

# SYMPTOMS OF AN OPPRESSED MIND



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Tormented by fear

Tortured by a memory or experience

Obsessive thoughts

Feel self-hatred, fixation with death

Unending grief

Hopelessness and depression

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**We believe a lie**

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# We believe a lie

A lie about who you are

A lie about your future

A lie about the result of your past

A lie about the impact of situation you are facing

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John 8:44

When he (the devil) lies, he speaks his native language, for he is a liar and the father of lies.

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# **Tormented by fear**

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Hebrews 2:14-15

<sup>14</sup> Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— <sup>15</sup> and free those who all their lives were held in slavery by their fear of death.

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1 John 4:18

There is no fear in love; but perfect love casts out fear,  
because fear involves torment.

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There is no fear in love; but perfect love casts out fear, because fear involves torment.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power, love, and a sound mind.

Isaiah 41:10

Fear not, for I am with you... I will strengthen you.

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Romans 8:15

For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons *and daughters* by which we cry out, “Abba! Father!”

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**Tortured by a memory  
or experience**

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2 Corinthians 12:7

<sup>7</sup> Because of the extraordinary *greatness* of the revelations, for this reason, to keep me from exalting myself, there was given to me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself!

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1 Timothy 1:13

<sup>13</sup> Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief.

1 Corinthians 15:9

<sup>9</sup> For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God.

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Philippians 3:12-14 (ICB version)

<sup>12</sup> I do not mean that I am already as God wants me to be. I have not yet reached that goal. But I continue trying to reach it and to make it mine. Christ wants me to do that. That is the reason Christ made me his. <sup>13</sup> Brothers, I know that I have not yet reached that goal. But there is one thing I always do: I forget the things that are past. I try as hard as I can to reach the goal that is before me.

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# Obsessive thoughts

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Psalm 94:19

In the multitude of my anxieties within me,  
Your comforts delight my soul.

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Psalm 46:10

<sup>10</sup> He says, “Be still, and know that I am God;

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**Self-hatred; fixation  
with death**

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Revelation 12:10

The accuser of our brethren... who accused them before our  
God day and night.

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1 John 3:20

If our heart condemns us, God is greater than our heart.

Romans 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus,

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2 Corinthians 5:17

<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

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# Unending grief

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Psalm 6:6

I am worn out from my groaning.

All night long I flood my bed with weeping  
and drench my couch with tears.

Ecclesiastes 3:4

<sup>4</sup> a time to weep and a time to laugh,  
a time to mourn and a time to dance,

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Psalm 30:11

You have turned my mourning into dancing;  
you have loosed my sackcloth  
and clothed me with gladness.

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# **Hopelessness and depression**

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Matthew 8:5-6

<sup>5</sup> And when Jesus entered Capernaum, a centurion came to Him, begging Him, <sup>6</sup> and saying, “Lord, my servant is lying paralyzed at home, terribly tormented.”

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Lamentations 3:18

My endurance has perished; so has my hope from the Lord.

Lamentations 3:21–23

“But this I call to mind, and therefore I have hope:  
The steadfast love of the Lord never ceases

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Psalm 34:18

The Lord is near to the brokenhearted.

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Romans 15:13

May the God of hope **fill you** with all joy and peace as you trust in him, so that you may overflow with hope by the **power of the Holy Spirit**.

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Romans 12:2

Be transformed by the renewing of your mind.

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