



**The Cure for  
the Oppressed  
Mind**

## **Symptoms of an Oppressed Mind**

- Tormented by fear
- Tortured by a memory or experience
- Obsessive thoughts
- Feel self-hatred, fixation with death
- Unending grief
- Hopelessness and depression
- Confusion

**Understand the root cause**

## Ephesians 6:12

For our wrestling (battlefield of the mind) is not against flesh and blood, but against the principalities, against the powers, against the world-rulers of this darkness, against the spiritual hosts of wickedness in the heavenly places.

**Not every thought you have comes from your own mind.**

- God's thoughts (his thoughts are higher than our thoughts)
- Your thoughts
- Spiritually evil thoughts

1 Peter 5:8

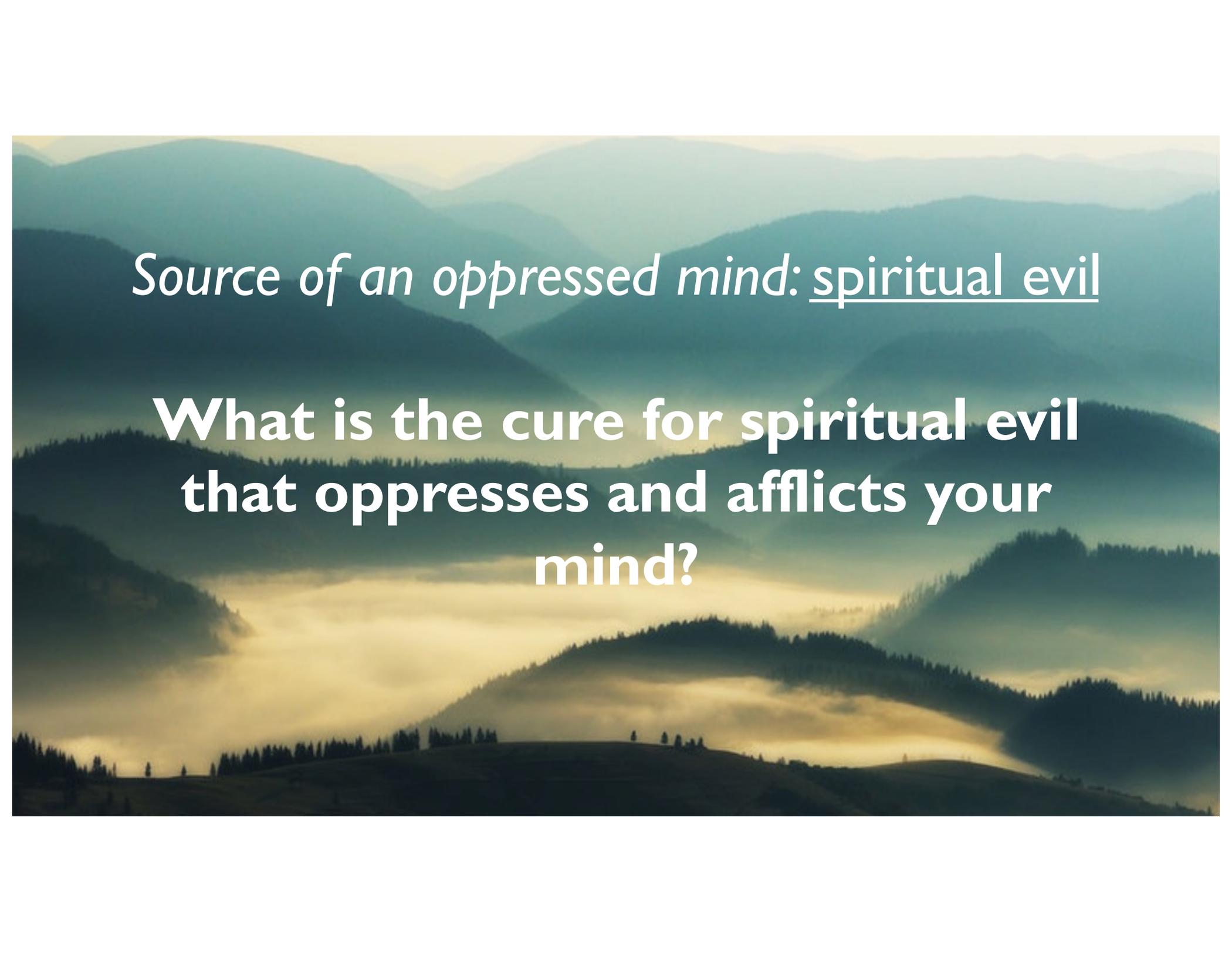
Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

John 10:10

The thief comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full.

1 John 3:8

The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work.



*Source of an oppressed mind: spiritual evil*

**What is the cure for spiritual evil  
that oppresses and afflicts your  
mind?**

Zechariah 4:6

So he said to me, “This is the word of the Lord to Zerubbabel: ‘Not by might nor by power, but by my Spirit,’ says the Lord Almighty.

A photograph of a dense forest with tall, thin trees and a dirt path leading through the center. The ground is covered in green grass and small white flowers. The text "Learn to tap into God's power" is overlaid in a white box in the center of the image.

Learn to tap into God's power

Philippians 4:13

I can do all things through Christ who strengthens me.

Romans 8:13

For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

Luke 10:19

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

A photograph of a dense forest with tall, slender trees and a thick canopy of bright green leaves. Sunlight filters through the trees, creating a dappled light effect on the forest floor. A dirt path winds through the trees, leading the eye into the distance. The overall atmosphere is peaceful and natural.

Make God and His Word your spiritual  
source of nutrition

## Genesis 3:8

And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden.

## Genesis 17

When Abram was ninety-nine years old, the Lord appeared to him and said, “I am El-Shaddai—‘God Almighty.’ Serve me faithfully and live a blameless life. <sup>2</sup> I will make a covenant with you, by which I will guarantee to give you countless descendants.”

<sup>7</sup> “I will confirm my covenant with you and your descendants after you, from generation to generation. This is the everlasting covenant: I will always be your God and the God of your descendants after you.”

# God is all sufficient

Natural ability = exhausted

Human strength = gone

Timeline = impossible

## 2 Corinthians 3:5

Not that we are competent (sufficient) in ourselves to claim anything for ourselves, but our competence (sufficiency) comes from God.

## 2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Psalm 37:3

“Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.”

A photograph of a dense forest with tall, thin trees and a dirt path leading through the center. The ground is covered in green grass and small white flowers. The lighting is bright and natural, suggesting a sunny day. A white rectangular box with a thin black border is centered over the image, containing the text.

Repent of relying on other sources so that  
we will exclusively rely on God

## Hebrews 12:10-11

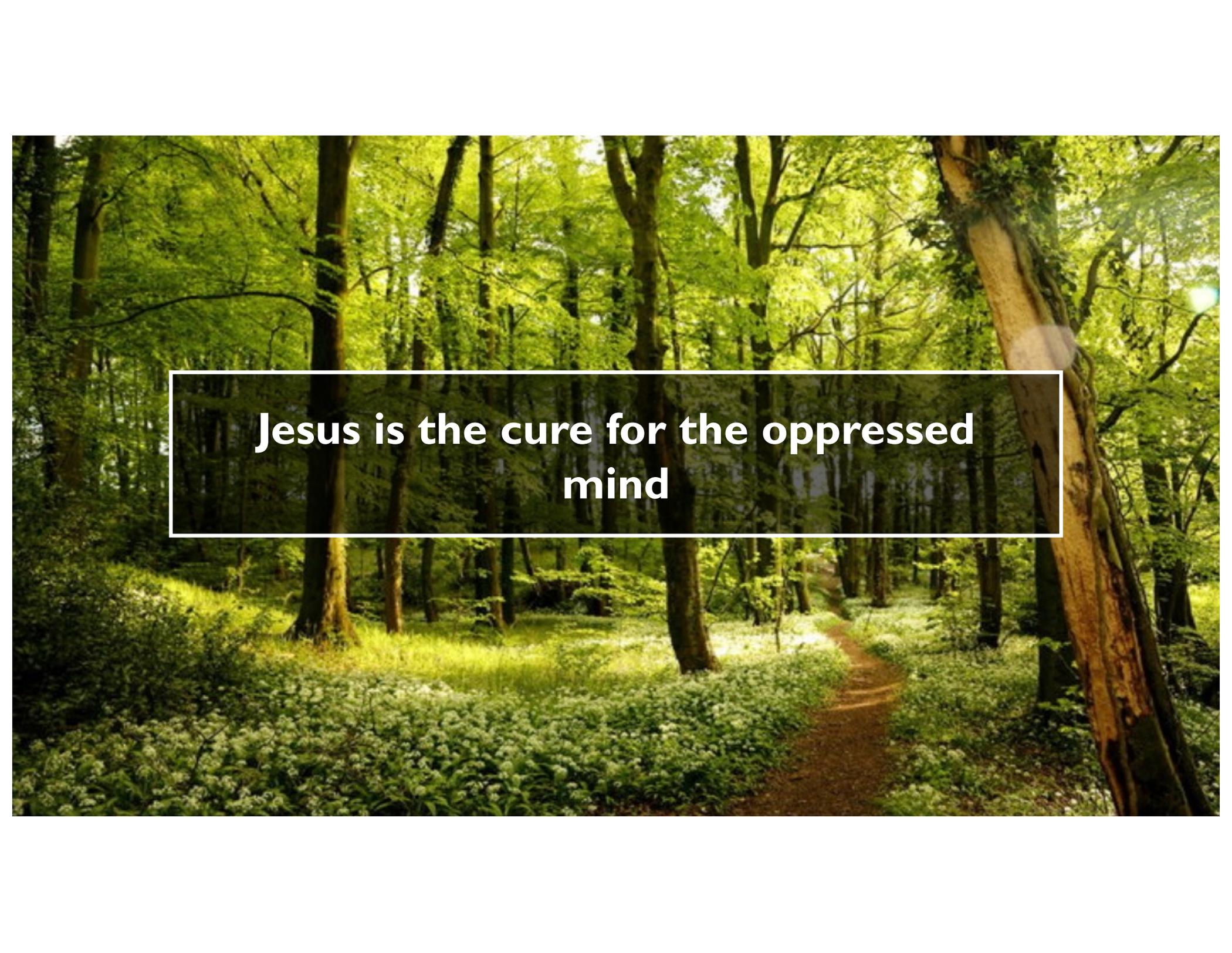
<sup>10</sup> ... God disciplines us for our good, in order that we may share in his holiness. <sup>11</sup> No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

## 2 Corinthians 1:8-9

We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.<sup>9</sup> Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

## 2 Chronicles 7:14

if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways (repent of your non-God sources), then I will hear from heaven, and I will forgive their sin and will heal their land.

A photograph of a dense forest with tall, thin trees and a dirt path winding through the undergrowth. The scene is bathed in bright, natural light, creating a vibrant green atmosphere. The path leads from the foreground into the distance, flanked by various green plants and ferns. The overall mood is peaceful and serene.

**Jesus is the cure for the oppressed  
mind**