**, by the power and ministry of the Holy Spirit! in fact God the Father will answer nearly everyone of these prayers by JESUS CHRIST for believers by sending the Holy Spirit.

- a. The Restraining ministry of the Holy Spirit protects from the evil one. 2 Thessalonias 2:7
- b. The Restraining Ministry of the Holy Spirit protects the believer from certain sins, related to his mission. Genesis 20:6.

**Second, By His Word**---The more doctrine you know, the more you are protected from the world, from evil and from the evil one.

**Third**, (one that we have not talked of very much) **DIVINE PROVIDENCE** 1 Corinthians 10:13

Divine Providence is God's supernatural protection in the life of a believer. We have all heard of Divine Providence in our National Constitution. And in believers lives...*if I had not had that flat, I would have been in that wreck, etc.*

It will be by Divine Providence that Lord will answer many of the petitions in Psalm 31.

Jude 1:24-25

24 **Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy,**

25 **to the only God our Savior, through Jesus Christ our Lord, *be* glory, majesty, dominion and authority, before all time and now and forever. Amen.**

2 Timothy 1:12

12 **For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I entrusted to him until that day.**

THANK YOU FATHER  
FOR THE FAITHFULNESS OF YOUR SON

**Whatever we do,  
We should do it  
AS UNTO THE LORD!**