

Having a Strong Mind for Weak Times! Pt 2

KJV Ephesians 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

In spiritual warfare one of the enemy's main targets is our mind; so, it **needs protection from the fiery darts of the enemy.**

- **Once such dart used by the enemy is STRESS!**

Stress or **anxiety** like many things comes in **degrees**, from **concern, to fear, dread and then terror!**

Terror is fear so great it overwhelms the mind and shuts it down!

The **prefrontal cortex** (PFC) is the most evolved region of the brain!

The prefrontal cortex helps people set and achieve goals.

However, it is also the most sensitive to the effects of stress.

The prefrontal cortex (PFC) regulates **our thoughts, actions and emotions.**

Special Forces and Green Berets who have been highly trained to endure extreme conditions, after **15minutes** of extremely stressful **interrogation** break down.

Testing showed their **prefrontal cortex** **shut down** and their cognitive skills were reduced to that of a child!

They couldn't remember basic things; they wrote and drew pictures like a child they have drawn out before with complex detail.

They could still use their brute strength fight, fire a weapon and the physical stuff, but the simple reasoning of an adult was lost!

Have you ever seen a person who could perform well in one area of their lives, but in another they were childish and immature!

- You can wrestle a bear, but you can pay your bills!
- You can work 80 hrs a week, but you can't talk to your children
- You've got energy for everything and everybody but God!

The enemy is after your mind and he uses **stress, anxiety and pressure** to wear us down and **reduce our cognitive abilities to that of a child!**

So, we can't make decisions, achieve goals or figure out basic problems in life!

Have wondered how a man can work hard to achieve things and turn around and make one bad decision that sets the family back 20 years!

Jesus when warning of what the end times will look like says this:

Luke 21:34 "Make sure that you don't become drunk, hung over, and worried about life. Then that day could suddenly catch you by surprise

Jesus said the times will become so difficult people will stress out—get drunk, over medicated and not be prepared for His return.

The apostle Paul tells Timothy times will become **perilous**, meaning **hard to take and hard to do (very stressful)!**

The **fifth piece** of the Armor of God is **The Helmet of Salvation!**

Five is the number of **grace and goodness** in The Kingdom of God!

A **Helmet** protects the head during combat! A serious head injury can cause brain trauma that affects the soldier's mind.

Are you doing well! You have a good job, nice family, live in a nice home but you're **stress out?**

You could lose everything you've prayed, worked and sacrificed for stressing out!

Having on **The Helmet of Salvation** reminds us of the grace of God.

The Helmet keeps our minds on Jesus!

The Helmet reminds of The Goodness of God!

- **Salvation is rescue, deliverance and preservation!**

The **Helmet of Salvation** rescues us from the strategies of the enemy!

The **Helmet of Salvation** reminds us no weapon formed against us!

The **Helmet of Salvation** let's me know I am preserved and protected!

*KJV Psalm 86:7 In the day of my **trouble** (distress) I will call upon thee: for thou wilt answer me.*

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

When I put the **Helmet of Salvation** on it renews my mind!

The **Helmet of Salvation** reminds me of the **goodness of God!**

It reminds me **that all things work together for my good!**

So, whenever something bad happens, we don't stress out cause we remember how good God is!

He's going to turn this things around for my good!

The **Helmet of Salvation** allows us to hear God clearly, because it provides a direct connection to Jesus.

The **Helmet of Salvation** is nothing but **The Mind of Christ!**

1 Corinthians 2:16 "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.