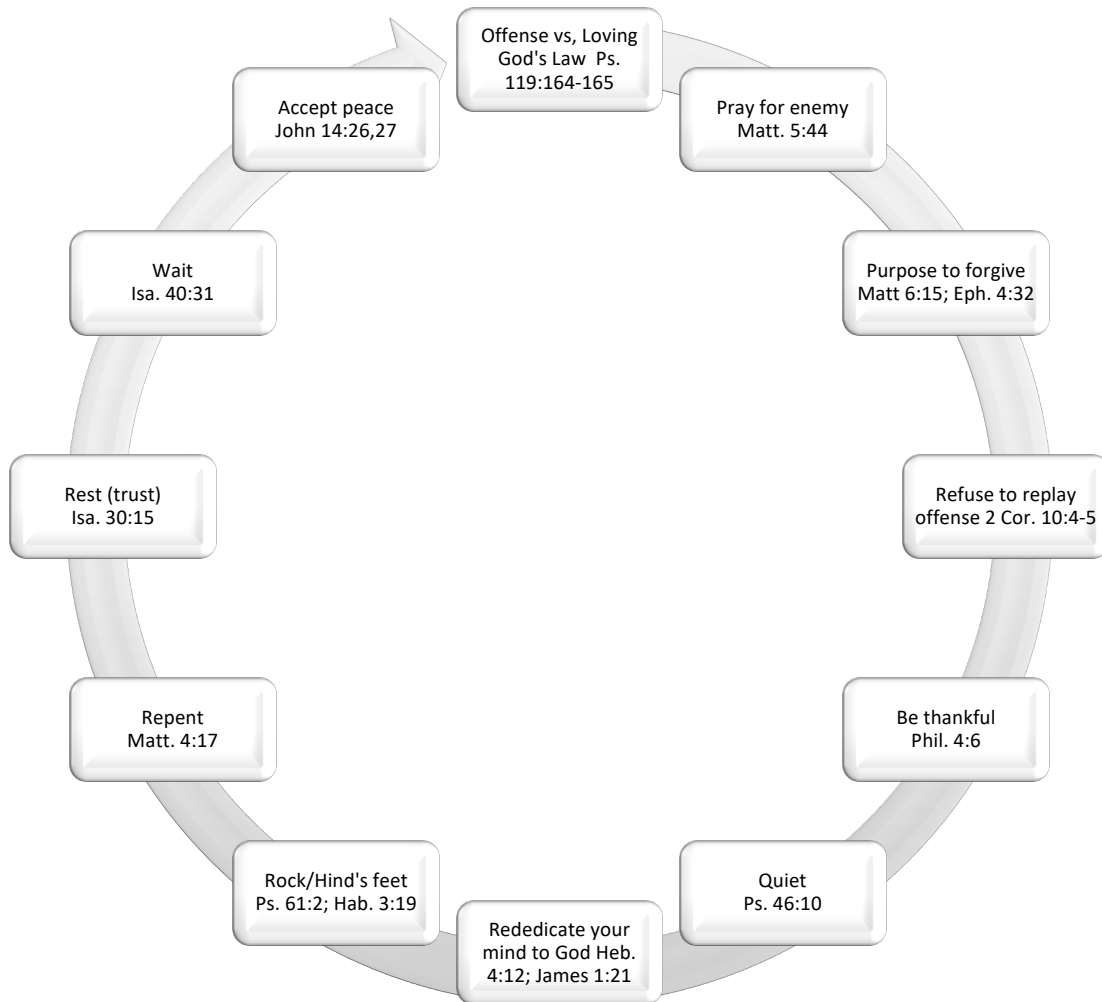


## Lesson Two

### Unwinding the Tormented Thinking



### Introduction

There is no reason for any of us to carry an offense. Until we recognize we are tormented, we will not know we are offended and have unraveling work to do. Let's discuss the spiritual life skills you need to become a mature believer in the wake of torment. There is a precept, principle, statute, commandment or life example to guide all our decisions in the Bible.

***All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.***  
**2 Timothy 3:16**

## Lesson

- 1) **Offense** We are starting with the same offense in the Torment cycle. But this time, we will overcome the offense through the Word of God. *Seven times a day I praise you for your righteous laws. Great peace have those who love your law and nothing can make them stumble. Psalm 119:164-165*
- 2) **Pray for enemy** *But I tell you, love your enemies and pray for those who persecute you... Matthew 5:44*
- 3) **Purpose to forgive** *But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:15; Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32*
- 4) **Refuse to replay offense** *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:4-5*
- 5) **Be thankful** *...the Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:5b-6*
- 6) **Quiet** *... Be still and know that I am God. Psalm 46:10*
- 7) **Rededicate your mind to God** *Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience... Today if you hear his voice, do not harden your hearts. There remains, then a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Hebrews 4:6-7b; 9-10; **How?** Therefore, get rid of all moral filth and the evil that is so prevalent and humbly(meekly) accept the word planted (engrafted) in you, which can save you. James 1:21.*
- 8) **Rock/Hind's feet** *...I call as my heart grows faint; lead me to the rock that is higher than I. Psalm 61:2; The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights. Habakkuk 3:19*
- 9) **Repent** *"Repent, for the kingdom of heaven is at hand." Matthew 4:17(KJV)*
- 10) **Rest (trust)** *This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength..." Isaiah 30:15*
- 11) **Wait** *But they that wait (hope) upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31 (KJV)*
- 12) **Accept peace** *But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:26-27*

### Exercise

**If we are offended, we will STUMBLE!** Recognize when you are offended and forgive quickly. You may become offended quicker if it is an old trauma wound that is being triggered. Go back and uncover the original offense and release the person or circumstance to God through following the unwinding the tormented thinking.

### Application

The Fear of the Lord is Foundational and releases hidden treasures for us to find. ***“and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the LORD and find the knowledge of God.” Proverbs 2:4-5***

Spiritual Maturity Skills
<b>Singing</b> - Psalm 100:2 Worship the Lord with gladness: come before Him with joyful songs.
<b>Joy</b> -Psalm 16:11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.
<b>Grace</b> - <i>See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:16</i>

### Principle

**Freedom from mental torment is work.**

We have to train our mind and thinking to think right thoughts. Try it for a day. The harder it is to think right thoughts; the more desperately I need to learn the mental gymnastics of great thinking.

### Conclusion

There are things we need to think through, but not until we have control over our emotions. The thoughts that particularly need reigned in are the obsessive, tormenting thoughts about circumstances or situations we cannot change or control.

**The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. Psalm 18:2**

Lord, there is no way we can walk in the spirit without Your help. Help us live above our emotions and obey Your Word. As we develop these skills, let the peace of God rule our hearts. (Romans 8:1; Philippians 4:7)

Optional:

**Philippians** Are my thoughts: true, honest, just, pure, lovely, of good report, with virtue and worthy of praise. (Philippians 4:8) Refuse evil and unproductive thinking!!!

**Thought Test Scale**

1) Is it true?	
2) Is it noble?	
3) Is it right?	
4) Is it pure?	
5) Is it lovely?	
6) Is it admirable?	
7) Is it excellent?	
8) Is it praiseworthy?	

Take every thought and scrutinize it through this test. Does it pass? If not, kick it out!

Optional:

<b>Mental Torment Scale</b>			
Rate your answers: Always, Never, or Sometimes	<b>A</b>	<b>N</b>	<b>S</b>
1) Repeating offenses in my head (day and night)			
2) It's not my fault. (rationalizing and justifying)			
3) Wounded emotionally (fretting, crying, depression, anger, etc.)			
4) Why don't they like me? (man pleaser)			
5) They are always mean. (all or nothing words)			
6) Making accusations and excuses (he did, she did, they did)			
7) I should have said... (building a case to defend your bitterness and anger)			
8) I will never do such and such again. (vow making)			
9) Manipulated with other's emotions (bullying, threatening, nagging, pleading, and crying)			
10) Manipulating others with your emotions (bullying, threatening, nagging, pleading, and crying)			
11) Fear of man (Making decisions based upon being fearful of displeasing another)			
12) Playing the victim (Triangulating others to take an offense with you against another)			