

MINDFIELD – Part 1

Here's what I know about the thoughts in your head.

Some of the thoughts in your head are your thoughts.

Some of the thoughts in your head are someone else's thoughts.

Someone said something hurtful and demining about you and now their thought is in your head.

Some of the thoughts in your head are planted by advertisements, or by the media, etc.

Buy this brand and you will be in the in-crowd.

Some of the thoughts in your head are from the Holy Spirit.

Ezra 1:1 the Lord stirred the heart of Cyrus king of Persia to assist in rebuilding the temple in Jerusalem.

God stirred the king's heart or God gave him the thought.

Some of the thoughts in your head are from the Holy Spirit.

And some of the thoughts in your head are from your enemy.

You and I are responsible for the thoughts we entertain.

Perhaps you've heard the phrase: You can't keep a bird from flying over your head, but you can keep a bird from building a nest in your hair.

We all have random thoughts. You can't help that. **Last week Pastor David King said, "The devil will put a thought in your head and then blame you for the thought."** That's so true. We are not responsible for the random thoughts that race through our head. But we are responsible for what we do with those thoughts.

Hebrews 4:12 NKJV

For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, *and is a discerner of the thoughts* and intents of the heart.

Question:

How do I if a thought is my thought, or if it's the HS's, or if it's the enemy?

Answer:

Does it agree with God's Word?

Does that thought agree with what God says about you in His Word?

I want to do a survey real quick...

Raise your hand if you have received Christ as your Savior. [Allow for response.](#)

Raise your hand if you have ever doubted your salvation. [Allow for response.](#)

1 John 5:13 NIV

I write these things to you, those who believe in the Son of God so that you may know that you have eternal life.

God does not want you doubting your salvation, but the devil does. **Every defeated Christian I've ever met has doubted their salvation.** I know you're not perfect yet, nor am I. Let me remind you that you didn't give saved because you're perfect; you got saved because you believed on the Lord Jesus Christ.

My friend back in Kentucky – “I really want to be saved. I’ve been crying out to God for over a year but I still haven’t prayed through for salvation.”

If you need to repent over something, repent, but stop believing the lie of the enemy that you’re not a child of God. If you’ve given your heart to Jesus in God’s eyes you are righteous, holy, blameless, faultless, and perfect. When God sees you He sees you just as holy and righteous as Jesus Himself.

1 John 2:1-2 NLT

My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. ²He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world.

Every defeated Christian I’ve ever met has doubted their salvation.

Let’s continue our survey....

Raise your hand if you’ve ever thought that perhaps you blasphemed the HS and can’t be saved?

Raise your hand if at some point you thought perhaps you were possessed by the devil?

How many of you have ever felt guilty and shameful and you didn’t even know why you felt guilty?

Raise your hand if you ever thought you were losing your mind?

The enemy will tell you that you’re the only one with those thoughts, that’s why he’s called a deceiver.

Ezekiel 13:22

With lies you have made the heart of the righteous sad, even though I did not want them to be sad...

How did the enemy make God’s people sad?

With lies.

Just because you believe something that doesn’t mean that it’s true.

I think most of us believe that spiritual warfare is out in the cosmos somewhere. But I would say that 90% of spiritual warfare is between your ears.

2 Corinthians 10:4-5 KJV

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; ⁵ Casting down *imagination*s, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every *thought* to the obedience of Christ.

It is clear from this passage that most of the spiritual warfare we encounter is in our own head.

Notice there's a progression here:

1. Thoughts
2. Imaginations
3. Strongholds

We are not responsible for random thoughts.

But when we dwell on those thoughts, they become exaggerated imaginations.

Dwell on those thoughts long enough and they will become strongholds.

The Bible says that *you will know the truth and the truth will set you free.*

The Bible doesn't say, "*The truth alone will make you free.*"

The Bible says that *you knowing the truth* is what makes you free.

Invitation

If there's been a war going on in your head, I want you to come join me at the altar.

Picture a police officer at a busy intersection directing traffic.

He holds up his hand and cars back up by the dozens. Does that officer have the physical strength to hold back 30 or 40 vehicles? No. But he does have the authority to do so. **Now get this: His authority is dependent upon the force behind him. If you mess with him, you mess with everyone behind him.**

You and I, have all of Heaven behind us. *In the garden Jesus said, "Do you not realize that I could..."*

Don't underestimate your authority.

You have the Spirit of God at work within you and you have all of Heaven behind you.

This is why Peter said to the lame man begging outside the temple, *"Silver and gold have I not but such as I have rise up and walk."* This is why Paul in *Acts 16, looked at a woman tormented by an evil spirit and commanded the devil to leave her and she was set free.* This is why Peter *spoke to a dead girl and the girl came back to life.*

Understand the authority you have as a believer.

When you gave your heart to Jesus you were deputize by Heaven. You may not see a badge on your chest, but the Holy Spirit has placed a seal on your heart. As a believer you have been given authority.

I'm going to give you one practical tip to help you change the way you think.

Go buy a new journal today.

For the next 30 days, take a few minutes at the end of every day and write in your journal.

You can only write what God spoke to you.

This journal is not for your struggles.

This journal is not for your fears.

This journal is only for what the Holy Spirit says to you.

How do I know if it's the HS?

Is it good, encouraging, uplifting, is it a passage of Scripture?

Then count it as God.

MINDFIELD – Part 2

In this series we're talking about winning the war in our head.

No one can live beyond the limitation of their own beliefs.

Your potential will always be slave to what you believe about yourself.

Ability doesn't determine greatness; mentality determines greatness.

Everyone around you can believe in you, and God believes in you, but winning or losing is based on what you believe about you.

Lesson #1: People are in bondage to the lies they believe.

The first step to winning the war in your head is understanding the Gospel. As a believer, if you don't understand the Gospel, you will live a tormented beat down life. Before you received Christ, you and I were slaves to sin. Now, because of you have received Christ, sin's power over you has been broken.

Colossians 1:13 NKJV

He has delivered us from the power of darkness and transferred *us* into the kingdom of His dear Son.

Romans 6:11 NLT

Consider yourselves dead to the power of sin and alive to God through Christ Jesus.

Galatians 5:1 NLT

So Christ has truly set us free...

If you have received Christ in your life, satan has no authority over you anymore.

However, he is committed to keeping you from believing that.

He is the *"father of lies."*

Most Christians believe more in Karma than they do in the Gospel.

Karma says, "Do good and good things will happen to you. Do bad and you'll get bad."

The Gospel says, “You were bad, but while you were sinning Christ died for us.”

The enemy is committed to keeping you focused on you and what you have done instead of Jesus and what He has done. The enemy will keep you tormented if he can deceiving you into thinking God is disappointed with you and that you’re never going to change.

Hebrews 10:14

For by one offering He has perfected forever those who are being sanctified.

Notice that your salvation is perfected forever. If you’ve put your faith in Christ and given your life to Him, you are saved, born again, a new creation, the old has gone, the new has come, you are not who you used to be, you are in Christ Jesus, **and God is not mad at you**. And you are in a process of being made more and more like Him.

Your salvation is perfected; your sanctification is progressive.

Did you know that the first part of you that’s formed after conception is... where you sit. What’s true in the natural is also true in the spirit. After salvation, the first thing you have to get ahold of is where you sit. You are seated with Christ in...

Let me give you an example of how the enemy works...

I have a friend who just started his own business. He was excited when he started, but now, after a few months, he’s going through the normal changes of owning his own business. Every small business owner knows the first year is beyond tough and the biggest struggle during that first year is the battle in your head.

My friend is wondering why it’s taking him so long to make money. My friend has only been in this business for a few months; it takes time. So, my friend is crying out to God and a thought pops in his head. Here’s the thought:

"Your business is failing because there's someone you haven't forgiven. You need to go and forgive that person and then your business will prosper."

So, let's think about this... The Bible calls satan a liar and an accuser. That's who he is and that's what he does. When you pray, not only does God hear your prayers, but the enemy hears them as well. So, in his torment my friend prays and then comes an accusation, "You haven't forgiven someone."

That's an accusation.

We all have to forgive, but forgiveness doesn't mean you have to go to someone and rehash old business.

In my opinion the enemy is accusing him which adds to the torment and the enemy is setting him up for more hurt.

So, how do you know the origin of the thoughts in your head?

You compare them to the word of God.

Psalm 84:11

He will withhold no good thing from those who love Him...

Proverbs 10:22

The blessings of the Lord makes one rich and He adds no sorrow to it.

I know where that thought came from.

I take it captive.

I forgive the person who hurt me, and move on, knowing that God's favor is on my life!

Lesson #2: The enemy's power is contained within the lies he tells. When his lies are exposed to the truth of God's word, his plans fail.

He will plant thoughts in your head like, “You’re not good enough to be a Christian. You can’t be saved, you still struggle with this or that...” You have to rise up and remind the devil what God’s word.

Romans 8:33

Who will bring a charge against God’s elect...

Lesson #3: There is no need for Christians to defeat the devil; Christ has already done that.

We just need to believe it!

Our job is to repent and believe.

Jesus once and for all defeated our enemy.

In 1803, the British created a civil service position that required a man to stand on the cliffs of Dover with a spyglass. His duty was to be a lookout against invasion. He was to ring a bell if he saw Napoleon Bonaparte’s army approaching. For 142 years, there was always someone at that post looking, watching for Napoleon and his men. The job wasn’t eliminated until 1945. Napoleon died on May 5, 1821. For 124 years, British parliament wasted time and money looking for an enemy who could not harm them. We often do the same. Your enemy has been defeated. *No weapon formed against you can prosper.* Isaiah 54:17 *If God be for you, it doesn’t matter who’s against you.* Romans 8:31

Faith Declarations: Who You Are in Christ

I am not who I used to be (2 Corinthians 5:17).

I am who God says I am, and He says I am forgiven (Psalm 103:12, [Ephesians 1:7](#), [Colossians 2:14](#)).

I am chosen ([1 Peter 2:9](#)).

I am royalty (1 Peter 2:9).

I am loved by God ([John 3:16](#), [Ephesians 2:4](#), [Colossians 3:12](#), [1 Thessalonians 1:4](#)).

I am holy and without blame ([Ephesians 1:4](#), [1 Peter 1:16](#)).

I have the mind of Christ ([1 Corinthians 2:16](#), [Philippians 2:5](#), [Proverbs 2:7](#)).

I have received the power of the Holy Spirit, and I have authority over the enemy in this world ([Mark 16:17-18](#); [Luke 10:17-19](#)).

I am fearfully and wonderfully made (Psalm 139:14).

Anything that touches me touches the apple of God's eye (Zechariah 2:8).

I take every thought captive and make it obedient to Christ (2 Corinthians 10:5).

Worry is not my master. I am a Word person, not a worried person (Matthew 6:25-34).

His peace guards my heart and my mind ([Philippians 4:7](#)).

God has not given me a spirit of fear, but a Spirit of power, of love, and of a sound mind ([2 Timothy 1:7](#)).

The Lord is my helper (Hebrews 13:6).

I will not be afraid. I am empowered (Colossians 1:11).

I am His masterpiece, created in Christ Jesus to do good works (Ephesians 2:10).

God's blessing is on my life (Psalm 3:8).

He daily loads me with benefits (Psalm 68:19).

His Spirit lives within me (Romans 8:11, [Galatians 2:20](#), [1 John 4:4](#)).

I am far from oppression, and will not live in fear ([Isaiah 54:14](#)).

Sin does not have dominion over my life (Romans 6:14).

Whom the Son has set free, is free indeed (John 8:36).

I am the righteousness of God in Jesus Christ ([2 Corinthians 5:21](#)).

I am the head and not the tail, which means, I am always ahead and never behind ([Deuteronomy 28:13](#)).

I am free from the curse of sin, sickness, and poverty ([Deuteronomy 28:15-68](#), [Galatians 3:13](#)).

I am seated with Christ in heavenly places ([Ephesians 2:5-6](#), [Colossians 2:12](#)).

I am strengthened with all power according to God's glorious might ([Colossians 1:11](#)).

If God be for me, it doesn't matter who is against me (Romans 8:31).

Goodness and mercy will follow me all the days of my life (Psalm 23:6).

Times of refreshing come in the presence of the Lord (Acts 3:19).

God's favor surrounds me like a shield (Psalm 5:12).

He gives me joy unspeakable (1 Peter 1:8).

Nothing can separate me from His love (Romans 8:38).

No weapon formed against me can prosper (Isaiah 54:17).

The angels of the Lord encamp around me (Psalm 34:7).

He promises to complete the good work he began in me (Philippians 1:6).

I am blessed!

MINDFIELD – Part 3

No one can live beyond the limitations of his or her own beliefs.

Your potential will always be slave to what you believe about yourself.

Backdrop for Num 13:

Over a million people have left 400 years of slavery in Egypt. God had promised to bring them out with signs, wonders and miracles – which He did. God had given them a promise that they would possess a land, a prosperous land, a place they could call home. They had a promise from God and that promise ignited a dream in their heart!

When they arrive at the outskirts of this land of promise, they send in twelve spies. Ten of those spies come out and this is what they said...

Numbers 13:31-33

The men said, “We be not able to go up against the people; for they are stronger than we.” ³²So, they brought up an evil report, saying, “The land, through which we have gone to search, is a land that eats up the inhabitants thereof; and all the people that we saw in it are men of a great stature. ³³And there we saw the giants, the sons of Anak: and we were in our own sight as grasshoppers, and so we were in their sight.”

One of the lessons we learned last week is that people are in bondage to the lies they believe. Ten of the twelve spies believed a lie. God called them victorious; they called themselves defeated.

Your potential will always be slave to what you believe about yourself.

Middle-School football and my friend Tex.

A person becomes what he or she thinks about all day long.

Eventually, you will bring about what you think about.

If you think in positive terms, you'll see positive results.

If you think in negative terms, you'll see negative results.

What you think about today and tomorrow, next month and next year, will shape your life and determine your future. Change the way you think, and it will change your life.

In the field of psychology there's something called a ***pattern interruption***. Pattern interruption is a technique used to break a person's habit of thinking and behaving. It's the difference between reacting and responding. And here's how it works.

Think of these 3 words: **Trigger, Thought, Behavior**

When I'm facing a major challenge in life and my mind and emotions are getting the best of me, I will take a break and write what I'm feeling in a journal.

Instead of worrying, I write.

You know where I got the idea from?

The book of Psalms.

The book of Psalms is David's pattern interpretation.

Once I write it, it's done, I'm not worrying about it anymore.

Example

Service number three was a lot of fun. God add to YOUR CHURCH daily those who are being saved! Every week we gather people are responding to the invitation, that's so encouraging.

A few days later... I am feeling totally overwhelmed again today. If I could talk God into killing me, I would. We have six people on our worship team. Our bass player and drummer are only with us for eight weeks. Our guitar player and key board player are married, talented, anointed, and love Jesus. Melissa and I so love them. Today they told us that they are relocating due to his job. Wow, that's going to leave a mark! Yesterday I got a call from our nursery director, and she told me that one of our nursery team members is leaving. A couple days before that, the family leading our children's ministry told me that children's ministry was not their cup of tea after all. We're only three weeks into this and our team is breaking up before me. Dear God HELP ME!

Success in life is 10% ability and 90% mentality.

You cannot have a positive life with a negative mind.

In the same way, you cannot have a negative life with a positive mind.

Today's lesson: The enemy's power is contained within the lies we believe.

There's actually no need for a Christians to defeat the devil; Christ has already done that for us.

We just need to believe it!

Our job is to repent and believe.

In 1803, the British created a civil service position that required a man to stand on the cliffs of Dover with a spyglass. His duty was to be a lookout against invasion. He was to ring a bell if he saw Napoleon Bonaparte's army approaching. For 142 years, there was always someone at that post looking, watching for Napoleon and his men. The job wasn't eliminated until 1945. Napoleon died on May 5, 1821. For 124 years, British parliament wasted time and money looking for an enemy who could not harm them. We often do the same. Your enemy has been defeated.

MINDFIELD – Part 4

Let's talk today about overcoming anxiety.

A recent article from *The Psychiatric Association* reports that...

Americans are reportedly more anxious now than they've ever been.

77% of adults in the U.S. say they are anxious about the election

70% say they are anxious about the economy

68% say they are anxious about paying their bills

63% say they are anxious about their health

57% say they are anxious about climate change

50% say they are anxious due to feelings of loneliness

46% admit that their smart phones have only added to their anxiety

One psychologist wrote, "Living in a world of constant news, news of global and local turmoil, has only increases our anxiety. Exposure to everything that happens in the world around us, does not lend itself to more peace of mind."

In 2024, just one in four adults say they talked with a professional about their mental health.

First let me say that if you have battled or are battling anxiety, you are not alone. Not only do those stats prove that, but throughout God's word we read about great men and women who battled a season of anxiety.

7 things to improve your mental health:

I'm going to start off spiritual and move toward practical.

1. Peace with God.

John 14:27 NLT

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give.

My friend, you don't have peace, until you have peace with God.

Do you know why the righteous are as bold as a lion?

Because when you know how you stand with God, you can stand against anything.

2. A clear understanding of God's promises.

Did you know there are 5,467 promises in the Bible?

There's a promise concerning every area of your life.

If you prayed through one promise a day, it would take fifteen years to pray through all the promises God's made to you.

The more you understand those promises, the more at peace you will be.

3. A dedication to a local church and godly community.

If you and I met for the first time and you asked me what I did for a living and I said, "I'm a professional baseball player." Your next question would be, "Who do you play for?" If I said, "I don't play for a team because I don't believe in organized sports." You would think to yourself, "This guy is an idiot."

In the same way, it's funny to me that a lot of people say they are Christ followers but they're not in any way connected to a local church. And I know what people say, "Well I got hurt in church once." Well heck, I got food poisoning at a restaurant once, but I didn't stop eating. You and I were designed for godly community and connection.

Don't just attend church a few times a year. Make a commitment to go through our 10 Next Steps. Getting rooted. Getting involved. Building community. Making church a priority.

This is my family.

We love one another.

We pray for one another.

We worship together.

We serve together.

We laugh together.

We grow together.

Thank God for the church.

4. Saying no to toxic relationships.

If there's someone in your life who's always making their crisis your crisis then you need to set some boundaries.

Avoid negativity like the plague.

If you can't correct it, avoid it.

Say no to toxic people.

Make sure the people in your boat are rowing with you and not drilling holes in the boat behind your back.

5. Create margin in both time and finances.

Proverbs 21:20

A foolish man spends whatever he gets...

Not only do we need margin in our finances, we also need margin in our time.

If it takes you 30 minutes to get to work, allow 45.

Don't make a habit of waiting until the last minute to do things.

We are the head not the tail that means it's God's will that we stay ahead.

Get plenty of sleep.

Work proper play and recreation into your schedule.

6. Taking care of yourself physically.

Proverbs 23:1-2

When you sit to dine with a noble, notice what is before you, and put a knife to your throat if you are given to gluttony.

This week I read an article published by the Harvard Medical School. The title to the article was *Nutritional Psychiatry: Your Food and Your Brain*.

"Your brain is always 'on.' It takes care of your thoughts and movements, your breathing and heartbeat — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That 'fuel' comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. Like an expensive car, your brain functions best when it gets premium fuel."

7. A healthy relationship with electronics.

How many would confess that social media has robbed you of your peace at some point?

Put the gadgets down.

What's the Holy Spirit saying to you right now?

John 16:33

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

2 Thessalonians 3:16

Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Invitation for salvation

MINDFIELD – MELISSA’S STORY

1. It is God’s will to heal us.

Psalms 103: 2 says “Bless the Lord O my soul and forget not all His benefits. Who forgives all your sins and heals all your diseases”

2. The power of our words.

Proverbs 18:21

Death and life are in the power of the tongue”---don’t take ownership of anything that doesn’t come from God. Don’t say “my anxiety” or “my disease”

3. The power of God’s word.

Matthew 24:25 “Heaven and earth will pass away but my words will by no means pass away”

Wait, heaven will pass away and disappear???

Revelation chapter 21:1 -John is seeing visions that God is giving him of the last days and he says “then I saw a new Heaven and a new earth, for the Old heaven and the old Earth had disappeared. And the sea was gone. 2. And I saw the holy city, the new Jerusalem, coming down from God out of heaven like a bride beautifully dressed for her husband.

The initial diagnosis

- I was a senior in high school, 17 yrs old -passing a little blood when I went to the bathroom.
- The doctor at that time did not run ANY diagnostic tests when he gave me the diagnosis.
- No medication given- I really didn’t need any

***The few months following this diagnosis, I began to experience more symptoms before graduating from high school—running to the bathroom, more blood and began to have pain.

- Get up from the table as soon as I sat down to eat.
- Sometimes just **thinking** about eating, it triggered something in my mind and I would have to go to the bathroom.

I graduated high school but...

Through the summer symptoms began to get worse.

COLLEGE

I went to Cumberland college in the fall on scholarships and grants.

STRESS- these years are the most stressful times in a person's life.

It became harder and harder to control the urges to the bathroom, and harder to control my bowels.

I lived in a freshman dorm, with about 25 freshman girls- maybe 3-4 showers and 3-4 bathroom stalls. (we shared one land line phone on that floor)

I began to lose control in public.

>>>>I became embarrassed, humiliated fear would paralyze me. Constantly thinking, "how far to the nearest bathroom".

FEAR of having an accident overpowered me, which was happening more and more.

I never told my friends what I was going through, because it was humiliating to talk about I came home every weekend and one weekend I came home and I told mom and dad everything—the blood, the loss of control of my bowels and the pain.

***** Mom and dad scheduled me to have a colonoscopy at the local hospital.**

After the colon test- I woke up from the anesthesia and my dad was standing over me by the stretcher he said "the doctor said you have ulcerative colitis"

- No cure
- "on medication probably for the rest of your life"

But, I was ok with this. I could get treatment. I could get relief.

medication worked immediately- the doctor was impressed.

I began to focus on school

Over the next 6 years (Yes I went to school 6 years for a 4 yr degree)—

- there were ups and downs
- of having symptoms under control
- and sometimes during stress, it flared up eventhough I was on medication.

During Finals-

- not allowed to get up and go to the bathroom. They will think you're cheating. (Cell phones were not even invented yet).
- one semester while attending Cumberland college, had an urge to go to the bathroom. Lost control of everything during a final exam. Had 2 finals back to back.
 - Praying no one could tell
 - Praying my clothes were not ruined
 - Praying there is no odor.

Sickness is NOT pretty- just like sin...

It can bring:

- Shame
- Humiliation
- Worry
- Fear

In 1990 I Transferred to EKU- to pursue Nursing.

In the final year of nursing school, senior year (or 6th yr) ...

It was the most stressful time of my life.

Exams were hard.

STRESS-

Medication stopped working- we tried several different medications/treatments- I was at school given myself cortisone/steroid enemas. It was painful.

The **spring semester** before graduating from nursing school---

- Going to the bathroom about 20+ times per day
- Blood
- Pain
- Loss of control
- *Loss of appetite*
- Began to lose wt

I became desperate

- I couldn't understand why God had not healed me
- I would be in the bathroom in the doorm at 1,2,3 oclock in the morning.

But when you are desperate for answers about a situation, the **only** thing to do is to search the scriptures.

I realize the cross was for:

- Salvation
- Healing
- Peace of mind

Everyone at church were praying for me and yet nothing was happening.

But I found so many wonderful things and promises of God, that I actually read for myself.

Such as **Isaiah 53:3-5** (amplified starting at verse 3)

"He was despised and rejected by men, a man of sorrows and pain and acquainted with grief; and like One from whom men hide their faces He was despised, and we did not appreciate His worth or esteem Him. 4. But in fact, He has borne our griefs, and has carried our sorrows and pains; Yet we assumed

that He was stricken, struck down by God and degraded and humiliated by Him. 5. But He was wounded for our transgressions, He was crushed for our wickedness (our sin), our injustice, our wrongdoing), the punishment for our wellbeing fell on Him and by his stripes (wounds) we are healed."

(there's a joke about me being borned saved---or born on tha altar). Went to church all my life. We had church 4 times per week. – not small groups- church services. Dad prepared 4 messages per week and I listened to them.

***You know we can come in here on Sunday and listen to Jason or whoever is preaching or speaking but we have to know what God's word says for ourselves. I cant have a relationship with God and know his word through my parents or my pastor...I want to know him for MYSELF. We should be talking and listening to God throughout the week. *** Its NECESSARY

Other scriptures I found:

Hebrews 13:8- Jesus christ is the same, Yesterday, Today, and Forever.

I began to Believe to it

Psalms 107:20

He Sent out His word, and healed them.

Romans 10:17

Faith comes by hearing and hearing by the word of God.

I began to speak the word out loud and preach to myself.

All day long I would listen to healing scriptures on cassette. ---I would play the healing scriptures cassette when I layed down to sleep at night.

Psalms 91

No evil will conquer you, no plague will come near your dwelling.

WHAT happened during this time is I was ingesting God's word. It took root inside my mind and heart.

Week before Spring break, my faith was soaring.

- **Went to the parking lot** to go to my clinical that was in Lexington Ky at Baptist hospital.
- Gush of blood, and I went back to the room and changed my clothes.
- Each day, getting weaker , losing wt, living off bites of food, jello, popcicles.
- When I got back from clinical later that afternoon, I decide to go home early for Spring Break.

I don't even remember driving 2 hours home at all. I just know I made it home. Maybe by Friday or Saturday before spring break it had started snowing. "Blizzard of '93"

Mom scheduled me to have a colonoscopy of Wednesday of my spring break.

****these few days of being trapped in the house with 18 inches of snow....it was fight for my life****

-dad called all of his pastor friends he knew to pray...he called everyone.

During this week of being snowed in sometimes our faith was high and sometimes during painful times, trips to the bathroom, faith was low. ---**I mean it was a fight, physical yes, but it was spiritual.**

- **We didn't have TV- because of the snow. We didn't watch it anyway,**
- **We had no cell phones.**
- **All we had was the bible and a radio, we listened to southern gospel radio.**

This is how the enemy fights...

One night I went to my room to lay down to go to sleep. The devil puts this thought in my head...>>>
"your mom and dad..."

AT the same time--→the enemy puts a thought in my dad's mind while he is on his knees praying.....>
"she's dead, go check on her"

So Wednesday came and we loaded up to come to Knoxville to have to colonoscopy.

The Final Diagnosis

I weighed 87 lbs.

'You have ulcerative colitis in your entire colon:

- Up until this time, it was limited to the lower part of my colon.

Need to be on strong steroids- MAX—I SAID I CANT Take that medication.

-Need to have your colon removed in a couple of weeks.

- If you don't do these two things, you will die in 6 weeks and I don't want to be responsible for your death"

The HEALING

WE went home to Kentucky and went to church!

I had nothing left but to be in God's presence.

Becky began singing "he will do it again"

Lady interrupts- (I wouldn't advise anyone to interrupt pastor dave, or worship unless it's a life and death situation. But this was! She said..."if you believe Melissa IS healed, start walking"

Electricity in my hands – ended up in the floor

HEAT in my abdomen

Someone put a microphone in my hand---"I thank the Lord for healing me"

Friday night

Dad had a vision- came and told me

Asked me what I wanted to eat and what I wanted to weigh

I WENT BACK TO SCHOOL on SuNDAY afternoon—

Healing don't always happen at once.

First week back- did not lose any wt

2nd week, gained 1 lb

3rd week, gained another pound.

6 weeks after that death sentence....I graduated on the football field weighing 92 lbs

Worship team- come back, prayer team come up.

TWO truths

Leave you with this truth

1. God always finishes what He starts.

Philippians 1:6

I am confident of this very thing...that he who begins a good work in you, will continue to perfect it until the day of Jesus christ.

2. You have God given authority

Luke 10: 19

Behold I give you authority and power to trample on serpents and scorpions and ALL the power of the enemy..and NOTHING shall by any means hurt you.

QUESTION: Why didn't Jesus include snakes and scorpions in with "all the power of the enemy?"

What do snake/serpents and scorpions have in common? They both contain poison. We have authority over every toxic thing or thought the enemy throws at us.