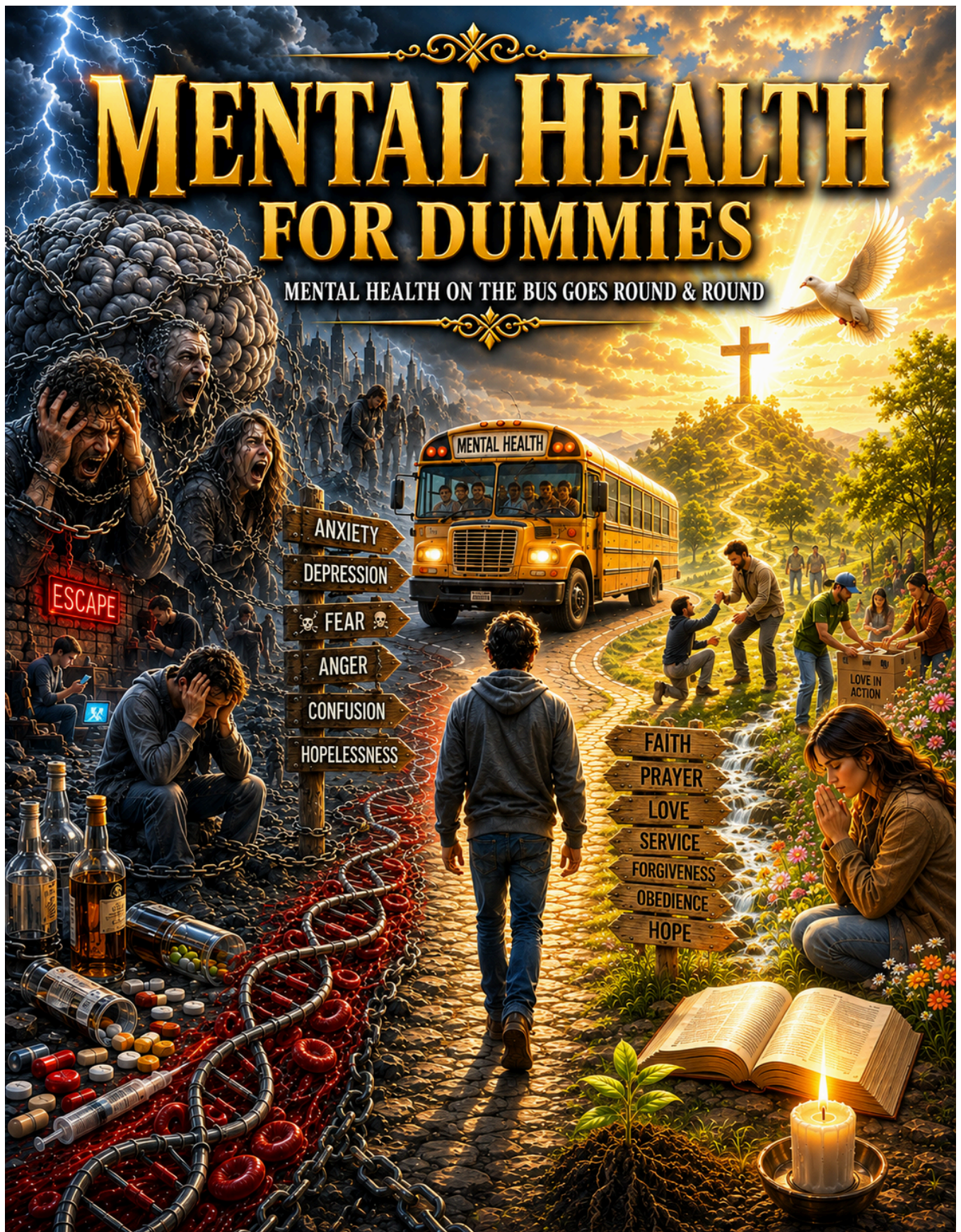


MENTAL HEALTH FOR DUMMIES

MENTAL HEALTH ON THE BUS GOES ROUND & ROUND



Are you aware that mental health may be dormant within your bloodline? When we give ourselves over to drugs, alcoholism, and destructive lifestyles, we allow what was once dormant to become active. This creates mental struggles that irrupt through our blood, into our hearts, and throughout our minds as we go about our daily lives.

We then wonder why life becomes so difficult as we try our best to succeed. Problems become overwhelming and frequent, until life itself feels unbearable. This is why understanding spiritual knowledge is critical. The only way to overcome these struggles is to fully let go of them. Surrender them to Jesus and let the Holy Spirit begin to heal you.

As children, we are affected by how our parents either protected or neglected us from child birth from the world. Kids are attacked by the world and fleshly desires exposing them to sin. From an early childhood we are slowly shaped into doubt, fear, worry, and confusion, and these influences often become the mental struggles we carry throughout life. As parents it is our job to protect our children from the world, so they may remain pure in heart and mind.

As this continues our children and loved ones witness the sinful struggles and how we respond or react to them. Our loved ones, especially our children, naturally learn from us no matter their age. By allowing life to continue this way, we pass our burdens on to our loved ones and future generations. We must stop the cycle of mental health suffering that attacks us from the inside constantly like the air that we breathe.

Without realizing it, we teach our children to ignore the natural Love for Jesus that was programmed into them from birth by Yahweh. We allow it to fade away as they are attached to our eroding lifestyle. While we disguise and hide it one way or another as we even fool ourselves. This rots the innocence from within by allowing the world and flesh to reshape their minds into a worldly mindset transforming what was once natural into a human way of thinking. Children are here to show us how to live. Being pure in mind and heart so they may lead us annually into passing our 2nd judgement, we are not here to show them how, especially when we consider we are not pure in mind and heart. We know sin too well so we may protect them from the world. If we do not grasp this concept it will create confusion and suffering that will remain throughout eternity. If we do not learn spiritual knowledge from Jesus, the Holy Spirit, and our kids before their environment affects their spiritual programming to teach us. "This is the fuel that drives our works of faith through the narrow gate."

Always Remember, our children and loved ones look at us as heroes, "Disciples of Jesus sent from Yahweh who are here to protect them from Spiritual Warfare."

Life began in the Garden Of Eden where human's could eat from all the trees EXCEPT one. As we know Adam and Eve ate from that very tree that Yahweh said not to eat from. Immediately following was **"The Birth To Mental Illness."**

All Scripture herein is quoted from the NASB. Why? This Bible is the closest American English translation to the original Hebrew and Greek text found inside of Scripture.

Their eyes were opened, Genesis 3:7

They knew they were naked, Genesis 3:7

They sewed fig leaves together to make coverings Genesis 3:7

They hid from the presence of the LORD God, Genesis 3:8

Adam became afraid, Genesis 3:10

Adam confessed his nakedness, Genesis 3:10

Adam blamed Eve, Genesis 3:12

She admitted the serpent deceived her, Genesis 3:13

Her pain in childbirth would be greatly multiplied, Genesis 3:16

Her desire would be for her husband, Genesis 3:16

Her husband would rule over her, Genesis 3:16

The ground was cursed because of Adam, Genesis 3:17

Life would now involve painful toil, Genesis 3:17–19

Adam would return to the dust in death, Genesis 3:19

Humanity had become like one who knows good and evil, Genesis 3:22

Adam was driven out of the Garden of Eden, Genesis 3:23–24

Access to the tree of life was blocked, Genesis 3:24

You can clearly see that one line of Scripture changed the course of creation through a single meal. Once the knowledge from the tree was eaten, Scripture reveals a series of life-changing mental health effects that continue to influence humanity to this very day. This is not a fairy tale or a Disney story. It is the account of a real spiritual battle that affects both the body and the mind.

From birth, we are trained to pursue the correct answer. “Google it” has become the mindset of our generation. But are we taking the time to ask ourselves the right questions instead of simply searching for answers? I believe the best way to receive a spiritual answer is to first ask a spiritual question. Prayer is an intimate time with our Father, allowing Him to hear the heart behind our words rather than merely the words themselves. When we focus on asking the right question, the Holy Spirit provides the spiritual understanding needed to answer it. Human intellect alone cannot produce spiritual answers, this leads us away from His wisdom. Yahweh’s wisdom is His Spirit, here to reveal truth beyond what human understanding alone can discover.

Adam and Eve lived in pure innocence with no sin at all. If you honestly think in today's society, we are making better choices than Adam and Eve, that is pure insanity. The reality is, our protection no longer resides within a pure and innocent world. That was lost into the abyss. Yet many believe they are walking a better path simply because they have accepted Jesus as their Savior. This alone does not change the world. This is merely your first step to spiritual infancy and becoming raised by the Holy Spirit. He lives inside to guide us by our Heavenly Father's desires.

Now ask yourself: When you accepted Jesus, was that decision produced by your own intellect, or was it the Holy Spirit convicting your heart, calling you to return home? Ummm. How can we expect to return home if we ignore the reality of our second judgment? WHAT? Yes you have to pass a second judgement to enter Heaven for eternity. We should live with reverence, continually relying on spiritual knowledge and the guidance of the Holy Spirit as we pursue the path that leads to eternal life.

Instead, we invest a greater amount of time worrying about mental health issues. Whether they are caused by ourselves or by others, they exist in and around us all. We must transform that same energy by listening to the Spirit. This is done by surrendering ourselves to Yahweh's predestined path for our lives. Have you ever felt that you're not truly doing what you were truly meant to do? Have you questioned from time to time whether your life has been worth what you have created upon this earth? The only way to discover who we are truly meant to be, is to follow the Holy Spirit. Today's lifestyle teaches us how to find ourselves through Godlike human intellect.

Society has created a measurement system based on wealth that assigns value to a person's life. It judges whether someone is good or bad, successful or unsuccessful, based on what they possess rather than who they truly are. You should perhaps ask yourself, are you living a good or bad lifestyle, to pass your second judgement?

This is the great flip-flop question that most church attendees and congregations do not understand. Many may actually be spiritually lost, drowning in their own Godlike intellect while faithfully attending church. Does attending church and professing faith alone allow a person to walk into heaven without judgment? Unless one is taken in the rapture, I do not see any other way to pass through the gate without first standing before Yahweh in judgment. This is a question every believer should honestly ask themselves as they examine their walk with the Holy Spirit. Who's leading who?

Judgment at the Throne of God, "Fear Yahweh" (adult version of bible)

Revelation 20:11-15

Then I saw a great white throne and Him who sat upon it, from whose presence earth and heaven fled, and no place was found for them. And I saw the dead, the great and the small, standing before the throne, and books were opened; and another book was opened, which is the book of life; and the dead were judged from the things which were written in the books, according to their deeds. And the sea gave up the dead who were in it, and Death and Hades gave up the dead who were in them; and they were judged, each one of them according to their deeds. Then Death and Hades were thrown into the lake of fire. This is the second death, the lake of fire. And if anyone's name was not found written in the book of life, he was thrown into the lake of fire.

Those whom we often consider the sick, the weak, or the nobodies are often the very people God uses to teach us humility so that we may learn to listen to the Holy Spirit. In many ways, they are in a better spiritual position than those who rely on a lifestyle secured by humans' Godlike intellect. The weak and sick usually have nothing of value to offer us nor themselves. This forces them to pray for what they truly need from Yahweh like a meal. Then we listen to the Holy Spirit and lead us to feed this hungry person. When the weak and the strong meet to help one another faith rapidly builds into feeling the love that the Holy Spirit orchestrated. We are both examples to learn from when we help each other spiritually. The weak shows the strong how powerful prayer is. The strong show the weak how strong prayer is. Overall it's through the act of helping one another that exposes the love and spiritual ways of life we are to learn.

Many followers do exactly the opposite of that by building a lifestyle that is disguised as a safety measure for entering eternity based on simply believing in Jesus as their Savior, while blindly ignoring His commands and His Sermon on the Mount.

Matthew 7:21-23

Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of My Father who is in heaven will enter. Many will say to Me on that day, 'Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles?' And then I will declare to them, 'I never knew you; leave Me, you who practice lawlessness.'

Yet Jesus clearly teaches how difficult it is to enter through the narrow gate, warning that genuine faith is revealed by a life of spiritual obedience rather than by intellectual or biblical knowledge.

Hebrews 11:5

By faith Enoch was taken up so that he would not see death; and he was not found because God took him up; for before he was taken up, he was attested to have been pleasing to God.

By allowing the Holy Spirit to wash out our God-like intellect and to fill us with His knowledge, the burdens that once ruled our minds creating mental illness no longer have to remain in control. As we surrender to His guidance, our lives are transformed by spiritual understanding rather than by human intellect.

Yet we continue from generation to generation clinging onto this God-like knowledge, eagerly teaching it to the next generation, repeating the same cycle of insanity since creation. In doing so, we have become slaves to human intellect and even to biblical knowledge when it is separated from the leadership of the Holy Spirit.

When you add your hours up at the end of the week, it's time to pay your bills and Say receive that paycheck for all your hard work, does that give you a sign of relief being confident that you can now rest assure that the lifestyle you created for your family is secure? It's a great sign of relief once our lifestyles are secured and paid for. Of course, this is the way of life. This is the way we are taught from birth.

Why? We should be overly excited about the Holy Spirit securing our spiritual lifestyle for eternity. This is the check that we want to cash in at our second judgment; this spiritual paycheck allows us into Heaven for eternity.

To sum this up. If you won the lotto and were given your check to go cash the millions of dollars that are just there waiting for you. How excited and thrilled with ambition to live to the point would you feel on the inside and out? Would you even be able to contain your emotions around others and hide your smile of excitement? This is how we should feel everyday, for our "Eternity & Beyond" and for the Holy Spirit to guide us. What's worth more, and would your daily attitude reflect this?

Genesis 4:2-14

Now Abel was a keeper of flocks, but Cain was a cultivator of the ground. So it came about in the course of time that Cain brought an offering to the Lord from the fruit of the ground. Abel, on his part also brought an offering, from the firstborn of his flock and from their fat portions. And the Lord had regard for Abel and his offering; but for Cain and his offering He had no regard.

So Cain became very angry and his face was gloomy. Then the Lord said to Cain, "Why are you angry? And why is your face gloomy? If you do well, will your face not be cheerful? And if you do not do well, sin is lurking at the door; and its desire is for you, but you must master it."

Genesis 4:8

Cain talked to his brother Abel; and it happened that when they were in the field Cain rose up against his brother Abel and killed him.

Then the Lord said to Cain, "Where is Abel your brother?" And he said, "I do not know. Am I my brother's keeper?" Then He said, "What have you done? The voice of your brother's blood is crying out to Me from the ground. Now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand. When you cultivate the ground, it will no longer yield its strength to you; you will be a wanderer and a drifter on the earth." Cain said to the Lord, "My punishment is too great to endure! Behold, You have driven me this day from the face of the ground; and I will be hidden from Your face, and I will be a wanderer and as a drifter on the earth, and whoever finds me will kill me."

Does this sound like mental illness yet?

Cane, a farmer, offered the fruit from the ground made by man's hands, and was rejected by Yahweh. Able by faith offered a lamb which Yahweh accepted. Cane becomes angry because his offering was not from faith but rather derived from man's sinful God-like intellect. Abel's lamb was accepted for it was an offering inspired by faith, inspired by spiritual knowledge.

Noah built an ark in an area that did not rain for 100 years. Where do you think the knowledge, strength, wisdom, and dedication came from to build an ark

If works of faith are not truly faithful then we are living on earth then we are wandering and drifting slowly as our salvation is dying to the Godlike intellect that we use hourly like in the day of Noah.

Are you still wondering why mental illness is so prevalent within society, driving many toward homelessness, addiction, and despair? Could mental and spiritual struggles, at times, serve as a call to humility, inviting us to turn away from what we are currently thinking or doing and to begin following the leadership of the Holy Spirit???

Perhaps, for some, the Holy Spirit is convicting the heart so deeply that mental illness attacks so we may wake up to see the effects of our stolen God-like knowledge from Eden. Could that inner turmoil be calling you to surrender your own understanding and to start immediately to seek Yahweh's wisdom. Is the greater than mental illness the greater than need to serve the Holy Spirit to do great things for Jesus.

You never know once saved even the worst crackhead in the world can become a role model for every little girl to look up to and to become a woman like in life. I would imagine this woman probably looks worse than we can imagine while going through her severe mental illnesses as ongoers are rude or at best just pass by looking as they stare in judgement or feeling the disgusting condition that person is in. Would you invite this person into your home to be your family member to one day be able to rely on? When Jesus was in need, this crackhead did not abandon Him at the cross, and she was the very first person to whom He appeared to after His resurrection. Jesus then honors her by choosing her to carry the message of the resurrection to the male disciples, earning her the early church title "The Apostle to the Apostles."

Luke 8:2 "...and also some women who had been healed of evil spirits and sicknesses: Mary, called Magdalene, from whom seven demons had gone out.

Mary had seven demons cast out of her. Jesus gave to her a new spirit of life to follow being the 8th, her new beginning!

If you are completely comfortable living by your own knowledge, never feeling convicted, challenged, or corrected. Then you are in worse shape than the crackhead, Scripture provides enough reason for us to carefully self-examine what matters most in life?

Heaven with your loved ones and other brothers and sisters that you ministered to should be at the top of your list of spiritual accomplishments while on earth. May I ask you how well that career is going? What is your spiritual credit score for that accomplishment in life?

Obviously, your lifestyle on earth has produced more results towards eternal death, then towards the treasures in heaven that we lay up so we may pass our second judgment. This is what I would refer to as cashing in on our works of faith. That's the only job that I care to get paid for, And that job only pays in spiritual compensation.

If you truly love your family and you can now look into your child's eyes, knowing what you know today and feel that you're secured their future, then you're a dying fool. If this was not the case, than so many of your hours would not be invested only to secure your time here on earth as you live to fleshly needs?

We should ask ourselves whether we are truly following the Holy Spirit or relying on our own intellect. Our confidence should never rest in human understanding but in continual surrender to God's Spirit, allowing Him to transform our hearts and lead us in His truth. you could probably count on one hand how many people actually experienced a possible Rapture, as documented within scripture.

If we all came together, like the Super Bowl or a holiday, would we be able to create a Jesus movement that could indeed create a spiritual awakening? This would correct life throughout the world. Maybe we would be home with our families more so, than at work. Maybe we would be helping one another more so than taking vacations and saving for retirement. Maybe we would give more rather than accumulated material items that others so desperately need, while they sit in the garage, shed, closet, or at storage.?

Maybe, just maybe, our kids would only learn spiritual knowledge taught to them in schools over everything instead of being taught intellect from schools that banned Jesus altogether. Looking back, that should have been a key indicator that intellect doesn't want spirituality thriving by it's side.

One might say this has been the craziest thing I have ever heard. This is not taught in church. My Pastor has never gone over this in a sermon. I would then say how well did that work for the ones that drowned at the time of Noah or for the ones that did not listen to Jonah? These are two inspired spiritually led men doing Yahweh's will. They were not special, just normal men trying to tell others what they were inspired by the Holy Spirit to do. If you feel comfortable enough following popular demand, I would say that scripture shows us death can occur in large massive numbers.

Many people today that do not attend church that I run into that have a very good heart and loving comments seem to preach back the words within our ministry. This shows us that the Holy Spirit is everywhere so long as we are listening to Him.

Looking at Abraham, the man of faith who was about to sacrifice his son simply because Yahweh requested this to be done. Why not Ishmael, why Isaac? Was the second born son "Isaac" so special? Isaac was the son born through faith and therefore became the one and only son that Yahweh would acknowledge as an offering.

Ishmael, however, was born through human intellectual sin that Abraham and Sarah created, by not waiting for their promised child. This created separation for Yahweh to reject Ishmael as an offering. Yahweh would only acknowledge Isaac as an offering being he was spiritually given rather than taken. To see the effects of human God like knowledge within one decision that changes future generations. Looking at the conflicts involving Israel today they trace back to the origins of this exact separation that Abraham and Sarah caused between Yahweh and two innocent children, who are brothers.

Genesis 17:8 (Isaac's covenant line)

"I will give to you and to your descendants after you, the land of your sojournings, all the land of Canaan, for an everlasting possession; and I will be their God."

Genesis 17:20 (Ishmael's blessing)

"As for Ishmael, I have heard you; behold, I will bless him, and will make him fruitful and will multiply him exceedingly. He shall become the father of twelve princes, and I will make him a great nation."

Isaac was the son through whom God established the covenant, including the specific promise of the land of Canaan. Ishmael was promised that he would become a great nation and that his descendants would inhabit a specific region stretching from Havilah to Shur.

Throughout the generations, the land was divided among the twelve tribes, creating boundaries and territories. As their generations grew, disputes occurred over the history of time. To this day, conflicts continue over whose land belongs to whom, as different descendants try to claim them.

Therefore, after reviewing these examples, you now know that Yahweh Cannot be associated with sin. What about the sinful separation that you have caused between you and Yahweh within your life? How much time did you dedicate today to each task that you are required or have chosen to perform? If you were to itemize and micromanage every hour of your day, what would your spiritual menu look like? What meals have you truly prepared for the Holy Spirit?

Think about a typical day. You begin with prayer. You wake up, get ready, check your schedule, care for your family, and head to work or school. At lunchtime, you bless your meal before continuing through the responsibilities that still await you. When the workday ends, you drive home to more family needs, household chores, and the continual rhythm of everyday life. After dinner, some of us spend time in Bible study or prayer before finally going to sleep. That is a full typical day for most. But how many of those hours truly glorified Jesus? How much of your time was devoted to Him compared with everything else you needed to accomplish?

This is where separation slowly begins. It often does not happen all at once but through the gradual pattern of our daily actions. Were your own desires of this world more important than Yahweh's? Or did your time go toward Yahweh's desires more so than your own.

To visualize this, do the math: *Add your hours spent on worldly responsibilities and personal pursuits. Then Add your Hours that were intentionally devoted to Yahweh's desires. This should draw a picture of your spiritual separation between you and Yahweh. What emerges is the death that reveals how you're slowly losing your salvation.*

(Your Hours) - (Hours You Worked for Jesus) = The Separation of your Mental Health & Salvation

Whether that number is large or small, it provides an honest reflection of where your time is being invested and at worst the path your family is following with you as their spiritual leader. Do not drown within your own desires taking your family down!

Scripture records that before the flood in Noah's day, humanity had become so corrupt that judgment came upon the earth. Many cried out only after destruction had begun, yet they had lived lives separated from God. Their choices affected not only themselves but also their families.

Why would we invest the majority of our lives in anything that risks our relationship with God or the salvation of those we love? Every hour of our lives becomes a meal of a choice. What we choose to watch, hear, smell, touch, taste, and pursue feeds something within us. Worldly desires can become enjoyable meals for our flesh, but are they meals that the Holy Spirit delights in? As we prepare the daily table of our lives, we should continually ask. Are you feeding the Holy Spirit "Faith" which produces "Love" that overflows into your "Works of Faith?"

Or are you ordering from your favorite restaurant? Have you asked what the Holy Spirit thinks of your favorite meal? Before calling ahead and placing your order to go. Maybe it would taste something like this.

You walk in to pick up your food and cannot wait to get home. As you leave, you drop your keys, you are distracted by how good that first bite is going to taste. Bam! Then someone accidentally bumps into you, and your favorite meal falls to the ground, becoming now covered in dirt and ants. That's okay, what if you simply rinsed it off with some water? Would you still consider it delicious? What if someone forced it into your mouth? Would you enjoy it then, or would you immediately spit it out? Don't be a wimp, it was washed with water! That makes it okay, doesn't it?

If your baptism was no more than just a mere bath.

Do you realize you have trapped the Holy Spirit inside of you with intentions of feeding it the Godlike knowledge of your sinfully covered, dirty ,fleshly waste; and it is you , disguising it all, as a delicious meal for you and your family to enjoy.

The Holy Spirit is freaking out inside of you, refusing to consume your waste. Yet you keep shoving it down the Holy Spirit's throat simply by digesting it yourself. We digest sin through what we see, smell, touch, hear, and taste, which creates the desires for mankind's intellectual waste.

The Spirit desires and thrives when our faith and actions align with Jesus' attributes by living out His commands and His sermon. This creates and produces works of faith that the Holy Spirit accepts as delicious spiritual food.

This is the spiritual nourishment that returns mental illness back to its dormant state, until we begin feeding on spiritual junk food that erupts into a negative mental cycle, we all know too well. As the Spirit grows stronger, the dormant failures within us begin losing their power. Our minds begin to change. Understanding increases. The burdens that once seemed impossible become lighter. Through spiritual knowledge we gain the wisdom needed to overcome the struggles within us and walk the path Yahweh desires for our eternal lives.

If we feed the Spirit the wrong knowledge, it rejects it. This creates confusion, conflict, uncertainty, failure, and mental struggles. Causing us to become trapped inside our own minds. This is a war, a spiritual battle, if you stop fighting for just one minute just like a war you will be instantly attacked. Armor up! There is no back plate in the "Armor of God". Because we are meant to spiritual fight forward not to be attacked from behind. We are commanded to "GO" outside in our communities and around the world as a congregation, not to stand alone to run and hide with your mental health as a guide. This is why Baptism is so important for us to understand for our spiritual rebirth to take effect as we enter into our new mindset. Spiritual Rebirth is choosing to feed the Spirit instead of the flesh. Just as our bodies require food every day, our spirits require spiritual nourishment every day.

The Earth itself teaches us this lesson by the dry land not having any other choice but to die beneath the waters before being reborn into a flourishing new life. That new life became the food to nourish creation, teaching us how Yahweh designed life to be shared and cared for.

Palms 1:2-3

But his delight is in the Law of the Lord, And on His Law he meditates day and night. He will be like a tree planted by streams of water, Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.

The one who delights in Yahweh and continually follows His instruction is like someone who has been planted beside a source of perpetual life. They do not decide where they are planted; Yahweh plants them near the source of everlasting wisdom. Because of this, they bear fruitful fruit for the benefit of others. Like a healthy tree, they produce life that nourishes those around them. They do not wither or fade away because they remain rooted in the source of life.

Instead, we often surround ourselves and our children with fear, worry, confusion, and suffering simply by choosing where we plant ourselves rather than allowing Yahweh to plant us where He desires.

Think of it like a long deep dented scratch on a brand new Corvette that you just drove off from the dealer to the grocery store. POW, a shopping cart collides into your brand new car. Just one scratch can reduce its value. The deeper the scratch, the greater the damage. Our hearts and minds are much the same. The deeper the wound that marks us on the inside, the greater the mental struggle we may carry throughout life. Without even realizing it, we devalue our own spiritual worth.

Hour by hour, we feed upon intellectual knowledge through our careers, finances, possessions, ambitions, and motivations that drives our lives to be consumed by the very knowledge that began in Eden when Satan said, "If you eat from this tree..."

Since creation we have continued to eat from that tree, we should not be surprised when we continue to experience the death inside that produces mental illnesses to attack.

Think about the hours spent online, using social media, playing games, or scrolling through a phone. Think about the family time spent together on worldly entertainment, like "Disney World or Family Activities", when your family could have been serving the weak and the sick, experiencing spiritual joy instead.

Think about how much effort goes into preparing each day so we can be responsible and provide a good life for ourselves and our families. Yet this is not what the Spirit desires to consume. Yahweh provides for us daily, Not you! So why are you providing yourself with worldly desires of a lifestyle stored on earth beyond your daily provisions?

Matt 6:19-34

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.

"The eye is the lamp of the body; so then, if your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. So if the light that is in you is darkness, how great is the darkness!

"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.

Are you living your own fairytale of a Disney movie? Or are you truly following Jesus? Remember we did the math and your actions do not lie.

You can clearly see, Jesus teaches us otherwise. He simply teaches that we are to give all the glory to Yahweh as we help others, not ourselves, even when it is most difficult. Jesus' actions also speaks volumes. He consistently went directly to the weakest person within every crowd, helping them first. Unlike us, we run to help our families first.

We are just as spiritually foolish as sheep without a shepherd. Once a sheep is lost, it cannot find its way home. Unlike many other animals, sheep lack the natural instinct to find their way back. They need a shepherd to find them so they may be led back home safely. Without the Holy Spirit, we too are lost sheep!

If you are not lost and feel completely comfortable and content living by intellectual knowledge, then this could be a strong indicator that Satan already has a grip on you. In that sense, it is as though you have accepted his way rather than Yahweh's.

Within this transformation, is critical that we realize ; our mental struggles serve as a warning sign, to turn away from what is wrong, and armor up and follow the Holy Spirit's way of life, instead of living only for today's worldly and fleshly desires.

I believe many pastors and congregations are in jeopardy simply because they may not be fully aware of what they are doing. For years, people have studied the Bible inside church buildings and attended Bible studies, hoping to find their way to Heaven. This pattern has continued generation after generation, often because it is simply what everyone else has always done.

Do you even know who is leading you to Heaven after you have accepted Jesus and chosen to truly follow the Holy Spirit, or are you following man? Who are you following to guarantee that you will arrive in Heaven and remain there? Do you really feel your congregation, your pastor, your teachers, or the theologians from whom you learn Scripture from? What if the smartest man in the world, someone who could recite the entire Bible from memory, told you the way to Heaven? Would you place your confidence in him? Once you realize that the Holy Spirit is the only true guide to Heaven, everything else falls into its proper place. A new path becomes illuminated for us to follow. Stop following everyone else.

I know of one man who walked right into Heaven like He owned the place, and His name is Jesus.

Why would I follow anyone else on this green earth who has never been there, nor has the address? To me, that would be complete insanity. This is why we focus solely on Jesus's command and His Sermon on the Mount. I personally do not know why it takes us thousands of sermons to understand what is simply written into three chapters by our creator. Perhaps this is the one and only sermon that should be taught to us by gifted Pastors that teach in parables until we fully understand it so we may teach others by our own actions instead of explaining scripture that goes nowhere.

Do you believe any person can give a better sermon than our Creator? I would imagine that only a sermon inspired by the Holy Spirit would truly align with His will and never attempt to supersede it. Is anything worth knowing more than what our Creator Himself has told us about how to enter Heaven? Jesus came to correct mankind's misunderstanding of Scripture and to show us the way to live.

Can you tell me what your pastor's sermon covered at least six months ago? Sadly, most likely NOT? Then it may not have been as impacting as it felt when you heard it. Should this not worry you? Jesus gave one sermon and to this very day are the verses most quoted by followers from His sermon given at least 2,000 years ago. Unless your Pastor has the address or has physically been to heaven then I would request that you start learning Jesus' commands and Sermon, until the entire congregation understands it inside and out.

Palms 73

God certainly is good to Israel, To those who are pure in heart! But as for me, my feet came close to stumbling, My steps had almost slipped. For I was envious of the arrogant As I saw the prosperity of the wicked. For there are no pains in their death, And their belly is fat. They are not in trouble like other people, Nor are they tormented together with the rest of mankind. Therefore arrogance is their necklace; The garment of violence covers them. Their eye bulges from fatness; The imaginations of their heart overflow. They mock and wickedly speak of oppression; They speak from on high. They have set their mouth against the heavens, And their tongue parades through the earth. Therefore his people return here, And abundant waters are drunk by them. They say, "How does God know? And is there knowledge with the Most High?" Behold, these are the wicked; And always at ease, they have increased in wealth. Surely in vain I have kept my heart pure And washed my hands in innocence; For I have been stricken all day long, And punished every morning. If I had said, "I will speak this way," Behold, I would have betrayed the generation of Your children. When I thought of understanding this, It was troublesome in my sight Until I entered the sanctuary of God; Then I perceived their end. You indeed put them on slippery ground; You dropped them into ruin. How they are destroyed in a moment! They are utterly swept away by sudden terrors! Like a dream when one awakes, Lord, when stirred, You will despise their image. When my heart was embittered And I was pierced within, Then I was stupid and ignorant; I was like an animal before You. Nevertheless I am continually with You; You have taken hold of my right hand. You will guide me with Your plan, And afterward receive me to glory. Whom do I have in heaven but You? And with You, I desire nothing on earth. My flesh and my heart may fail, But God is the strength of my heart and my portion forever. For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. But as for me, the nearness of God is good for me; I have made the Lord God my refuge, So that I may tell of all Your works.

You are either living for the world or for Yahweh; there is no gray area in which to play it safe. The gray area is where mental struggles attack us and trap us from the inside. Overall, most of us live in the gray area and must use discernment to know which spirit we are following within the spiritual warfare is it the Holy Spirit or the spirit of sin?

Scripture is the Holy Spirit. He made all things possible as man followed Him. It's not the words from the stories within scripture it is the Holy Spirit that you are actually listening to when meditating. The Bible is just a tool that activates your faith. The Holy Spirit is not limited and will communicate with us through any means to accomplish Yahweh's desires. Since we cannot expect to imagine what manifest from you always desires, especially in the ways they are accomplished. The next time you carry your Bible, remember that the very people who had the Scriptures to meditate on, as many do today, still had to be corrected by Jesus when He arrived. When addressing the large numbers of Jewish people and Gentiles this becomes evident.

Also, when we consider those days, most people could not read, write, or afford to carry the Scriptures. How could someone meditate by reading Scripture if they could not even possess it, and even if they did, were unable to read it?

This should be obvious: the Holy Spirit is the one we are to follow continuously throughout the day as we meditate. Man scribed the actions of the Holy Spirit onto paper called scripture. The Holy Spirit creates your "Works of Faith" not the words on a page! Hopefully, you can now see why we and so many others drive ourselves into mental confusion, placing our salvation at risk.

Always remember Jesus' sacrifice for us on the cross. If He had given up for even one second, for even one minute, we would have no hope of entering Heaven. We must fight as though we are being beaten. We must fight until we no longer resemble a human "The Old Person" we once were. We must fight spiritually to help one another, no matter who they are. That sums up the entire Bible, from what I have learned.

It all started in Eden and ended at the Crucifixion.

Eden reveals our mistakes. It shows us how we depend upon ourselves and the intellectual knowledge we continually use. Jesus is the climax of the story, bringing everything together. Once you understand that Jesus is your Savior and accept the Holy Spirit, it is time to let go of intellect and focus on spiritual knowledge.

If you were to read only Genesis, focusing only on "Eden, and then the Gospels of Matthew, Mark, Luke, and John," you would understand the foundation of what it means to become a true disciple of Jesus.

Jesus' crucifixion is the greatest display of how we are to treat one another, how we are to look at one another, and how we are to feel about one another. We do not need to wonder who deserves our help and who does not, when looking at the sick and the weak of society. Jesus answered that question for us.

Jesus stood on the cross for all of us so that we might be saved. That is the message. He gave Himself for all mankind so that everyone would have the opportunity for eternal life by accepting Him as Savior and following the Holy Spirit.

John 3:17

For God did not send his Son into the world to condemn the world, but to save the world through him.

Jesus was here to save everyone. He demonstrated that the strong support the weak. As the weak and the sick are helped, they spiritually motivate the strong to do even more for their brothers and sisters. Who are our brothers and sisters? Everybody. It all begins with the new birth that you share through your witness and testimony of Jesus. Once they are reborn, they become part of our family, equal to your own family tree. Jesus sees one tree, and we all stem from it through those who believe in Him. This is our family for eternity. Scripture supports that you go out and start meeting your new family members, and to protect each other spiritually until we are in heaven for eternity!



PART 3 "Death By Discernment" IS NEXT IN SERIES...