



**GROW  
IN  
GRACE**  
NEWSLETTER

**Volume 44, No. 41, October 10, 2017** / Southside Baptist Church & Christian School / P.O. Box 1594 / 1028 South Water Avenue, Gallatin, TN 37066 (615) 452-5951 / The Grow in Grace Newsletter **is a weekly Bible Study**, plus local church news notes— designed first and foremost for members and those attending services at Southside Church; and is sent forth with the desire to aid one and all, (including friends far and wide), in the experience of 2 Peter 3:18. ***"But grow in grace, and in the knowledge of our LORD and Saviour JESUS CHRIST. To Him be glory both now and forever. Amen."***

## **Psychology: the Study of the Soul** (Part 6) PRACTICAL HELPS FOR PATHS OF SANITY and Growing Christ-likeness!

C. H. Spurgeon wisely taught his students, ***"The bow cannot be always bent without fear of breaking. Repose is as needful to the mind as sleep to the body. . . Rest time is not waste time. It is economy to gather fresh strength."***

**THEREFORE**, in sort of a 'checklist' fashion this article will present a number of practical helps/suggestions (physical, spiritual, and/or emotional)... in no certain order... various sources used:

**FITNESS GOALS—** 1. Have a regular Physical check-up by a physician. Eat a proper diet. Follow a regular pattern of sleep. Exercise regularly. Allow for hormonal changes. 2. Sometimes there are real, physical issues which can and do affect our mental/emotional state. Various actual diseases can have negative impact in a variety of ways. Complications from medications for physical diseases can be a negative factor, etc. 3. Be accountable with someone who will encourage you to MOVE FORWARD with Godly choices. 4. ***Dr. S. I. McMillen,***

**M.D., in NONE OF THESE DISEASES,** informs us that bitterness can aggravate anything from a headache to a heart attack. 5. REALIZE that various personalities, physical changes, painful and/or long-term illnesses, emotional trauma, etc. — these are special OPPORTUNITIES to grow in grace. **MANY are quick to ‘drink the kool-aid’ of humanistic psychiatry** or even ‘Christian’ psychiatry that takes its ‘cue’ from secular, humanistic psychiatry— thus, they are running to PILLS and MISSING the kind of lessons and growth in grace that come through the crucible of varied and even intense suffering, as per JOB, or Joseph, or C. H. Spurgeon!

**SPIRITUAL FITNESS: Our spiritual state is critically connected to our emotional state. Such was Cain’s experience, as he rejected God’s solution: Genesis 4:1-8.**

**THEREFORE:** 1. **Encounter** God in a personal relationship through his Son, Jesus Christ (John 1:12). 2. **Seek** forgiveness for any sin that separates you and God or you and others. 3. **Follow** David’s example of confession to God (Psalm 32). **Trust** God for His love and healing when your ‘heart is broken’ (Psalm 147:3). 4. **Strengthen** your relationship with God in quiet times where He can give you perspective as He gave to David in the sanctuary (Psalm 73:17). 5. **Expel** anger and bitterness by expressing it to the Lord, in the manner of Hannah (I Samuel 1:9-11). 6. **When one is AMAZED at** God’s merciful forgiveness it becomes much easier to forgive others and be set free from resentments and bitterness.

7. **Refuse** negative thinking, which invites and perpetuates depression. (2 Corinthians 10:4-6) A negative response to a person or situation can trigger a downward spiral. This is what happened to Jonah, who griped and brooded until he wanted to die (Jonah 4:3-9).

8. **Memorize** God's Word. **Replace** negative thinking with God's promises. **Study** God's method of working with Elijah to overcome depression (I Kings 19:1-15). **Pray** and ask for God's help when the demand seems too heavy, just as Moses did when he cried out to God about his heavy load (Numbers 11:14).

9. **Praise God for his blessings**— this is great therapy for a heavy spirit. Worship GOD for who he is, just as Mary did: "My soul glorifies the Lord and my spirit rejoices in God my Savior" (Luke 1:46-47).

10. **Use *Thank-You Therapy***— obtain and read Don Baker's book by that name! **Continue praising** God by reading or singing from a hymnal. Search for a Godly friend who will not pamper your flesh, but compassionately point you to Christ— together you can dispel loneliness and overcome the relentless attacker of depression.

**REMEMBER: Incredible VILE emotions and behaviors are rooted in REFUSING God's revelation, in REFUSING to SUBMIT to God as God and in REFUSING to be GRATEFUL! (Romans 1:18-32)**

1. 'Pity parties' and 'Condemnation parties' are NO GOOD— reject them and replace them with PRAISE to God and with RESTING in Christ.

2. BE ENCOURAGED, remembering that **Spurgeon's repeated battles with depression did not deplete him spiritually**, but deepened his dependence upon God; and gave him comfort with which he was then able to comfort others— comfort that EXALTED CHRIST!

**Such is the fruit of godly, Christ-focused responses to such battles!**

(2 Cor. 1:3-5)

## **MENTAL/EMOTIONAL/SPIRITUAL STABILITY IS WAR— USE THE RIGHT WEAPONS!**

**BEWARE** of **JUSTIFYING** the works of the flesh and/or **justifying a lack of the fruit of the Holy Spirit by claiming** — after all, ‘the other person’ - (spouse, fellow church member, relative, neighbor, or whoever) ‘caused me’ to BE DEPRESSED!

**THE STRATEGY OF SURE DEFEAT, DEPRESSION, and DESTRUCTION is well trodden— for many use this same failed strategy over, and over, and over: (1) Accusing others and defending self; defending self and accusing others. (2) Blame-shifting and putting up smoke-screens to hide/excuse our own failures. (3) Confessing the real or imagined sins/faults of the other person **instead of** obeying Scripture and only confessing OUR OWN faults, (James 5:16; 1 John 1:9). (4) Gathering an army of supporters to promote ‘our side’!**

**NOTE: Most of this is carried on BEHIND THE BACKS of the ones we are accusing. In other words, we are gossiping, back biting, and usually slandering. REALITY: The longer these sin-filled, satan-pleasing tactics are used there will be growing hardness of heart, resentments, bitterness, hopelessness, and DEEP DEPRESSION!**

**GOOD NEWS: What other people do or don’t do is not to guide or control our responses.**

**Instead, as life ‘tumbles in’ we simply need to ask and respond in a Christ-like way to these two questions:**

**1. “LORD, WHAT do you have in this situation for me?”**

That is, what do you want to teach me? What do you want to take out of my life that has not or is not pleasing to you, LORD JESUS? What do you want to BUILD INTO MY LIFE so that I will be in attitudes, words, and actions an adornment to the Gospel of Christ?

**2. “LORD, WHAT do you have in this situation to accomplish through me?”**

That is, what are the attitudes, words, and/or actions you want me to take so as to REVEAL CHRIST to a watching world? What manifestations of the FRUIT OF THE HOLY SPIRIT do you desire to release through me so others will SEE JESUS?

**This foundational CONFESSION is powerful:**

“I am BOUGHT with the price of the precious blood of Jesus. He has full rights to manifest Himself through me!” ***“What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s!”*** (1 Corinthians 6:19-20)

**CHRISTIAN, you Are Bought With A Price! WE ARE BOUGHT WITH A PRICE— redeemed “...with the precious blood of Christ...”** (1 Peter 1:18)

**THEREFORE, CONFESS:**

**\*\* MY PAST— I have been bought by the blood of Jesus!** My sins are forgiven. Sin and satan’s power over me have been canceled. **I am not my own. I belong to Jesus!**” (Romans 12:1-2)

**\*\*\* MY PAST is forgiven! The blinding, binding, grinding power of sin and satan is broken. *Sin's weights are lifted!*** I am set free from the **futility of performance based living, of trying to be good enough to merit heaven.** I am resting in the total sufficiency of Jesus, in His precious blood, in His goodness and in His merit.

**\*\*\* IN THE PRESENT— CHRIST is for me! I am In Christ! Christ is in me; and I am a Minister of Reconciliation, an Ambassador for Christ, on Mission with God! (1 Cor. 3:7-9; 2 Cor. 5:19-20) \*\*\* MY PRESENT—** because I am forgiven and resting in Christ, I am now free to be and become all that Christ intends today! I no longer search or strive for significance— **for in Christ I have supreme significance! I AM A CHILD OF GOD! I HAVE A FAMILY! As an Ambassador for Christ and a Minister of Reconciliation— I HAVE A MOST SUGNIFICANT OCCUPATION!**

**\*\*\* MY FUTURE—** because of the BLOOD OF THE LAMB, **I will continue to experience the ongoing cleansing power of the blood of Christ; and I will rule and reign with Christ for all eternity.”** (Rev. 5:9-10; 7:9-12; 12:11) **\*\*\* MY FUTURE:** I am free from any obligation to fear death or the future. I am FORGIVEN, IN CHRIST, and COMMISSIONED to give His Gospel to others! Nothing or no one can separate me from the love of God in Christ. Whether I live or whether I die, I am the LORD'S!

**SUCH CONFESSIONS ARE CRITICAL in the battle against discouragement and/or depression;** as well as in various battles against the world, the flesh, and/or satan.

### **Mental/Emotional Fitness**

Face your problems. Reach for realistic goals, not to attain superiority but to honor Christ. **Focus on your personal**

**behavior, not on feelings. Certainly on the front end, feelings are neither right nor wrong— what we do with our feelings is what makes them right or wrong.**

CHOOSE to take care of your responsibilities **one at a time**. Spend some time with your family and/or friends— but not for a pity party.

**It is more blessed to give than to receive— find a way to focus upon the needs of others and in Jesus' name, help meet those needs.**

Play Godly, Christian music! Read/listen to God's Word. Structure each day to include work, relaxation, and worship. Whistle, sing, or hum while you work— if not out loud, then, in your spirit.

**LIFE IS OFTEN HARD IN A FALLEN WORLD. DIG DEEPLY INTO THE STORY OF OTHERS WHO FACED EVEN HARDER SITUATIONS AND WERE VICTORIOUS IN CHRIST!**

**The life of the Apostle Paul offers us a BLESSED EXAMPLE... which we hope to present next time!**

**"And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness.** Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong" (2 Corinthians 12:9-10).

Grace to all in Christ! James Bell // [www.southsidegallatin.org](http://www.southsidegallatin.org)

**SOUTHSIDE NEWS NOTES:**

**MONDAYS:** Jail Ministry— First and Second Monday of each month at 7:30pm. Questions? Contact Mike Munday at 615-681-7533

**TUESDAYS:** Come and sing every Tuesday night at Gallatin Health Care Nursing Home. Meet at the front door at 5:30PM.

**WEDNESDAYS:** ☐ **6:30pm— Children Ministry/activities;** ☐ 6:30pm— **Youth** Activities and Bible Study— **(Enter via double doors by gym)**

☐ **6:30pm— Wednesday CHURCH PRAYER SERVICE... (Enter via double doors by gym)** ... meet in Ladies Sunday School Room

**\*\*\* LADIES BIBLE STUDY—** the Gospel of Luke, 11:14-26! ... Cindy Bell, teaching. THE REMAINING MEETINGS FOR 2017: **TUESDAYS, OCTOBER 17, 31, and November 7... all @ 11:00am.** Park at the BACK of church, come in DOUBLE DOORS under the AWNING... **Door UNLOCKED by 10:30am... locked back at 11:10am**

**\*\*\* MEN:** EVERY SATURDAY MORNING @ 8am: Men's Fellowship/Bible Study! **{Present Study— The Epistle of JUDE}** AT THE back of Church building... Come in under the drive-thru awning, walk forward, coffee & biscuits WAITING!

**SUNDAY SERVICES OCTOBER 15, 22, 29 —**

**\*\*\*\* October 15— 9:30am** - Sunday School  
**10:45am** - Worship Service / **LORD'S SUPPER**  
**NO MEAL** /// **5:00PM, HOME GROUPS**

**\*\*\*\* October 22— 9:30am** - Sunday School  
**10:45am** - Worship Service / **Noon MEAL**

**5:30PM-7:30PM— FAITHFUL MEN,  
16 Concepts of a New Testament  
Church**

**\*\*\*\* October 29— 9:30am** - Sunday School

**10:45am** - Worship Service /// **NO MEAL**

**6:00PM, FIFTH SUNDAY EVENING OF SCRIPTURES AND  
PRAISE! (See Adam Troutt...)**