

THEY CAME FROM WITHIN



Biblical Responses to the Emotions that Haunt Us



THEY CAME FROM WITHIN

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Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible.

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INTRODUCTION

"Too many of us think that we can only minister out of strength—that only when we are victorious and can impress people with our strong points will we bring God the most glory. But the Apostle Paul claimed that there are only two things we can glory in. The first is the cross of Christ, perhaps the ultimate place of weakness in all human history, the last word in injustice, which God turned into the salvation of the whole world. The other thing in which we can glory is our infirmities, or weaknesses. Why? Because God's strength is made perfect in our weakness. As Christians, we are called to be healed helpers, moving not out of strength, but out of weakness." —David A. Seamands

We have been created by our heavenly maker as emotional beings. Emotions have been studied for centuries and discussed by philosophers, psychologists, theologians, and teachers. Though each professional may have a different take on the issue, we can rest assured that the impact of one's emotions on their quality of life cannot be overstated.

In Scripture, we see our emotions described in a number of terms and in a number of ways. At times, as the Bible discusses the mind or the heart it refers to what we know as the seat of our emotions. Both the mind and heart play a large part in our emotional health. As we will see over the next four lessons, God desires to heal our emotions and walk with us on the path to complete emotional and spiritual wholeness. As we study, we will present series of case studies and look to the scriptures to discover how to alleviate our pain points and hurtful memories. If you're brave enough, continue reading and together we will learn They Came from Within.

THE POWER OF CONVERSATIONAL LEARNING

Because the niche audience of CMI is college students, teachers will do well pattern their teaching approach to this demographic. College students, and the greater Millennial generation, value the opportunity to make a contribution to a larger cause. They seek a platform and want their voices to be heard. As we reflect on the following lessons, participants will find a series of "Stop and Discuss" sections with discussion prompts designed to start conversations and stir the heart. These questions are also designed to get students to open up and talk about their emotional wounds. Ultimately, they allow each student to contribute to the larger lesson. As class participants have conversations built upon the Biblical points presented, they will no doubt learn from each other and at the same time gleam from eternal truths.

BE PREPARED

Before you attempt to convey the material in in this curriculum, study all four lessons as a whole. Make written notes on your copy and highlight what sticks out to you. Understand the main theme of each session and do your best to convey it to your audience. You may even commit to memorizing each foundational scripture and encourage your students to do so as well.

- View the handouts before you pass them out so that you will be familiar with the content.
- Encourage your students to follow along and give time at the end of the session to discuss what was covered.

You may even consider writing certain things on a chalkboard or whiteboard, or possibly putting some

of the material in a PowerPoint presentation if the technology is available. Also, be sure to remain aware of who you are teaching. Stay after each session and mingle with your audience. If certain people are new to the Bible, consider spending more time on certain passages. Make yourself available to answer any questions.

BE PRAYERFUL

If we desire to have a lasting influence and make any spiritual impact on people, we must have the help of Heaven. The week before the course begins, spend extra time in prayer. Clean out your heart in repentance and ask Jesus to guide and direct your thoughts. Pray that your students will understand and remember what they hear. Cover your students with a blanket of prayer, and ask the Lord to shine in their lives. Begin and end each session with a time of prayer.

It is likely that as Jesus leads, certain individuals will express a desire to know more or possibly experience a spiritual new birth if they have not done so already. Prepare your heart to respond if this happens and be ready to tell them about repentance, baptism in Jesus name, and what it is like to be filled with the Holy Ghost. In every situation, “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths” (Proverbs 3:5–6).

BE PASSIONATE

With a topic like God’s Holy Word, we should not act like it is common. The Bible is more than a book; it is a living Word. As you study it, teach it, and explain it, do so with passion. Get enthusiastic about the privilege of telling people about its truths. In certain countries, the Bible is against the law and not available to people. I encourage you to develop an appreciation of the Bible and be thankful that God has orchestrated ancient history so that the modern world can embrace his Word. So many individuals throughout history have died so that you may read the Bible in English. Build your life upon it and tell others about it. Study it, listen to it, live it, breathe it, and you will do well.

THEY CAME FROM WITHIN

LESSON 1: THE BAGGAGE WE CARRY

FOUNDATIONAL SCRIPTURES

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Hebrews 12:1—2, NKJV.

There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a man. Mark 7:15, NKJV.

THE BAGGAGE WE CARRY

On November 19, 2001, the U.S. Congress passed the *Aviation and Transportation Security Act*, thereby established the Transportation Security Administration. Known in short as the TSA, this governmental agency seeks to protect and secure the various routes of transportation on American shores (by flight, by sea, by land).

Anyone who has traveled by air recently within the U.S. is familiar with the TSA and their oversight of airports. As we all know, there are restrictions on the items that a traveler can carry in a suitcase or on their person onto a plane. Items that do not meet the specified standards are either discarded or confiscated. Not everything a person would want or like to carry is safe while onboard an airplane with a cruising altitude of 30,000 feet.

While certain things confiscated from travelers can be outright dangerous, other things are downright hilarious. You can actually follow the TSA on Instagram at “TSA” and see examples of strange items found over the years. Consider the following:

- In 2010, a tiger cub was found packed in a suitcase full of stuffed animals.
- Fragments of a human skull were discovered at a Ft. Lauderdale airport hidden away in a suitcase.
- A long, sharp knife attached to the walker of an elderly woman was found at JFK Intl. Airport.
- A batch cookies was confiscated at one airport containing three pounds of cocaine.
- A six-sided throwing star along with a ball and chain was confiscated from a backpack.
- Twelve pounds of bear repellent spray.

Contrary to what one would believe, twelve pounds of bear spray or a deadly blunt object does not fall within the specifications allowed in a person’s carry on. Restrictions are in place and standards are set to preserve passenger safety first and foremost. It’s easy to conclude that some things are not meant to be hidden away in a suitcase and carried onto a plane.

We can smirk and scoff at the hilarity of people, and in the process, neglect to embrace the reality of our own baggage. We all carry baggage of some sort. No, not exotic animals or drug-infested deserts, but weights we’ve picked up from past experiences. The kind of baggage we will discuss in these lessons can be found on the inside of us – long-held burdens and emotional scars.

Just as a flight passenger would attempt to hide an object that does not meet a safe standard for travel, we allow internal poison and negative mental patterns to starve us of peace and lasting joy. The public may not know what we carry, but these things exist and are very real parts of our lives.

It's no wonder that Hebrews 12:1—2 challenges us to “lay aside every weight” and let go of the “sin which so easily ensnares us.” To endure the spiritual race that we run in Christ, we must have endurance. We must persevere through the tangled mess of emotions, thoughts, and memories. We must lay all our secrets at the altar. We must ask the Lord to deliver us from that which afflicts us (Psalm 34:19).

THE TRUTH ABOUT YOKES

Before the advent of machinery and steam engines, pioneer workers on the American frontier utilized the sheer strength of animals such as horses, cattle, and oxen. To pull a wagon or to carry a weight, a farmer would place two oxen under a yoke. A yoke was designed to tie the oxen together. It would constrict certain movements and limit the independence of an ox. A yoke brings the beast under the control of a master or overseer.

Yokes, in their various forms and fashions, were also used in Bible times. In first century Israel, a farmer or merchant would have been familiar the purpose and use of a yoke. Using this knowledge to teach spiritual lessons, Jesus challenged listeners to come out from under the yokes of the world and find peace in the yoke of the Spirit.

*Come to Me, all you who labor and are heavy laden, and I will give you rest.
Take My yoke upon you and learn from Me, for I am gentle and lowly in heart,
and you will find rest for your souls. Matthew 11:28—29, NKJV.*

Rather than being attached to and constricted by worldly burdens, Jesus calls all of us to attach ourselves to him. His yoke is one of peace and rest. His yoke does not tie us to dead weight. Rather, it frees us to accomplish all that his will intends.

All of us have endured painful experiences and bitter circumstances. These events attach themselves to us. Without realizing it, we can drag these burdens around like a yoke on the soul. As we learn to submit our lives to the work and will of Christ, he will undue what the world has done to us.

If you realize that a certain yoke is constricting your life in Christ, it may be time for a purging or pruning of the soul. Just as a gardener would trim the dead stems from a rose bush to allow it to bloom in full beauty, we need to occasionally cut away negative influences and dark thoughts. As a ship captain would throw dead weight overboard we must purge our lives from the things that hinder our progress and life in Christ.

FROM THE INSIDE OUT

As Mark 7 begins, we find the disciples taking a break from their work and travels. Taking bread, they sat down to eat. At this point, the Pharisees and certain scribes came upon the disciples and found fault in the fact that they had not washed their hands before eating. Turning to Jesus, the Pharisees and scribes asked, “Why do your disciples not walk according to the tradition of the elders, but eat bread with unwashed hands? (Mark 7:5).”

Their concerns with the disciples were evidence that their hearts were far from God. Jesus recognized this and made note of their hypocrisy. As elite religious rulers, they emphasized outward appearances and neglected any sort of internal spirituality. At this juncture, Jesus turns the situation into an opportunity to teach about the kingdom.

There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a man. If anyone has ears to hear, let him hear!
Mark 7:15—16, NKJV.

It's clear that Jesus emphasized matters of the heart. The Pharisees had issue with the disciples because their hands were unclean as they ate. Without the ceremonial washing before each meal, they would be defiled. Jesus turned this ideology on its head by stating that it is not what is on the outside of man (unclean hands) that makes him unclean, but rather that which is on the inside (impure hearts).

In short, Jesus teaches that we are defiled, spoiled, and degraded by the things within us. True desecration comes when we allow poison and bitter roots to grow in our hearts, our minds, and in our emotions. These emotions, if allowed to rule, will destroy us. As we study, we will discover what the Bible says about these emotions and identify paths to spiritual healing. If, in the gospels, Jesus taught so much about issues of the heart, then we must conclude that he is deeply interested in our emotional wellbeing.

Before we begin our study, however, we must define what exactly an emotion is.

- **Emotion** (n) *An internal feeling or state of mind; the word derives from a French word meaning "a moving, stirring, or agitation."*

Emotions are the feelings we feel when something inside of us is moved, stirred, or agitated. It must be stated that emotions are not always negative or always positive. They are normal responses to the conditions and situations of life. God has made us emotional beings and we are never at fault for getting "emotional" at times. However, a particular emotion can turn into a fault or character weakness if unrestrained.

As we will discover in the coming lessons, the issue with emotions is one of control. Are our emotions in control of us or are we in control of them? Bad emotions have the potential to destroy us from the inside out. Emotions can be a wicked and destructive master if they dominate our behavior, attitude, and mental state. Understanding this, the Bible speaks often about the importance of maintaining a Godly internal life.

- **Scriptures concerning the mind:** Proverbs 23:7, Isaiah 55:7—8, Ephesians 4:22—24.
- **Scriptures concerning the heart:** Proverbs 4:23, Psalm 51:10, Psalm 26:2.

Whether it is our mind or heart that needs cleansing, we must step up to the surgery table of prayer and allow the Great Physician to remove whatever it is we are hiding. As we shall see in later lessons, one of the best ways to recognize dead weight is through the counsel of a trusted friend or spiritual leader. A direct, honest, and loving conversation with the right person can make all the difference as we walk the path to emotional healing.

STOP AND DISCUSS

- What is the strangest item that you have ever carried on a plane, boat, train, or taxi?
- After reading Hebrews 12:1—2, what dead weight can you identify in your own life? Are there any influences in your life that seem to weigh you down? What steals your inner peace and sense of joy? What within your emotional life, thought life, or behavior needs pruning?
- What indicators reveal that a person is carrying emotional baggage?

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LESSON 1 – THE BAGGAGE WE CARRY

FOUNDATIONAL SCRIPTURES: Hebrews 12:1—2, Mark 7:15.

Emotion (n) *An internal feeling or state of mind; the word derives from a French word meaning “a moving, stirring, or agitation.”*

- Just as a flight passenger would attempt to hide an object that does not meet a safe standard for travel, we allow internal _____ and negative _____ to starve us of peace and lasting joy. The public may not know what we carry, but these things exist and are very real parts of our lives.
- In **Mark 7:15—16**, Jesus turned false ideology on its head by stating that it is not what is on the _____ of man (unclean hands) that makes him unclean, but rather that which is on the _____ (impure hearts).

True desecration comes when we allow poison and bitter roots to grow in our hearts, our minds, and in our emotions. These emotions, if allowed to rule, will destroy us.

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The Bible speaks often about the importance of maintaining a Godly internal life: Proverbs 23:7, Isaiah 55:7—8, Ephesians 4:22—24, Proverbs 4:23, Psalm 51:10, Psalm 26:2.

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LESSON 2: POINTS ON THE PATH TO HEALING

FOUNDATIONAL SCRIPTURES

Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?
Jeremiah 32:27, NKJV.

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Hebrews 4:15, NKJV.

THE GOD OF ALL FLESH

In Jeremiah 32, we step onto a scene filled with turmoil, chaos, and confusion. Jerusalem, the city of God, was being destroyed by an invading nation. The princes of Israel were being carried away as captives. Further, Jeremiah was locked up in a prison cell. It seemed that the voice of God had been silenced by the storm sweeping over the land. The entire foundation of the kingdom was being shaken.

Jeremiah, the old and weary prophet, grew discouraged. He was losing sight of the future. He was losing hope. His faith in himself and in the people had diminished in the sight of such widespread destruction. The affliction he felt in his heart and soul seemed irreversible. In the middle of a terrible day, when disillusionment and confusion clouded his faith, God delivered a message. He gave the prophet a word straight from heaven.

Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?
Jeremiah 32:27, NKJV.

The message was clear. God wanted Jeremiah to know that even as affliction grew on the horizon of his life, he was still able to make all things new. Though Jeremiah was disillusioned, God was not. He was still in control.

Aren't we all like Jeremiah? Haven't we all been disappointed by life and asked questions such as:

- Why did this situation happen to me? It wasn't supposed to be like this.
- Why did they have to leave? They promised they would never leave.
- Why does it have to be so hard? Why does it hurt so much? What am I supposed to do with the pain I feel in my heart?
- Where is God? Am I alone? Will I ever get out of this pit?

Despite what Jeremiah felt internally, the pain did not have to be permanent. In the middle of his predicament, God sent a little reminder that he knew exactly what Jeremiah was feeling.

Uniquely, God made sure to communicate to the prophet that he was the "God of all flesh." How refreshing is it to understand that God not only reigns over the heavens and distant galaxies, but also reigns over what we feel as we walk the earth. With this statement, we can make two conclusions.

First, God reigns over humanity. He was in control of the nation invading Israel. Every enemy that

stood against Israel and defied their God ultimately had to submit to the will and favor of heaven. God directs the affairs of men. He rules over flesh. He knows what stands in opposition to his people. God knows the people who have hurt us and have betrayed our trust.

Second, we can conclude that God had intimate knowledge of everything Jeremiah felt in his flesh. He knew the emotions swirling around in his soul. He was aware of the despair felt by the old prophet. He knew the internal condition of Jeremiah's soul. His situation was not so small that God could not see it. God was sure to communicate that as he reigned over Jeremiah and its enemies, he also reigned over the brokenness of Israel. He was the God of every hurt, every mistake, and every weakness. He is God of all flesh.

THE RINGS OF THE REDWOOD

If you were to visit the Redwood National Forest in Northern California, you would see massive sequoia and redwood trees stretching far into the sky. One tree, dubbed *Hyperion*, rises to 379 feet (nearly six stories taller than the Statue of Liberty). Not only are these trees much larger than many others on the planet, but they are also far older. According to scientist's giant sequoias can live up to 3,000 years old (with the oldest on record living more than 3,500 years).¹

To study these biological behemoths, scientists can take one of these trees and cut out a cross-section of its stump. Doing so, they are able to see the many internal rings of the tree. Depending on the formation of the rings, scientists can analyze certain discolorations and determine a year in the tree's history marked by an uncommon drought. Other rings may indicate a year of too much rain. The rings of a sequoia, as they are formed, portray evidence of hard, brutal weather such as a forest fire. Every knot, discoloration, and imperfection tell a story in the life of a tree. The rings illustrate the tree's development. Looking at a tree's rings, we are able to see the events that impacted its development. We are able to see the beginnings of normal, healthy development and then after a series of events we are able to see the moments in its history that changed everything.

Likewise, we all have rings. If our hearts were opened up and we were studied carefully, there would be evidence of storms and bad weather. Just as a counselor may through wisdom and the right words unwrap layers upon layers of behavior, we would uncover certain knots, discolorations, and imperfections. A knot in our development may represent a hurt, a lack of love, a moment of broken trust, or a regret.

In Scripture, we see these internal pain points described by the word, "infirmity." Biblically, an infirmity represents a blemish, a lack of strength, a weakness, a crippling, or a pain in our emotions. Ultimately, an infirmity is an internal problem. It's a knot in our development. God recognizes our infirmities. He understands our pain points. He is familiar with every drought and every storm that has impacted our journey from childhood to adulthood.

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Hebrews 4:15, NKJV.

This scripture tells us that Jesus sympathizes with our blemishes. As our high priest, he knows what it is like to carry infirmities throughout life. The Bible also says that we are not alone in our weakness.

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Romans 8:26, NKJV.

¹ Jessie Szalay, "Giant Sequoias and Redwoods: The Largest and Tallest Trees," September 5, 2003, by LiveScience. <http://www.livescience.com/39461-sequoias-redwood-trees.html> (accessed May 2, 2017).

There are times when words are not sufficient. Sometimes, we don't know how to respond to life's demands. In these moments, words fail. In these moments, our weakness towers above us. We know we need God and we know that we should go to him in prayer, but we don't know what to say. In the middle of this dilemma, we see a beacon of hope. As we seek God and bring our infirmities to him, his Spirit strengthens us.

Likewise the Spirit also helps in our weaknesses...

POINTS ON THE PATH TO HEALING

In the Gospels, Jesus gives us many examples of redemption. For our purposes, we will study three people that God healed and restored. In each example, we will present the steps that each person walked and learn how we can apply them to our own lives.

1. The Demoniac of Gadara (Luke 8:26—40)

Jesus went throughout the land teaching in synagogues and on the hillsides. On one occasion, he came to a region a few miles south of the Sea of Galilee called the Gadarenes. It was here that he would work one of his more popular miracles.

As Jesus traveled, a man was seen running to him. This was no ordinary man. He was possessed with an abundance of demons. He had been living among the tombs away from the comfort of his home. He was exposed to the elements and slept in caves. As the scripture suggests, he lived in a state of self-injury and terrorized anyone who came near. Mark's account of this miracle describes the condition of this man's life.

And always, night and day, he was in the mountains, and in the tombs, crying, and cutting himself with stones. Mark 5:5, NKJV.

Being possessed, he can conclude that his issue was inside of him. His problem was internal. There was a spiritual poison living in his heart and emotions. But when the man saw Jesus, he recognized the source of his healing and ran to meet him.

But when he saw Jesus afar off, he ran and worshipped him. Mark 5:6, NKJV.

Reading on, we see Jesus deliver the man and cast the demons into a herd of pigs. In the end, Jesus blessed the man and sent him home. The man, "went his way and proclaimed throughout the whole city what great things Jesus had done for him (Luke 8:39)."

As we further analyze this story, we discover a few points that attributed to the man's deliverance from his internal issue. First of all, he recognized that he could not conquer his problem on his own and he sought help. Next, he ran and cried out to Jesus. He took his eyes off his problem and put his eyes on Jesus. In the end, Jesus cleansed the man and he no longer injured himself or lived in isolation. Jesus brought him to a place of restoration and the man went back home and continued his life.

If we are to walk the path to healing, we must identify with this process. We must understand that self-injury is not the solution. Isolation is not the solution. We must recognize that sometimes the best thing is to seek help. Though it is possible, it is very hard to conquer internal problems without outside support. Healing always happens in the context of positive and healthy relationships. We must also take our afflictions to Jesus and cry out to him. Many times, it will be hard to move on with our lives if we do not first deal with the problems that afflict us.

2. The Blind Man at Bethsaida (Mark 8:22–25)

As Jesus came into Bethsaida, a blind man was brought to him. The man begged Jesus to heal him. Interestingly, Jesus took the man by the hand and led him out of the city. As they left the city gates and walked into the countryside, it's likely the man had many questions. Next, Jesus spit in the man's eyes. How unordinary! How strange! Then, Jesus laid his hands on the man.

As we continue the story, we find that after Jesus touched the man he asked him if he could see anything. "I see men who look like trees, walking," he replied. Apparently, the man had partial eyesight and was not completely healed. Once more, Jesus laid his hands on the man and then made him look up. Scripture declares that in these moments that man's eyesight was completely restored.

This story is rich in redemptive truths. First of all, we see a man who brought his issue to Jesus. This is always the first step in spiritual healing. Interestingly, rather than heal the man instantly on the spot Jesus took him by the hand and led him out of the city. Jesus took the man out of his comfort zone. There were no city walls to guide his steps, no sounds to alert him of others walking by. The man had been blind for so long that it was normal to him. It was deeply embedded into his lifestyle. Walking the man out of the city, we see Jesus taking the man out of the place where his infirmity was normal. He took the man away from his old identity. He took him out of the place where he had to beg for attention. He took him out of the place where he was pushed aside by the crowds. He took him out of the place where he was forgotten and alone. Further, he took the man's hand and walked with him for distance. Jesus knew that the man would need to learn to walk if he was going to be healed.

Jesus was not content to simply drop some coins in the man's cup as he walked by. No, Jesus desired to change his entire lifestyle and bring the man to a place of wholeness. This illustrates that at times the path to spiritual healing takes a certain level of reprogramming. We must learn to walk and to live differently. We must learn new habits and new patterns of living to sustain our new life in Christ.

It's easy to wonder why Jesus found spit to be a vital step in the equation. There is little medical benefit to spit. In fact, it is quite unsanitary. No doubt, feeling the spit land in his eyes was quite uncomfortable for the man. This can illustrate the fact that healing is often an uncomfortable process. If we've carried around certain issues since childhood, it may feel awkward or unnatural to release them and lay them down at an altar.

It may also seem questionable why the man was not healed on the first touch or during the first prayer. Why did Jesus have to lay his hands on the man twice for his eyesight to be completely restored? Could it be that Jesus was illustrating that many times healing takes a process? Could it be that he is showing us that he is not satisfied to heal us partially? We also see Jesus using his hands to lift the man's head. Perhaps the man had been defeated for so long that his head was constantly cast down. Again, we see that Jesus was not only healing his eyes, but also his habits.

In the end, the man walked away with his sight restored. Isn't this what happens when God changes a life? Not only do we walk away saved, but we leave with a new perspective. We see life and our circumstances differently. In the end, by his touch, Jesus renews our vision so that we can see the hope of a better future.

3. The Man with the Withered Hand (Mark 3:1–6)

In the first few verses of Mark 3, we find Jesus on the Sabbath teaching in the synagogue. In the crowd was a man with a withered hand. Though we don't know how exactly the man's hand was afflicted, we understand that his fingers, wrist movement, and dexterity was crippled. While the Pharisees watched, and listened, Jesus called for the man and told him, "step forward." Jesus knew that the religious

leaders in the audience would accuse him if he healed the man on the Sabbath, but Jesus ignored their wicked intentions.

And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other. Mark 3:5, NKJV.

In this passage, Jesus called the man out of the crowd. He called him out of hiding. We can never experience deliverance if we hid behind our issues. If we never got out from under our afflictions, we will always be defined by them.

By reading between the lines, the Bible seems to suggest that the man held his close to his body. Perhaps he hid it under his cloak. To gain his healing, Jesus challenged the man to stretch his hand forward. And as the man stretch his hand, it was restored to wholeness.

As we come to Jesus, we must unearth our weaknesses. We must show him the problem. He will not abuse our vulnerability. We must admit our painful secrets. As we stretch and walk out of the crowd, he has promised to deliver us. His hand is outstretched. He beckons us to come to him. He welcomes us to walk the path to healing.

STOP AND DISCUSS

- Have you ever been to the Redwood National Forest? Have you ever cut open a tree and looked at its rings? Have you ever noticed how a knot or cut in a tree affects the formation of its rings?
- What are some examples of knots that may form in a person's life? Can you identify any knots in your own development? From your observations, what kind of events have caused knots in your life or in the lives of people you know?
- As we see in Hebrews 8:26, have you ever been speechless in times of prayer? Have you ever found it difficult to describe with words the feelings in your heart?
- Of the three characters related in this lesson, which can you identify with the most? From this character, what lessons can you apply in your own life?

THEY CAME FROM WITHIN

LESSON 2 – POINTS ON THE PATH TO HEALING

FOUNDATIONAL SCRIPTURES: Jeremiah 32:27, Hebrews 4:15.

What two conclusions can we make from God's words to Jeremiah in Jeremiah 32:27?

1. _____
2. _____

Looking at a tree's rings, we are able to see the _____ that impacted its development.

What word does Scripture use to describe our internal pain points?

What can we learn about the path to healing from these three Gospel miracles?

- **The Demoniac of Gadara** (Luke 8:26—40)
- **The Blind Man at Bethsaida** (Mark 8:22—25)
- **The Man with the Withered Hand** (Mark 3:1—6)

STOP AND DISCUSS

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LESSON 3: THE DANGER ZONE

FOUNDATIONAL SCRIPTURE

He that hath no rule over his own spirit is like a city that is broken down, and without walls.
Proverbs 25:28.

THE DANGER ZONE

In the late 1960s, a television series aired that followed the exploits of the crew of the starship USS Enterprise as they journeyed through the great expanse of the Milky Way. *Star Trek*, still popular today, originally contained characters such as Captain James T. Kirk, Leonard McCoy, and Spock. Spock, as a character, was a Vulcan. Interestingly, Vulcans were marked by a clear lack of emotion. Feelings such as love and anger were unfamiliar to Spock. He didn't understand certain kinds of humor and the only way of interpreting his crew mates and the world around him was logic and a dry sense of reason. Reruns of the early episodes of *Star Trek* will show Spock uttering his signature line, "Fascinating," in clearly emotional moments.

No doubt, life would be easier for us if we were all like Spock. Sadly, however, none of us are Vulcans. Whether we want to admit it or not, we are all emotional beings. Emotions were given to us by God. These inherent feelings are how we respond to the circumstances around us. They serve as the warning signals when something is wrong.

Another space-centered television series in modern pop culture is *Lost in Space*. In the sitcom, the Robinson family adventures through space facing dangers and exploring distant worlds. The youngest of the Robinson clan is a boy named Will. To help Will and his family, a B9 robot is utilized. In one episode, this robot went down in history after uttering the catchphrase, "Danger, Will Robinson!" In a moment of danger and potential harm, the robot began to emit a red, glowing light to warn Will of an approaching spacecraft.

In life, when we feel threatened, hurt, or isolated, we too have warning signals. Though we don't have a B9 robot with a deep, mechanical voice, we do have emotions. And when these emotions ring out and sound internal alarms, our behavior, attitude, and mood changes as a result. Just as a smoke alarm would blare and beep in the presence of a fire, our emotions are natural internal reactions to the world around us. Not all emotions are wrong, either. However, when emotions drive our behavior and our choices, they can bring negative consequences. If we do not learn to control our emotions, they will bring pain and damage to us and people in our lives.

In learning to harness our emotions, we must become self-aware and recognize when we step into "The Danger Zone." The Danger Zone is the place where our emotions control our behavior, our thought-life, and our overall attitude. It's called The Danger Zone because when emotions are in the driver's seat of our lives, a wreck is always to follow. After understanding our emotional triggers or what "sets us off" we must take action to step out of The Danger Zone. Ultimately, we are always responsible for our own behavior.

Bad emotions have the potential to do irreparable harm in the relationships that we love. Solomon spoke about this in Proverbs.

He that hath no rule over his own spirit is like a city that is broken down, and without walls.
Proverbs 25:28.

In other words, a person without self-control is like a city without borders, walls, protection, or defensive barriers. If we do not learn to harness and to control negative emotions, they will undermine our personal boundaries and cause us to be susceptible to attack.

Throughout the remainder of this curriculum, we will analyze a series of negative emotions and discover Biblical responses to each. As we seek to submit our lives to God, he will teach us to harness our emotions in a way that brings glory to him.

CASE STUDY #1: PRIDE

As we begin our study of negative emotions, we will discuss two silent and deadly killers. In each case study, we will find that if not controlled they will destroy a person from the inside out. Under curtain number one is pride.

- *Pride goes before destruction, and a haughty spirit before a fall.* Proverbs 16:18, NKJV.
- *Woe to those who are wise in their own eyes, and prudent in their own sight!* Isaiah 5:21, NKJV.
- *And He sat down, called the twelve, and said to them, "If anyone desires to be first, he shall be last of all and servant of all."* Mark 9:35, NKJV.

The question can be asked, "What does pride look like today?" How can we recognize if pride is a personal vice? It's easy to see that prideful people are self-centered, selfish, and always seek attention. Pride is an attitude of "Me, me, mine." Prideful people have a hard time respecting the feelings of others and normally get mad with others tell them no. "No one can tell me what to do!" is a common phrase spoken by the prideful. Others are beneath them. No one is as great, as smart, or as beautiful as they are. The mascot of the prideful is the mirror.

To see a vivid example of the destructive potential of pride, we step into the life of King Nebuchadnezzar of Babylon.

- **Read aloud:** Daniel 4:28—33.

We see here the King growing arrogant and haughty at the growth and wealth of his kingdom. In a high moment of self-glory, he looked over the expanse of Babylon and attributed his success to his own might and power. As the words were in his mouth, God spoke from heaven and caused him to bow and crawl as an ox. It's interesting that it was the level of a humble work animal that God brought Nebuchadnezzar down to.

In time, Nebuchadnezzar turned back to God and humbled himself in an act of sincere worship.

- **Read aloud:** Daniel 4:33—37.

It's no mistake that it was praise that brought the King out of his destructive stupor. As Christians, we will never be victorious if we don't learn to humble ourselves in sincere praise of God. If we are going to beat pride, we must learn to worship God. It is the best antidote. In praise, we set our own glory aside and focus on the glory of God. When a person opens their heart, opens their heart, and lifts their hands in worship they get the attention of the Almighty (Psalm

22:3). God always responds to praise! The best worshippers are those who have conquered their pride.

CASE STUDY #2: ANGER

Next, we look to the emotion of anger. It must be stated that anger is a real emotion. Expressing anger or getting angry does not make us bad people, it only makes us human. Even Jesus got angry. On two separate occasions in the Gospels, Jesus acted in a mad fury of anger. When he saw people gambling and using his temple as a corrupt way to fill their pockets, turned over tables and chased people away with a whip (John 2, Luke 19). The Bible has a lot to say about anger.

- *Be angry, and do not sin: do not let the sun go down on your wrath.* Ephesians 4:26, NKJV.
- *A fool vents all his feelings, but a wise man holds them back.* Proverbs 29:11, NKJV.

Though anger is a normal reaction to adverse life events, it becomes destructive when we lose the ability to control it. If after losing a competitive event we are tempted to punch or kick or scream, it's possible that you've entered The Danger Zone of anger. If you are used to fighting and settling disagreements with your fists, you may have a problem with anger. If when you are angry, you lose control of your behavior or words, then anger reigns in your life. If anger sits in the driver's seat of your life, you may suffer from something similar to "the Hulk complex." Just as Bruce Banner morphs into the Incredible Hulk, anger has a way of setting people off. At its core, anger is a reactive emotion. It is felt and expressed as a reaction to life events. However, uncontrolled anger will heap more pain onto an already painful situation. Uncontrolled anger brings damage to yourself and the people around you.

When a person lashes out in ferocious anger, they will always regret it later. If may feel good in the moment, but over the long term, people who suffer with uncontrolled anger grow to hate their behavior. Deep down, they regret hurting the people that are closest to them.

It is certainly a test to keep your anger in check. It takes focus and intentional effort. Self-control is never easy.

- *He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.* Proverbs 16:32, NKJV.

As we submit ourselves to God and to God's Word, we will learn to bring him glory in every situation. God knows our weakness and he knows what we struggle with. When we recognize that we have stepped in The Danger Zone of anger, and start to lose control of our words or behavior, we must rely on the Spirit to help us. We must learn to recognize our emotional triggers and work to avoid them at all costs. We must learn to interpret the warning signals associated with anger. If we learn to seek God in prayer when we are angry, and harness our words, we can overcome the negative consequences of anger. If we ask God, he will help us in our weakness.

- *A soft answer turns away wrath, but a harsh word stirs up anger.* Proverbs 15:1, NKJV.

HOW TO "BE ANGRY AND SIN NOT"

On a practical level, there are some things we can do to help our anger subside.

- Realize that it is ok to get mad and be angry, but it is not ok to hurt yourself or others. Learn to express yourself in ways that do not cause anyone harm.

- Find an accountability partner that can “talk you off the cliff.” When it seems that a Hulk-like explosion is imminent, call or talk to a trusted friend or leader for clarity and perspective.
- Find a safe space. Give yourself time to think through hard situations. Go on a walk rather than letting yourself stew. Get some fresh air. For a few moments, distance yourself from the situation and ask God to give you wisdom. Submit your actions to his Word and bathe them in prayer.
- Do your best to resolve the situation and then give God control of the rest. Take responsibility of your part of the problem and then surrender everything else to God’s plan and timeframe.

In all of our pain points, we can trust that God is our advocate. As we rely on his Spirit, submit to his Word, and seek him in prayer, we can learn to express our emotions in ways that give him glory.

STOP AND DISCUSS

- When is the last time a strong emotion was triggered in your life? What seems to push you into The Danger Zone? What advice would you give to someone who has trouble controlling their emotions?
- What common indicators reveal that a person struggles with pride? How can pride ruin a good relationship?
- In the story of King Nebuchadnezzar in Daniel 4, what was the turning point in his dilemma? What can we learn or apply from those moments?
- What makes you mad? Do you have any pet peeves? How do you normally express yourself when you are angry?
- Where do you go or what do you do to gain perspective when you are frustrated or upset?

THEY CAME FROM WITHIN

LESSON 3 – THE DANGER ZONE

FOUNDATIONAL SCRIPTURES: Proverbs 16:18, Proverbs 16:32.

According to this lesson, what does “The Danger Zone” describe?

- Though anger is a normal reaction to adverse life events, it becomes destructive when we lose the ability to control it.

On a practical level, what are some things we can do to help our anger subside?

STOP AND DISCUSS

- When is the last time a strong emotion was triggered in your life? What seems to push you into The Danger Zone? What advice would you give to someone who has trouble controlling their emotions?
- What common indicators reveal that a person struggles with pride? How can pride ruin a good relationship?
- In the story of King Nebuchadnezzar in Daniel 4, what was the turning point in his dilemma? What can we learn or apply from those moments?
- What makes you mad? Do you have any pet peeves? How do you normally express yourself when you are angry?
- Where do you go or what do you do to gain perspective when you are frustrated or upset?

THEY CAME FROM WITHIN

LESSON 4: BEARING BROKEN SPIRITS

FOUNDATIONAL SCRIPTURES

The spirit of a man will sustain him in sickness, but who can bear a broken spirit?
Proverbs 18:14, NKJV.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. Philippians 4:8—9, NKJV.

MEMO TO TEACHERS AND COURSE PARTICIPANTS

As we analyze these emotions, it would seem that we present simplistic solutions to very deep issues. The extent of this course is to present Biblical responses to certain emotions. Writing thus, it does not undermine or ignore the value of more in-depth Christian counseling with trained and certified professionals. In some cases, teachers and students are recommended to consult with a pastor or counselor if emotional trauma persists.

CASE STUDY #3: DEPRESSION

Continuing our study of various emotions, we come to the matter of depression. Depression can be manifested in various ways: feelings of severe dejection, sadness, or hopelessness. The Mayo Clinic defines depression as, “A mood disorder that causes a persistent feeling of sadness and loss of interest. It may also affect how a person feels, thinks, and behaves and may lead to a variety of emotional and physical problems.”²

For our purposes, we’re going to look at depression as a great big hole. Those who face depression feel trapped or stuck in a hole of sadness. It’s a persistent pattern of hopelessness that a person feels they cannot get out of. It’s more than being sad, which is a normal and healthy feeling. Depression, rather, is the feeling of being stuck deep in sadness with no means of escape. It is sadness that won’t go away. Depressed individuals are those who lose interest in life and stop striving for progress. It’s a pattern of hopelessness, sorrow, or grief.

Just like all other emotions, depression has causes or triggers. Depression is a very real feeling caused by the situations and circumstances of life. From the pages of the Bible, King Solomon spoke of the reality of depression.

The spirit of a man will sustain him in sickness, but who can bear a broken spirit?
Proverbs 18:14, NKJV.

In the world today, we see the widespread influence of depression.

- Through Social Media, Adrian Broner, a world championship boxer and millionaire, admitted in October of 2016 that he struggled with the thought of suicide.

² J Mayo Staff Clinic, “Depression (major depressive disorder),” by The Mayo Clinic Online, July 7, 2016. <http://www.mayoclinic.org/diseases-conditions/depression/basics/definition/con-20032977> (Accessed May 3, 2017).

- In 2014, popular actor Robin Williams committed suicide by hanging himself in his home. Toxicology reports revealed that antidepressants were in his system, with his wife commenting that he had suffered with an “increase in paranoia.”³
- Disney Channel Star and singer Demi Lovato made headlines in 2010 after checking herself into a medical facility to treat emotional issues, anorexia, and depression.
- American Swimmer and 7-time Olympic medalist Amanda Beard spent years in therapy to address issues of low self-esteem, pain, and depression. Though no longer on medication, she took anti-depressants for four years.

By these examples and others, we see that depression is a very real issue in the world today not limited by social status, popularity, wealth, or fame. Even great Biblical heroes felt depressed at times. Finding himself in a cave while fleeing from King Saul, David wrote,

I cry out to the Lord with my voice; with my voice to the Lord I make my supplication. I pour out my complaint before Him; I declare before Him my trouble. When my spirit was overwhelmed within me, then You knew my path. In the way in which I walk they have secretly set a snare for me. Look on my right hand and see, for there is no one who acknowledges me; refuge has failed me; no one cares for my soul. Psalm 142:1—4, NKJV.

In all of this, the question can be asked, “Is there hope for depression?” The answer is a resounding “Yes!” Our hope is not in fame, popularity, achievement, riches, or beauty. Our hope is in Jesus Christ and the price he paid on the cross. Speaking of the cross, the prophet Isaiah wrote, “He hath borne our griefs and carried our sorrows (Isaiah 53:4).” Describing the sacrifice of Jesus on our behalf, Matthew wrote, “He took our infirmities, and bare our sicknesses (Matthew 8:17).”

Through the Cross, Jesus not only grants us the opportunity to be free from sin and shame, but also paid the price so we could find healing from our emotional issues. He carries our weaknesses. He takes away our sorrow and heals the pain points in our emotions. The Bible declares,

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved. Psalm 55:22, NKJV.

We are able to give our burdens, our hopelessness, and our depression to the Lord. He has promised to take care of us.

THREE LIES OF DEPRESSION

Lie #1: No one understands my pain

When Jesus walked this earth, the Bible says that while in the Garden of Gethsemane, he prayed knowing what he would face on the cross. In these moments, he “prayed with strong crying and tears (Hebrews 5:7-8).” Jesus knows what it is like to cry out with tears. He knows what it is like to wrestle with dark emotions. He has been through it and he can feel and hurt with you. As Emmanuel, Jesus is God with us (Matthew 1:23). When it seems that no one understands your pain, he does.

Lie #2: My situation is hopeless

³ J Soo Youn, “Robin Williams: Autopsy Confirms Death by Suicide,” by The Hollywood Reporter, November 7, 2014. <http://www.hollywoodreporter.com/news/robin-williams-autopsy-confirms-death-746194> (Accessed May 3, 2017).

The moment we begin believing that our prayers are unheard by God is the moment that the enemy of our souls relishes in victory. The devil would love to corner us into believing that our efforts are futile. Despite his best effort, however, God is near to us in times of prayer.

The Lord hath heard my supplication; the Lord will receive my prayer. Psalm 6:9.

When depression is clouding out our sense of hope and drowning out the positive voices seeking to help us in times of need, we must cling to the promises of Scripture.

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God. Psalm 42:11, NKJV.

With a loving and compassionate Messiah in our corner, and with a supporting church behind us, no situation is hopeless.

Lie #3: I am alone

It's easy to feel isolated with issues tower above all hope. It's easy to look around at others and envy their apparent joy and success in life. When we feel alone, we must look to Jesus and understand that he has promised to never leave or forsake us. Speaking to his disciples in John 14, he declared,

I will not leave you comfortless: I will come to you. John 14:18.

Another translation of this scripture reads, "I will not leave you orphans, I will come to you (KNJV)." The text recognizes the reality of the life that sometimes we feel alone, orphaned, rejected, and cast away. Despite this reality, Christ comes. He will not leave us comfortless. He walks with us in the points of our pain. When life orphans us, he steps on the scene and calls us his own. Though life rejects us, he does not.

Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am... Isaiah 58:9.

Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. Deuteronomy 31:6.

CASE STUDY #4: ANXIETY

According to the National Institute of Mental Health, approximately 40 million adults in the United States between the ages of 18—54 are affected by anxiety disorders. According to the Journal of Clinical Psychiatry, anxiety disorders cost the U.S. more than \$42 billion a year, almost one third of the total mental health bill for the U.S. More than \$22.84 billion of those costs are associated with the repeated use of healthcare services, as those with anxiety disorders seek relief for symptoms that mimic physical illnesses.⁴

At no other time in human history have we been in a greater need of rest than we are today. Jesus spoke of this need (Matthew 11:29-30). He knew that as it grew closer to his second coming, humanity would grow more restless. We need rest, not just in a physical sense, but also emotional rest and peace within. We see this clearly in the rise of anxiety disorders in modern American society. Anxiety can be defined simply as:

⁴ Jim and Marilyn Folk, "Anxiety Effects on Society Statistics," by Anxiety Centre Online. <http://www.anxietycentre.com/anxiety-statistics-information.shtml> (Accessed May 4, 2017).

- A feeling of worry, nervousness, or unease about something with an uncertain outcome; an anxious view of the unknown. A nervous disorder characterized by a state of apprehension and tension, typically with compulsive behavior or panic attacks. Compulsive behavior associated with anxiety may include nervous eating, addictions, or an unhealthy sense of intimacy.

In 2005, Walt Disney Pictures released an animated film entitled *Chicken Little*. This popular children's tale followed that story of a small boy chicken who runs throughout his local town warning the people that the sky was falling. No one believed him, but eventually aliens invaded the earth and in a comical adventure, Chicken Little saved the town and warded off an alien attack. In the end, what fell from the sky was a barrage of alien ships.

Interestingly, the original story of Chicken Little can be found in writings of folk lore and fables as early as the 1820s. Early versions of the tale tell quite a different story than the 2005 animated Disney movie. According to the original fable, in the end, Chicken Little is a female who eventually dies. The story begins with Chicken Little playing in the yard when all of a sudden, "Whack!" An acorn falls from the tree and bounces off her head. Fearing that the sky is falling, Chicken Little gathers her friends Turkey Lurkey, Henny Penny, Goosey Loosey, and Ducky Lucky and they all run to inform the king of the impending disaster. As they leave the palace, they meet Foxy Loxy, who in turn tricks the group and gobbles them all up.

The moral of the original fable centers around learning where fear will take you. It illustrates the influence of those who predict calamity without justification. As one writer points out,

"The danger to Chicken Little, it turns out, wasn't what she had thought it was. She had thought she was in danger from an impending celestial apocalypse of the sky falling. That wasn't the danger. The danger wasn't even the acorn, though it may have hurt when it hit. The danger to Chicken Little was her own anxiety-driven conclusion about the acorn. Chicken Little was so concerned about the false danger from acorns, she forgot about the real danger from foxes." ⁵

As is it true with all those who suffer with anxiety, the real danger is not outside forces, like a falling acorn. Rather, the real danger is where your fears will take you. When we are anxious, we must be sure to not allow our fears to drive us to foxes. As Dr. Gregory Jantz points out, anxiety centers around "false dangers." It is produced, "not by what you actually experience, but by what you tell yourself. Your thoughts determine your reality."⁶ Understanding this, we see that the battle of anxiety is a battle of the mind and of one's thought life.

Everyone has a thought-life, the inner dialogue that goes on in your head. Once an event, experience, or situation triggers feelings of anxiety, a person can go from calm to panicked in seconds generally through a series of rapid-fire inner questions with responding negative answers.⁷

If we can win the battle of the mind, and control the negativity in our thought-life, then we can beat anxious feelings.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. Philippians 4:8—9, NKJV.

⁵ Gregory L. Jantz, *Seven Answers for Anxiety* (Carson, CA: Aspire Publishers, 2016) 10.

⁶ Jantz, *Seven Answers for Anxiety*, 12.

⁷ *Ibid.*, 12..

For further study, see **2 Corinthians 10:4—5** and **1 Peter 1:13**.

CASE STUDY #5: INSECURITY

Insecurity can be defined simply as the feeling of being uncertain or anxious about oneself; a lack of confidence expressed in self-doubt and low self-esteem. In a way, we are all insecure at times. However, a lack of confidence about oneself or the world can be debilitating to some.

The motto of insecurity has three parts:

- I'm not good enough.
- I can't.
- Will you love me?

As we have mentioned up to this point, all emotions have triggers and underlying causes. They are reactive in nature. Therefore, to overcome their negative tendencies we must understand what exactly triggers our emotions. In the case of insecurity, we may discover that it is caused in part by a lack of security and emotional support systems. In other words, a person's insecurity may be caused by a lack of solid, consistent, and strength-giving people to support them throughout the highs and lows of life.

Insecure people, because they have a low sense of self-worth, tend to find themselves in a series of damaging relationships because they try to compensate for a lack of loving support not received elsewhere. Insecurity can be caused by great loss, the death of a loved one, or a result of experiencing the emotional uprooting caused by the divorce of one's parents. At times, the insecure may try to make up for a lack of self-confidence by bullying others or acting controlling or hurtful. Though it's never justified, the old adage is true: hurting people hurt people.

The Bible speaks to the very heart of the issue and calls us trust God despite our insecurities.

But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows. Luke 12:7.

Blessed is the man that trusteth in the Lord, and whose hope the Lord is. Jeremiah 17:7.

In the Bible, we also see that even the strongest among us are susceptible to feelings of insecurity. In 1 Kings 19, we step right into the middle of the ministry of the prophet Elijah. Two chapters earlier, he predicted a drought upon Israel, was miraculously fed by ravens, and had brought a widow's son back to life through his prayers. One chapter earlier, he had stood upon Mount Carmel in a fateful showdown with the pagan prophets of Baal. In 1 Kings 19, we see Elijah basking in the glory of God after defeating Baal's prophets.

- **Read aloud:** 1 Kings 19:1—3.

After such a stunning victory upon Mount Carmel, word was passed on to the wicked Queen Jezebel. Her prophets had been slain and she was not happy. At this juncture, we see Elijah beginning to feel the pressure of her rage. So, he exits stage right and begins to flee. Soon, all of his confidence and purpose is gone.

- **Read aloud:** 1 Kings 19:4.

In only a short time, his hope had been strangled by very real feelings of insecurity. It seemed that the

great prophet that had done so much good for Israel was soon to give up on life. Then, God intervened and spoke directly to the heart of his fears.

- **Read aloud:** 1 Kings 19:5—8.

In this, we see that his anxiety drove him out into the wilderness. Then, as it often does, his insecurity told him that there he would stay and never return to his ministry and purpose. However, God had another plan. Queen Jezebel's intentions for Elijah would soon falter and fall to pieces. God would make sure of that.

As he sat under the juniper tree, Elijah's confidence drowned in hopelessness. At other times he had faced death and opposition with his head held high, but Jezebel had triggered something deep within him. Her wicked fingers had reached into the seat of his emotions and there they placed a pulsating sense of fear.

In the middle of all of this, God sent an angel and gave the prophet a fresh sense of clarity and purpose. From the juniper tree, Elijah would travel forty days until he reached Mount Horeb. It was there where God would direct him into the final season of his ministry. From this juncture, God would continue to assure Elijah that he was good enough and chosen specifically for the task, that with heaven's help he could defeat the wilderness, and also that he was loved eternally by his maker.

STOP AND DISCUSS

- According to this lesson, what can we do to combat the lies of depression? What would you do or say to a friend if they were suffering from depression?
- If depression persists, where can an individual find help or receive counsel?
- How does the story of Chicken Little illustrate the lives of the anxious? Do you think it is an accurate parallel to a person who suffers with anxiety?
- According to this lesson, where is the root of a person's anxiety located? What can we do to combat anxiety?
- What may cause a person's insecurity? How does a person overcome insecure feelings? What did God do to help Elijah when he felt insecure underneath the Juniper tree and how does this represent what God can do for us today?

THEY CAME FROM WITHIN

LESSON 4 – BEARING BROKEN SPIRITS

FOUNDATIONAL SCRIPTURES: Proverbs 18:14, Hebrews 4:16.

As we analyze these emotions, it would seem that we present simplistic solutions to very deep issues. The extent of this course is to present Biblical responses to certain emotions. Writing thus, it does not undermine or ignore the value of more in-depth Christian counseling with trained and certified professionals. In some cases, teachers and students are recommended to consult with a pastor or counselor if emotional trauma persists.

THREE LIES OF DEPRESSION

- Lie #1: _____
- Lie #2: _____
- Lie #2: _____

What are the three parts of the motto of the insecure?

1. _____
2. _____
3. _____

STOP AND DISCUSS

- According to this lesson, what can we do to combat the lies of depression? What would you do or say to a friend if they were suffering from depression?
- If depression persists, where can an individual find help or receive counsel?
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