

K I N G S

Dr. Lyndsey Neal

What in the World - Depression and Anxiety

About Dr. Lyndsey

If you could write a book about your life, what would the title be and why?

Probably 'Obeying God' because that's been the signature of my life over the last 20 years. Not a very alluring title. But God taught me the correlation between love and obedience. IF you love me, you will obey me. (Jesus said, 'If you love me you will keep my commands' John 14.15) .Or 'A friend of God', that's what I would like to be.

Who are you?

I'm from London. I was a Royal Chartered Psychologist; a scientist-practitioner. I was called into ministry in '08, I have been serving in a ministry capacity for about 15 years. I am the founder of a number of parachurch ministries (which means ministries which are designed to support the church). One that I have been working on in the last few years is KINGS - an integrated platform for Psychology and Leadership from a Kingdom perspective. My goal is to bring the gifts God has given me to bear to help promote Him and His Kingdom.

Educational background

Before God called me into ministry, I was considered a world expert and cognition and emotional disorders. I was blessed to study and train at some not too shabby institutions.

- MA in Psych
- MA in Research
- Phd in CognitiveNeuroPsychology
- Called into ministry ½ way through my 2nd Phd
- Royal chartered
- Bible school credentialled, licensed minister

Compass Academy

Chair of dept. Director of Compass Leadership Academy - very exciting opportunity to **develop leaders from within Compass**. For me there can be a world of difference between the heart of a secular leader vs one who is operating in and for the church. Though some of the skills sets remain the same. There are important differences. And different emphases. It is important to (a) have the rights skills (b) know what God is looking for from us as leaders. Most of the church world has adopted secular leadership models wholesale. I think we do ourselves a disservice -by not more carefully looking at scripture to direct us, when it comes to leadership approaches and goals. So Compass leadership academy is accelerated leadership development.

We are running the pilot currently. And though we have some adjustments to make - overall it is going well. SIGN UP! www.compass.academy

Anxiety

1 What exactly is anxiety?

There are **5 basic (universal) emotions** (anger, happiness, sadness, fear, disgust/surprise). All other emotions are posited as various combinations of these 5.

Anxiety is associated with the basic **emotion of fear** which is common to all mankind and has strong neurobiological roots (meaning it's difficult to erase).

Anxiety is 'the **apprehension** of danger or something unpleasant'. Whereas fear is 'a response to current, tangible threats'. Anxiety occurs in anticipation of a threat 'not yet present' and often not clearly defined.

Anxiety is a response to a **perceived stress**.

It is **associated** with **AVOIDANCE** of danger.

It **produces physical reactivity** - nervousness, restlessness, sense of impending doom, increased heart rate, trouble concentrating.

There are different **types of anxiety disorder** (including, phobias, panic, social anxiety, generalized anxiety, OCD). What they share in common is:- worry which is difficult to control.

Unknown makes it worse than actually knowing something bad is about to happen.

2 What is happening to our bodies and brains? *(the psychology, anatomy and neurochemistry of anxiety)*

An emotion is the brain's **cognitive interpretation of a physiological arousal.**

So the body is responding to stimuli and the brain is interpreting and labeling the nature of it.

If you ran up a **flight of stairs** what would happen to your heart rate? - It would go up! It's a physiological arousal/response. Do you interpret what you are *feeling* as anxiety? Usually, no. Why? Because the brain interprets the context (running up stairs) and labels the arousal as 'unfit', 'temporary' or 'out of breath'. Someone with anxiety might interpret the breathlessness very differently - as a sign of threat.

Anxiety is labelled when the brain interprets physiological arousal as **danger/something threatening.**

It's not that it IS threatening. But your brain is interpreting that it is.

Put simply, when something is labeled as a threatening, the body responds by increasing your heart rate and breathing rate so that your brain can get more oxygen (preparing you to respond quickly in an intense situation) and releases a flood of chemicals and hormones including

- Adrenaline
- Cortisol

Our bodies weren't made by God to withstand prolonged periods of anxiety. The brain-body system is set up to respond quickly to escape real, immediate threat and then return to normal (hence 'fight-or-flight'). This is supposed to serve an adaptive purpose. However, **prolonged anxiety** puts

a toll on the body/brain and makes it difficult for the body to maintain homeostasis (body's optimum state).

Core Regions Involved in the fear circuitry

- Frontal cortex
- Amygdala
- Thalamus
- Hippocampus

Neurochemical combinations involved differ depending on the type of anxiety. There is a cocktail of neurochemical changes including:

- Serotonin*
- Dopamine*
- Norepinephrine* main neurochemicals of emotion
- GABA (anxiety specific)
- Glutamate (anxiety specific)
- HPA axis (glucocorticoids) (anxiety specific)
- Receptor sensitivity

3 What causes it?

See above - **cognitive interpretation** of a physiological arousal.

Anxiety is an **anticipatory emotion**. That means the trigger for anxiety does not have to be something that is happening right now, or something concrete. It can be triggered by imagination. **What we THINK MIGHT** happen.

You are **born afraid of only 2 things** - heights and loud noises. Everything else is things you learn to fear.

- An exam

- Diseases
- Policemen
- Job interviews

We learn to fear based on -

- Personal experiences
- Observation
- Culture/media

Things that we are more easily 'programmed' to fear based on biology and personality. But common fears

- Physical harm (Primary = inbuilt predisposition to fear these vs Secondary - something we have to be taught to fear - like a failing grade)
- Rejection (core fear)

We ought to learn what to fear based on the bible > Fear God

Anxiety begets anxiety. Second degree anxiety - is that we will become anxious about being anxious.

Hence, the Bible tells us to hold our imagination captive.

We have a responsibility to steer our minds - actually told by the bible to place our minds on certain things. Not easy - but it's doable.

Anxiety is about where we place our attention.

An inevitable part of life. It's therefore about what we fear and to what extent.

- Is the fear objective (would others agree with your assessment? Would God agree with it?)
- Is the fear under control (we are called to be the master of our emotions)
- Is the fear helpful (what is it causing us to do?)

4 Difference between situational and clinical anxiety?

Situational anxiety is produced when an immediate situation objectively calls for anxiety. **Situational anxiety** is a specific type of anxiety that occurs during unfamiliar situations or events that make us so nervous that we lose control of our ability to stay calm. It's incredibly common, especially when it comes to public speaking. **Clinical anxiety** is when there is no objective validation of the anxiety.

Anxiety - -as with any emotional condition occurs **on a spectrum**. It's not either or, have or have not.

Clinical anxiety - has become debilitating - interfering with everyday functioning - intrusive thoughts, preoccupation.

Subclinical anxiety - not diagnosed, just below the level of clinical but still very serious.

Someone is **diagnosed** with anxiety when:

- Excessive
- Difficult to control
- Impairing everyday functioning

Social Constructivism - have to remember that all of these disorders are socially constructed. What that means is that we determine whether something is 'clinical' or not based on social norms. If it were considered socially normal to x, y, z, then it would not be given a diagnostic label. We say someone has an anxiety disorder if they are anxious significantly more than the average person of that culture.

I say this, because in the medical model of mental health these disorders are viewed through the lense of 'diseases of the mind'. Like a flu, or a cancer - something that someone has. But in fact, psychological disorders are not like other medical entities. They simply denote that 'this person is doing something abnormal (not normal for the given population)' which is hampering them. It is a misnomer to think of this as a disease. **It is a difference in degree, impact and controllability**

5 What does the Scriptures have to say about anxiety?

1st : Some refer to 'do not fear' as the **most frequent command** in the bible. That's because we need to be reminded. Scriptures tell us not to fear multiple times (x70-300)

2nd: **Fear God**. Fear of God replaces fear of all else. Fear in the bible, meaning dread, terror, alarm, reverence - is the same word for 'fear' (Kare, phobeo) God uses to tell us to fear him. Try changing the object of your fear. If you feel fear about losing your job – shift that fear to God. Unlike fear of anything else, fear of God produces good things in us - it helps us prioritize, humbles us, motivates us to pursue righteousness, reminds us of his might and holiness, keeps our eyes on eternity and keeps us cognizant of the fact that we will stand before him one day, makes us want to reverently submit to his will.

FEAR GOD = YARE (YAH-REY) AND PHOBEO (FOB-EY-O)

Hebrew H3373 YARE (YAH-REY) - reverence, morally fearing, morally revere, dread, to stand in awe, honor, respect, to frighten, see something terrible.

Greek G5399 PHOBEO (FOB-EY-O) to be afraid of, reverence, to put to flight by terrifying, be afraid (those struck with

amazement), to venerate, to fear to do something for fear of harm, reverential obedience.

Tell us to fear God examples

- Psalm 111:10 The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding.
- Matthew 10:28 And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.
- Proverbs 14:27 The fear of the Lord is a fountain of life, that one may turn away from the snares of death.

3rd : **Anxious in bible means 'troubled with cares'** (G3309 MERIMNAO), anxious to look out for and care or provide for one's own interest (slightly different to afraid). God is the one ultimately in control of our lives. Anxiety excludes God from the equation. It puts us solely in the position of caretaker.

- Do not be anxious for tomorrow (Matt 6.34)
- Do not worry about what you will eat.. (Matthew 6.31)
- Don't be anxious about how to defend yourself (Luke 12.11)
- Martha was anxious (Luke 10.41)
- Being anxious can't add a single hour to your life (Luke 12.25)
- Married man anxious about worldly things (1Corinthians 7.33)
- Don't be anxious - pray (phl 4.6)

4th : Refocus on God (to give perspective). "Do not be afraid" more often than not, is **followed by an action that God is or will be taking**. The things we fear are not invalid. But they are placed in right perspective in

comparison with God and the truth of his words. Here are a few such examples:

- “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.” (Exodus 14:13)
- “Do not be afraid of them; the Lord your God himself will fight for you.” (Deuteronomy 3:22)
- “Do not be afraid of them; I have given them into your hand. Not one of them will be able to withstand you.” (Joshua 10:8)
- “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.” (Luke 12:32)

In the Garden satan managed to distract Adam and Eve - to manipulate their thoughts and attention, ‘Hey look over here at the thing that is not good, the thing you can’t have’. Anxiety functions to do the same thing today. It gets our eyes off Jesus and places our attention, thoughts and imagination instead on things we can’t control. Don’t let satan hijack your attention and steal what is rightfully God’s (having your undivided attention).

5th: Understand what faith is and why it can replace fear.

6th : Recognize it - don’t be ashamed of it. Scripture doesn't shame people who fear. Scripture encourages us to overcome fear and gives us the tools to do so. 10 times “do not be afraid” is followed by “do not be discouraged.” We need to be filled with courage. Because God is with us and in us.

7th : Identifying when it is a spirit of fear (in this case no mental gymnastics - need prayer). Scripture tells us that there is a **Spirit of Fear** (G1167 Deilia:

timidity, fearfulness, cowardice) (2 Timothy 1.7) (i.e. not natural). Instead God says he has given us power (dynamis). Power here means:

- I.* strength power, ability
 - A.* inherent power, power residing in a thing by virtue of its nature, or which a person or thing exerts and puts forth
 - B.* power for performing miracles
 - C.* moral power and excellence of soul
 - D.* the power and influence which belong to riches and wealth
 - E.* power and resources arising from numbers
 - F.* power consisting in or resting upon armies, forces, hosts

Ask for a spirit of Love, a spirit of peace, power. The fruit of the Holy Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith (Galatians 5.22). Ask God to activate this dynamis power. Ask for the Holy Spirit to take the place of the spirit of fear. God's spirit of peace provides quietness, security, safety, a tranquil assurance in spite of circumstances and contentment. It is considered a blessed state.

8th: You are not defenceless. Remember the power you have within you (HS)

6 What tools does psychology give us?

- Understanding how our environment shapes what we fear
- Understanding the mechanism of anxiety (interpretation)
- Recognizing triggers and sequences
- Diagnosing underpinning causes (why do you not feel safe)
- Techniques for mitigating the symptoms

- A framework for understanding what is happening to you

Anxiety Conclusion

It is sometimes hard for Christians to admit fear. It's not easy to admit fear in Christian circles (Josh Miller in First 15). Stigma around it and glib comments about replacing fear with faith, without fully having time or compassion for the person who is experiencing the fear. It is true that faith is the anecdote - but people need to be skilled and compassionate in profoundly communicating why. Taking time and speaking with spiritual authority (as opposed to being dismissive)

It's like when someone says 'JESUS IS LORD'. This is absolutely true. But when I ask them what that means, 'what is a Lord? Most people fall silent. When telling someone 'faith over fear' - how profoundly do we understand it and what it means?

Faith is about trust, in some ONE. It's about trust in Jesus - in him as a personhood. If we truly trust him...then we no longer feel unsafe. Then fear or anxiety can no longer take hold.

Jesus was never dismissive of someone's pain. Emotional Intelligence is not just what you say but **how** you say it. Sometimes we have to take time to understand WHY someone is vulnerable to this problem. We all have chinks in the armor. Anger, pride, lasciviousness. You may not fear what another person fears. But given the right trigger - you will experience fear too.

The question is often 'why anxiety'?

A diathesis stress model says vulnerability + trigger = disorder/problem.

It's not about alleviating the trigger (bc we can't control that), its' about reducing or eliminating the vulnerability.

Why is someone vulnerable to anxiety? Because they do not feel safe.

Why do you not feel safe? These are painful questions to explore and should be done with the help of the HS and a qualified expert for example someone at HIs Story.

Concentrate on what we can control (our own reactions and conscious attention).

Depression

1 What is the difference between anxiety and depression?

Both mood disorders, different biases and foci.

The two very often co-occur

Prevalence: around 10-20% of the US adult population (for depression and for anxiety). Meaning about 1/4 of all US adults have one or the other.

KINGS.INSTITUTE DEPRESSION AND ANXIETY

| Depression | Anxiety |
|-----------------------------------|-------------------------------------------------|
| <i>Sadness/Low Mood</i> | <i>Fear/Hypervigilance</i> |
| Rumination (past) | Anticipation (future) |
| Hopelessness/Helplessness | What Ifs |
| Overgeneralizing | Catastrophizing |
| Depressive Realism/Misattribution | Threatening interpretation of ambiguous stimuli |
| Self-hate/Social Withdrawal | Avoidance |
| I am unloved/unlovable | I am unsafe |

2 What is Depression?

A serious, pervasive, chronic, recurrent and progressive mood disorder.

- Low mood
- persistent feeling of sadness
- Worthlessness or guilt
- negative biases
- loss of interest in life,
- suicide
- **With no obvious trigger.**

'Kindling hypothesis' in which depressive episodes become more easily triggered over time by a lowering of the threshold for the impact of stressful life events

Neurobiology of depression: deviations may be obscured or not present at the individual patient level.

The following neuroanatomical areas implicated

- Ventromedial Prefrontal Cortex (VMPFC)
- Lateral Orbital Prefrontal Cortex (LOPFC)
- Dorsolateral Prefrontal Cortex (DLPFC)
- Anterior Cingulate Cortex (ACC)
- Ventral Striatum (including nucleus accumbens)
- The Hippocampus.
- The Amygdala

Major depressive disorder affects the dynamic connectivity among neuroanatomical structures involved in regulation of mood and stress response. Limbic structures (amygdala, hippocampus and nucleus accumbens) have reciprocal connections with 'para-limbic' cortical areas, subgenual anterior cingulate and ventromedial prefrontal cortex (VMPFC). Hypothetically, disrupted 'connectivity' between limbic/para-limbic areas and rostral integrative prefrontal formations, results in compromised feedback regulation of limbic activity. Consequently, dorsal cognitive/executive network is hypoactive while overly active limbic areas continue to stimulate the hypothalamus leading to neuroendocrine dysregulation and sympathetic hyperactivity.

A consistent finding in patients with MDD is a high level of the stress hormone cortisol, which may cause impairment in neuroplasticity and cellular resistance

An imbalance between glucocorticoid and mineral corticoid receptors in MDD along with high-density glucocorticoid receptors (GRs) may also contribute to the hippocampus' susceptibility to neuronal damage.

Hippocampal shrinkage in depressed subjects that was caused by increased density of neuronal cells and a significant reduction in neuropil (i.e. decreased dendritic branching and spine complexities).

Insufficient to 'turn off' the initial responses to stress as part of a negative feedback process

2 How do men experience it differently than women?

Children's symptoms/expressions are verifiably different than adults.

Men the differences lay not so much in the experience of depression but the triggers and the expression of it. So it feels the same on the inside - but men and women are socialized differently regarding how to express and communicate it.

Men - it will manifest as irritability, isolation (emotionally and physically) aggression, violence (towards self or others) and blame (as in Eden). Anger is a more socially accepted emotion in men. The self-hate associated with depression can also manifest in promiscuity and other forms of self harm including drug abuse and risk taking behaviours. Men suffer alternative disorders in response to stress (antisocial PD, drug dependence).

- Misusing alcohol or other substances
- Irritability, frequent outbursts, or "explosive" anger
- Risk-taking (such as reckless driving or substance-impaired driving)
- Escapism (e.g., working late, spending more time at the gym, playing video games for hours)

Women - tend to **show** *more* symptoms of depression than men. Women tend to be more likely to talk about how they feel with a partner or friend, as well as seek help for symptoms of depression. Hence women are diagnosed with depression x2 men.. Tears, at the onset - reassurance seeking, social bonding/closeness, if unsuccessful - results in isolation, hopelessness.

3 When does someone need to consider finding real help?

Preventative first. So talking about anxiety and depression with the right (non-professional) people, if you have them in your life, will help. Proximity to Jesus is the solution to just about every problem known to man. So a relationship with him is key. He will use others to be his hands, feet and heart. But others cannot substitute for him and his power, love, gentleness, authority.

Pastors are the first line of defense. Research shows people are more comfortable going to talk to a church leader than a psychological professional - which is great!

If the pastor feels that the symptoms are too serious to be handled in a pastoral mode - they will refer you to someone who specializes in mental health.

In addition to seeking the feet of Jesus, I advise friends, church, MH professional, in that order.

Also note a MH professional doesn't have to replace pastoral support. Where possible you can continue to get input from both.

4 Pastoral Moment - What would you say to the person who is experiencing anxiety or depression but is afraid to acknowledge it?

Psychological disorders have been taboo for a long time. Thankfully that is changing. But in some cultures, in some ages, with one gender more than another - the changes are not taking place as quickly.

- **Pride** tells us to act as if we have it all together
- Satan wants to keep us divided and **isolated**
- Satan uses shame (what caused Adam and Eve to hide from God). Don't allow him to use **shame** to separate you from God
- **Diathesis-stress**. No-one is immune to anxiety or depression - it's about whether you have been exposed to the specific stressor to trigger YOUR anxiety and depression
- **Be the leader**. Be the person who contributes to a sea-change in people's perception of these problems. Lead so others can follow you and also be brave
- **Start the discussion/conversation** with others
- Use a **Brain Dump** (where we have different areas of your life and dump your thoughts into them) - helps to get out what you are carrying - not just specific to anxiety and depression - but
- Look at **examples in scripture** of the great men and women of the bible who experienced anxiety and depression. God does not condemn them. They are some of his most precious jewels
- - Moses runs
 - Sarah is anxious
 - Job depressed

- Solomon tormented
- David afraid for his life
- Peter betrayed because of anxiety/fear
- Paul was dissonant (believing and doing inconsistent)
- John the Baptist discouraged
- Jesus sweat blood.

Emotions are a gift from God, twisted and manipulated by satan to cause us pain (and others pain) and separate us from God.

Don't let satan hijack your emotions to be used for his purposes. Give your emotional life back to God in spite of all circumstances. Refuse to let satan control and manipulate you. Take ownership of your emotions - subdue them. Partner with God; ask God, 'How do you want me to feel about this?'

5 What does scripture say about depression?

Depression is a relatively new term (20th century).

Bible equivalents = Heaviness, sorrow, despair, crushed in spirit, discouraged, dismayed, heavy laden, weeping, weighed down, oppressed, brokenhearted, weariness, forsaken, afflicted, troubled, cast-down, darkness.

EXSAPOREO (ex -sapor-ay-o) - to be utterly at loss, utterly destitute of measures or resources, to renounce all hope, be in despair. Ex 2

Corinthians 4.8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair.

Proverbs 12.25: Anxiety **weighs down** the heart but a kind word cheers it up. The hebrew word for weighs down is 'shachah' which means depresses.

Psalms (written by King David at a low point in his life) Psalm 143:4, Psalm 3:3, Psalm 23:1-6, Psalm 30:5, Psalm 30:11, Psalm 34:18, Psalm 40:1-3, Psalm 42:11, Psalm 77:4, and Psalm 102:1-11.

The entire book of Lamentations is a poetic expression of the Hebrews' deep, unabashed depression after the fall of Jerusalem, with no hope of redemption or rescue.

There are people in the bible who battled types/forms of depression

- **David** was troubled and in despair *"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God."* Ps. 42:11; "So my spirit grows faint within me; my heart within me is dismayed," he writes in Psalm 143:4, and then a few lines later, "Answer me quickly, Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit" (143:7).
- **Moses** was distressed - cried to the Lord, "I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me – if I have found favor in your eyes – and do not let me face my own ruin" (Numbers 11:14-15).
- **Elijah** was discouraged *"I have had enough Lord, he said. Take my life, I am not better than my ancestors."* 1 Kings 19:4
- **Job** -*"Why did I not perish at birth, and die as I came from the womb?"* Job 3:11; *I have no peace, no quietness, I have no rest, but only turmoil."* Job 3:26; *"I loathe my very life, therefore I will give free rein to my complaint and speak out in the bitterness of my soul."* Job 10:1

- **Jeremiah** - Also known as the weeping prophet, Jeremiah suffered from constant rejection by the people he loved and reached out to. he wrestled with despair and a great sense of failure. *“Cursed be the day I was born...why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?”* Jeremiah 20:14, Jeremiah 20:18
- **Saul?** - tormented
- **Solomon?** -conflicted

Depression-Related scriptures

- **Psalm 77:4** You hold my eyelids open; I am so troubled that I cannot speak.
- **Psalm 34:18** The Lord is near to the brokenhearted and saves the crushed in spirit.
- **Psalm 42:11** Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
- **Revelation 21:4** He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”
- **Isaiah 40:31** But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.
- **Psalm 30:11** You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,
- **Psalm 102:1-11** A Prayer of one afflicted, when he is faint and pours out his complaint before the Lord.
- **Matthew 11:28-30** Come to me, all 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. For my yoke is easy, and my burden is light.”

- **2 Samuel 22:29** For you are my lamp, O Lord, and my God lightens my darkness.
- **Psalm 147:3** He heals the brokenhearted and binds up their wounds.
- **2 Corinthians 7:10** For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

The '**Black cloud**' - throughout modern history people have been referring to depression as a black cloud. People of all ages and cultures and backgrounds, use the same reference. This may indicate- that much like the 'spirit of fear' referenced in 2 Timothy 1:7, depression may also sometimes come in the form of an oppressive spirit.

Depression Conclusion

Associated with hopelessness. SOLUTION - HOPE, HOPE IN GOD

Paul discovered what was, for him, the secret to contentment: focusing on the Lord and drawing our strength from Him (Philippians 4:10-13).

Take for example the instructions in 1 Timothy 6:11-12 =

1. Flee from evil
2. Follow after righteousness, godliness, faith, love, patience, meekness
3. Fight the good fight
4. Take hold on eternal life

Flee (shun, run away from, escape) evil. Follow after (pursue even in a hostile manner, run swiftly in order to catch, seek eagerly) the things of God, fight (enter into a contest, contend with adversaries, struggle with difficulties and dangers, endeavour with strenuous zeal, compete for a prize, to accomplish something) the good fight, take hold on (take possession of, catch, seize) eternal life (the fullness of life everlasting, life real and genuine, a life active and vigorous, devoted to God, blessed, in the

portion even in this world of those who put their trust in Christ, but after the resurrection to be consummated by new accessions (among them a more perfect body), and to last forever.)

Overall Conclusion

- What are we feeding?
- There are 2 truths
- It is not spiritual weakness. (any more so than suffering a broken leg is).
- Choice
- You have power. You are not defeated while Christ lives. You are not defenceless.
- Tri-factor
 1. WORD
 2. WORSHIP
 3. RELATIONSHIP (with God, with others)

Outro

- Website
- Direct back to weekend services
- Like, share, subscribe

[Kings.institute](https://www.kings.institute)

[Compass.academy](https://www.compass.academy)

[His-story.com](https://www.his-story.com)