

**Fighting Back With Jesus
At Your Side
By
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Introduction

Psalm 23 is one of the most well known and most often memorized scriptures in the Bible. There is one word in there that is life changing and it is “through”. It says that we walk through the valley of the shadow of death. What we tend to want is for God to either pluck us out of the valley or wave a magic wand and turn the valley into a lush green pasture with a gentle babbling brook. But what He wants us to get is that when we go through hard times we need to learn how to walk with Him and trust that He is there and on our side. Sometimes we give things over to Him and then we take them back.

So how do we fight back with Jesus on our side?

- Never give up – Galatians 6:9 says, “Be not weary in well doing, for in due season, you shall reap what you sow.
- Sow good seeds – Maybe we have sown some bad seeds and we are reaping the harvest of that. Pull weeds and start sowing good seeds.
- Search your heart - Jeremiah 19:9&10 tells us that our heart can deceive us; we don’t always know our own motives. But God knows and we can ask Him to reveal our hearts.
- Humble yourself – Philippians 2:5-9 tells us that Jesus humbled himself to the point of giving up his position as God and became a servant. We are to be like that. If we will humble ourselves and quit trying to figure our problems out on our own, then He will reveal to us what we need to do.
- Avoid extremes – We tend to give up and do nothing or work our tails off and try to fix everything on our own. Neither extreme works. He wants us to be proactive but follow His lead. Ask Him to teach you how to walk with a since that He is with you.
- Acknowledge sin – As you do the above the Lord will reveal to you attitudes and behaviors that get in the way of God working in your

life. As you humbly repent and ask God to forgive you then you will begin to grow.

- Die to self – Galatians 5:24 tell us that if we are in Christ we have crucified the flesh (sinful nature and desires) and are alive in Christ. Your sinful nature may very well resist being obedient to His ways. We must admit that we have resistance in the areas that we do and ask Him to help us overcome these temptations.
- Gain support – Surround yourself with strong Christian people. If you don't have a church, find one. Ask the Lord to guide your search and to give you a sense of which one is right for you and start visiting churches. Once in church get involved and look for a support group. Go to the pastor and tell him your struggles and ask for prayer and support. Join Bible studies, small groups, and support groups.
- Deal with issues – Don't ignore issues, face them head on. Talk about them, get prayer, find scriptures and work on them.
- Read the Bible – Commit to read the Bible 5 minutes per day. Pick a book and start reading. Mathew, Mark, Luke and John are good places to start. Psalms is also a good place to start. One technique I like is to read a Proverb a day. There is one for every day of the month.
- Seek professional help – See a psychiatrist, counselor, go to the hospital, do whatever it takes to get help. The following are some ideas:
 - University Behavioral Health of Denton, Inpatient, or PHP/IOP
 - University Behavioral Health of El Paso
 - The Minirth Clinic
 - Read one of Dr. Minirth's 70+ books

Action

- Never give up – Take action. If you have sought help and are still struggling, keep seeking help.
- Change behavior – Start taking better care of yourself, get sleep, eat well, exercise, socialize and have fun, make friends, get involved, help others, pray and read the Bible more.

Conclusion

Remember Psalm 23 – God loves you and likes you. He wants to be a part of your life and help you.

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to:
www.mcphope.com
- Minirth Clinic – for outpatient care and retreats
www.minirthclinic.com
972-669-1733 or 1-888-MINIRTH (646-4784)
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry (for pastors)
www.hearts-of-love-international-ministry.org