

September 18, 2022

## **16 BIG IDEAS For Mental and Spiritual Health**

The cause of Spiritual and Mental Paralysis is **DOUBT**

### **BIG IDEA 15: Doubt Kills More Dreams Than Failure Ever Will**

#### **Doubt Damages...**

##### **...my prayer life**

***“But let him ask in trust, doubting nothing; for the doubter is like a wave in the sea being tossed and driven by the wind. Indeed that person should not think that he will receive anything from the Lord”  
James 1:6-7***

##### **...God’s good plans for my life**

***“He returned to Nazareth, his hometown. When he taught there in the synagogue, everyone was amazed and said, “Where does he get this wisdom and the power to do miracles?” 55 Then they scoffed, “He’s just the carpenter’s son, and we know Mary, his mother, and his brothers—James, Joseph, Simon, and Judas. 56 All his sisters live right here among us. Where did he learn all these things?” 57 And they were deeply offended and refused to believe in him. Then Jesus told them, “A prophet is honored everywhere except in his own hometown and among his own family.” 58 And so he did only a few miracles there because of their unbelief.” Matthew 13:54-58***

##### **...my peace of mind**

***“And just as they were telling about it, Jesus himself was suddenly standing there among them. “Peace be with you,” he said. 37 But the whole group was startled and frightened, thinking they were seeing a ghost! 38 “Why are you frightened?” he asked. “Why are your hearts filled with doubt?” Luke 24:36-38***

The longer I walk this journey of faith, I'm convinced the major challenge in my life is how much I will choose to trust God.

--Pastor Brad

## **DOUBT DISSOLVES WHEN**

### **1. I REALIZE I GET TO CHOOSE HOW MUCH I TRUST GOD**

*“When he had gone indoors, the blind men came to him, and he asked them, “Do you believe that I am able to do this?” “Yes, Lord,” they replied. 29 Then he touched their eyes and said, “According to your faith let it be done to you”; 30 and their sight was restored”  
Matthew 9:28-30*

It's not that I ask too much from God

It's that I trust Him for too little

*“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us”  
Ephesians 3:20*

Here's a good prayer for all of us:

God, do for me according to my faith...and God increase my faith!

### **2. I TRUST THE (HEART) CHARACTER OF GOD**

*“No one is good—except God alone.” Mark 10:18*

*“The Father...who does not change” James 1:17*

### **3. I TRUST HIS PERSONAL LOVE FOR ME**

*“For you created my inmost being; you knit me together in my mother's womb.” Psalm 139:13*

*“For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures”*

## **Corinthians 15:3**

***“But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.”***

***John 20:31***

***“I am going to prepare a place for you 3 When everything is ready, I will come and get you, so that you will always be with me where I am”***

***John 14:2, 3***

***“If a man has a hundred sheep and one of them gets lost, what will he do? Won’t he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? 5 And when he has found it, he will joyfully carry it home on his shoulders.”***

***Luke 15:4, 5***

***“His father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. 23 And kill the calf we have been fattening. We must celebrate with a feast, 24 for this son of mine was dead and has now returned to life. He was lost, but now he is found.’ So the party began.”***

***Luke 15 22-24***

***“And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory.”***

***Romans***

***8:17***

**It’s not WHO YOU ARE that holds you back in life. It’s WHO YOU THINK YOU ARE NOT.**

## **4. I MAKE TRUST A MOMENT BY MOMENT INTENTIONAL DECISION**

***“Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. 25 About three o’clock in the morning Jesus came toward them, walking on the water. 26 When the disciples saw him walking on the water, they were***

**terrified. In their fear, they cried out, "It's a ghost!" 27 But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!" 28 Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." 29 "Yes, come," Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. 30 But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted. 31 Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"** **Matthew 14:24-31**

**Jesus said, "According to your faith let it be done to you"**  
**Matthew 9:29**

**For almost everyone here, almost everything you've ever wanted is on the other side of your doubts.**