

“How long shall I take counsel in my soul, having sorrow in my heart daily? How long will my enemy be exalted over me?” (Ps 13:2)

✠ Lecture I: Pervading and Prevailing Moods ✠

✠ Definitions:

- Mood: **1.** a particular state of mind or feeling; **2.** a prevailing feeling or tone.
- Pervade: to spread or be prevalent throughout.

✠ The Battlefield & The Enemies:

- Generally speaking, a person has three enemies:

1. The self

- “I know that in me (that is in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I practice... O wretched man that I am! Who will deliver me from this body of death?” (**Rom 7:18-19,24**)
- “From within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man.” (**Mk 7:21-23**)

2. The world

- “All that is in the world – the lust of the flesh, the lust of the eyes, and the pride of life – is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.” (**1 Jn 2:16-17**)
- “What profit is it to a man if he gains the whole world, and loses his own soul?” (**Mt 16:26**)

3. The devil

- “Your adversary the devil walks about like a roaring lion, seeking whom he may devour.” (**1 Pet 5:8**)

→ The mind is the first battleground where these enemies fight and if a person loses this fight, the battle is moved to the heart where the fight is more ferocious. Thus our first line of defense is the mind.

- “Be transformed by the renewing of your mind.” (**Rom 12:2**)
- “Gird up the loins of your mind, be sober” (**1 Pet 1:13**)
- “Love the Lord your God with all your heart, with all your soul, with all your mind.” (**Mk 12:30**)
- “Let this mind be in you which was also in Christ Jesus.” (**Phil 2:5**)
- “We have the mind of Christ.” (**1 Cor 2:16**)
- “... among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind.” (**Eph 2:3**)
- “The peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus.” (**Phil 4:7**)

→ St. Paul described the “whole armor of God” that will help us protect our minds and hearts.

Notice that the breastplate and shield protect the chest (heart) and the helmet protects the head (mind):

- “Having put on the breastplate of righteousness... taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation.” (**Eph 6:17**)
- “Putting on the breastplate of faith and love, and as a helmet the hope of salvation.” (**1 Thess 5:8**)

✦ Prevailing Moods:

There are many routes that lead to **DEPRESSION**, the following are examples:

1. ANXIETY & FEAR

- “Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? And which of you by worrying can add one cubit to his stature? If you then are not able to do the least, why are you anxious for the rest?” (**Lk 12:24-26**)

2. GRIEF & MOURNING

- “But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.” (**1 Thess 4:13-14**)

3. REGRETS & SORROWS

- “Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.” (**Gal 5:1**)
- “Happy is he who does not condemn himself in what he approves.” (**Rom 14:22**)

4. PHYSICAL ILLNESSES

- The Story of Job the Righteous
- The story of the man with an infirmity for 38 years (**Jn 5:7**)

5. WEAK PERSONALITY & INDECISSIVNESS (Low self-esteem)

- “He who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.” (**James 1:6-8**)

6. OUTER CIRCUMSTANCES

- Financial
- Domestic Issues between parents
- Stress of exams and being away from home
- Peer pressure & being exposed to a new culture

7. SUPPRESSION

- Emotions (Apathy)
 - Pain
 - Sexual
-