**DISCERNMENT 51** (9-13-16) DISCERNMENT, pg. 92

**“Hillsong:  Let Hope Rise”** opens this Friday, September 16th.The film explores the band Hillsong's humble beginnings and astonishing rise to prominence.

We will also open the movie, **“I’m Not Ashamed”** on Friday, October 21st. “I’m Not Ashamed” is based on the inspiring and powerful true story and journal entries of Rachel Joy Scott, the first student killed in the Columbine high school shooting in 1999.

We all have sung the hymn, **“What a Friend We Have in Jesus*”*** and there is no doubt that He is a Friend to us and much, much, more. The question is, “Are we a friend to Him?”

We learned last time that the Scriptures record three times our Lord calling someone “friend,” HETEIROS, *t*he Greek word used to refer to an acquaintance, not someone close to Him. So this word does not rise to the level of the normal usage of the word “friend” as in someone to whom you are very close.

The question is, “Are we that kind of friend, PHILOS, to Him?”

Is there anywhere in the Bible where Jesus calls someone a PHILOS, friend?

***2 Chronicles 20:7 Did You not, O our God, drive out the inhabitants of this land before Your people Israel and give it to the descendants of Abraham Your friend forever?***

The Hebrew word for friend is “AHEB”. It is translated “love” 180 times and “friend” 11 times. It refers to someone you know well and regard with affection and trust.

***Isaiah 41:8 "But you, Israel, My servant, Jacob whom I have chosen, descendant of Abraham My friend*** [AHEB].

***James 2:21-26 Was not Abraham our father justified by works when he offered up Isaac his son on the altar? 22) You see that faith was working with his works, and as a result of the works, faith was perfected; 23) and the Scripture was fulfilled which says, "and Abraham believed God, and it was reckoned to him as righteousness," and he was called the friend of God. 24) You see that a man is justified by works and not by faith alone. 25) In the same way, was not Rahab the harlot also justified by works when she received the messengers and sent them out by another way? 26) For just as the body without the spirit is dead, so also faith without works is dead.***

The key to understanding these Scriptures is that the context of “faith” is not salvific, it is not referring to faith in Christ which results in eternal salvation, but to a believer’s faith that actively produces good works after he or she is saved.

The phrase, “***a man is justified by works and not by faith alone”*** does NOT mean that works must be added to faith alone in Jesus Christ in order to receive eternal life, ***Eph. 2:8-9***, ***Rom. 4:5,*** ***6:23***, ***Titus 3:5***. It means believers are justified experientially [what occurs after salvation] by faith and works.

A believer who uses his volition to ignore God and His Word with the result that he doesn’t produce good works will not be justified before man or God. He has already been judicially justified, retains eternal life and God’s imputed righteous- ness, but he will be in danger of receiving divine discipline and loss of rewards.

So faith in Jesus Christ results in eternal salvation but it does not automatically result in a life of obedience and good works. When obedience and good works are missing, there is no faith exerted after one is saved and that faith is described as being dead, as opposed to an active faith which produces good works which is described as being perfect, meaning complete.

Read: ***Romans 4:1-6***

We see this same principle of experiential blessing or cursing in the O.T. which is totally unrelated to eternal destiny.

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***Deuteronomy 28:2 And all these blessings shall come upon you and overtake you, if you will obey the LORD your God.***

***Deuteronomy 28:15-16 But it shall come about, if you will not obey the LORD your God, to observe to do all His commandments and His statutes with which I charge you today, that all these curses shall come upon you and overtake you. 16) "Cursed shall you be in the city, and cursed shall you be in the country.***

What can we learn from these two verses? If God’s people obeyed the Lord (*and thereby produced good works*), they would be blessed. If they did not, does it say they God would forsake them forever and relegate them to perdition? No, it says they would be cursed, meaning they would be punished, but they still will receive the unconditional promises from God and believing Israelites will still inhabit the Kingdom of God in the millennium.

So what we can take from all this is if we want God to see us as a friend, we must be obedient and produce divine good which is doing good works under the influence of the Holy Spirit.

**DISCERNMENT 52** (9-15-16)

Read: ***John 15:1-17***

Key verses:

***John 15:2 Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it, that it may bear more fruit.***

This is not a description demonstrating the difference between a believer and unbeliever, but between two types of believers, one who is faithful and one who is not.

Branches are believers who are “in Christ”:

***2 Corinthians 5:17 Therefore if any man is in Christ, he is a new creature;***

***1 Corinthians 12:13 For by one Spirit we were all baptized into one body*** [the body of Christ]

***Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus*.**

This verse indicates that there are believers who do not bear fruit, but foolishly and selfishly seek to satisfy their own lusts in the things of the world while ignoring the things of God.

***He takes away,*** the Greek word for this verb is AIRO which can mean to “lift up“ which better fits the context. You lift up and support a branch that is not producing fruit.

***He prunes it,*** the Greek word is KATHAIROmeans to clean or purify something, to remove superfluous growth from a plant. When God cleanses a believer by forgiving his sins when confession is made, he is able to bear more fruit.

***John 15:3 You are already clean because of the word*** [gospel] ***which I have spoken to you.***

***Clean,*** he Greek word KATHAROS(adj.) which means to be clean or free of adulterating matter, clean, pure. This word can mean to be ceremonially clean but it can also mean to be free of guilt.

Jesus seems to be telling His disciples that even though they need to be cleansed/pruned from time to time, they have already been permanently positionally cleaned by the word, the gospel, Jesus had spoken to them, ***John 13:6-11***, ***Eph. 5:25-26****,* ***Titus 3****:5*.

***John 15:6 If (3RD) anyone does not abide in Me*** [does not take their spiritual life seriously]***, he is thrown away as a branch, and dries up; and they gather them, and cast them into the fire, and they are burned.***

This verse is considered by many to be proof positive that the branches that do not produce fruit are unbelievers. They think the fire that these unproductive branches are cast into is the lake of fire.

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They don’t seem to realize that “fire” is used most of the time to describe punishment or judgment in time rather than eternal judgment in the lake of fire where all unbelievers will spend eternity. They minimize the divine discipline of the believer who ignore and disobeys God’s commands.

Joseph Dillow in his book, “*Final Destiny*”, said the following on page 875:

*Paul spoke of being “saved through fire” (1 Corinthians 3:15) and Jesus said that the unfaithful branches would be cast into the fire and burned (John 15:6). In His Sermon on the Mount, Jesus said that those who do not enter the narrow gate and follow the narrow way will face “destruction” (Matthew 7:12-13).*

*The writer to the Hebrews informs us that when the believer’s life produces thorns and thistles, this produce “ends up being burned” (Hebrews 6:8). Later he tells his readers, some of whom are considering rejecting the faith and returning to Judaism, “For if we go on sinning willfully after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, but a terrifying expectation of judgment and the fury of a fire which will consume the adversaries” (Hebrews 10:26–27). That “fury of fire” is not eternal damnation; it is a judgment in time.*

*“Judgment,” said Peter, “must begin at the house of God” (****1 Peter 4:17****).*

*The apostle John warns his readers that they might face “shame” at the return of Christ (****1******John 2:28****) and loss of reward (****2 John 8****).*

***Hebrews 10:26-30*** informs us that divine discipline for believers who consistently, willfully defy God is more severe than physical death.

The unfaithful Christian who has insulted grace will experience temporary shame at the JSC, but the loss of opportunity to serve, the loss of honor, the loss of privileges, the loss of opportunities, the loss of rewards, and the **loss of enhanced intimacy with the King of** **Kings** will endure forever.

**DISCERNMENT 53** (9-20-16)

[***Civil Rights' Chair Releases Uncivil Attack on Christians***](http://www.frc.org/updatearticle/20160915/civil-rights)

***Family Research Council***

***September 15, 2016***

*There may be people who think religious liberty and sexual freedom can co-exist. But the president's chairman of the U.S. Commission on Civil Rights certainly isn't one of them. In a scathing rebuke of the country's most basic constitutional rights, Martin Castro just released a report that drops the mask on the administration's phony defense of the First Amendment. The document was called "*[*Peaceful Coexistance: Reconciling Nondiscrimination Principles with Civil Liberties*](http://www.cnsnews.com/news/article/penny-starr/civil-rights-commission-religious-liberty-religious-freedom-code-words)*," but a more appropriate title may have been "How to Pretend You Care about Religious Liberty While Simultaneously Dismantling It with Inflamed Rhetoric."*

***Among some of the harshest criticism of America's core values, Castro wrote, "The phrases 'religious liberty' and 'religious freedom' will stand for nothing except hypocrisy so long as they remain code words for discrimination, intolerance, racism, sexism, homophobia, Islamophobia, Christian supremacy or any form of intolerance." Religious liberty, he insisted, "was never intended to give one religion dominion over other religions, or a veto power over the civil rights and civil liberties of others. However, today, as in the past, religion is being used as both a weapon and a shield by those seeking to deny others equality."***

*So according to this, when a Christian expresses his faith by saying that homosexuality is a sin, he is being hypocritical, discriminatory, and seeking to deny equality to someone who doesn’t agree with you?*

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*William McGurn,* [*writing for the Wall Street Journal*](http://www.realclearpolitics.com/2016/09/15/a_liberal_039gets039_religion_391277.html)*, couldn't contain his astonishment. "He confirms that the progressive argument is mostly about insulting Americans with differing views." He's right. This report is undisguised bigotry in and of itself, against people of faith. Suggesting that he knows the motivations of people of faith by calling their religion "code" for discrimination is beyond the pale. How do the authors know what Americans believe? Have they interviewed them for this report? It's people like Castro who are the cowards, judging people of faith who they have never met and hiding behind the veneer of their report.*

*If they had a shred of courage, they'd be honest and interact with the people of faith they judge. But seeing the humanity of the other side might prevent them from reaching the biased conclusions they want to reach.*

*Nevertheless, people of faith, acting in love but not afraid of such hostile actors as these, won't be cowed by these assertions. As McGurn says, we're all better off for seeing this report. "The solitary virtue of Mr. Castro's presentation is that he makes not the least effort to hide the ugly bits [parts]." Hopefully, U.S. voters will recognize them for exactly that and elect a candidate with a greater affection for the Bill of Rights than this administration has shown.*

***John 15:14 "You are My friends, if (3RD) you do what I command you.***

Anyone who puts his faith alone in Christ alone is born again into God’s family and he is His child for evermore.

Christ loves every believer with an infinite love that never changes. But, not all believers are friends of Christ, that depends on whether they obey Him or not. Most believers do not obey Him, in fact, they act more like His enemies than His friends. He blesses and rewards children who are His friends but He punishes and disinherits children who are His enemies.

***John 15:16 You did not choose Me, but I chose you, and appointed you, that you should go and bear fruit, and that your fruit should remain, that whatever you ask of the Father in My name, He may give to you.***

This choice has nothing to do with God electing those who believe the gospel unto salvation. Jesus was reminding His disciples that He chose them as disciples; they did not choose Him as their Teacher / Mentor..

The common practice or that time was for the disciples or students to pick their teacher. However, Jesus picked them to fulfill a mission which included producing much good fruit.

It is interesting that there is a progression of the amount of fruit to be produced as one moves through the parable. Verse 2 starts by mentioning “*fru*i*t*” and then it mentions “*more fruit*”. Then in verses 5 and 7 we find “*much fruit*”. As we grow spiritually the pattern of our lives should be to produce *fruit*, *more fruit*, and *much fruit.*

***John 15:17 This I command you, that you love one another.***

**DISCERNMENT 54** (9-22-16)

Friendship with Jesus involves the obligation of brotherly love:

We cannot be friends with Jesus if we hate others, hold a grudge, judge or gossip about other people.

***1 John 4:20-21 If someone says, "I love God," and hates his brother, he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen.*** ***21) And this commandment we have from Him, that the one who loves God should love his brother also.***

We are to have the same attitude towards others that Christ has toward us which is loving, kind, patient, and forgiving.

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So far we have covered discernment towards **Religion, Politics, Government, Marriage Family,** and **Friends.** Now we will cover:

**HEALTH**

*Definition: Merriam-Webster, Merriam-Webster’s Collegiate Dictionary (Springfield, MA: Merriam-Webster, 1996).*

*1 a. The condition of being sound in body, mind, or spirit; especially: freedom from physical*

*disease or pain*

*b. The general condition of the body(in poor health or enjoys good health.*

*2 a. Flourishing condition: well-being*

*b. General condition or state 〈poor economic health〉*

Not counting eternal salvation and our relationship with our Lord, our family, and our friends, the two most valuable things in this life is good health and time. Isn’t it interesting that the most important and valuable things in life are free?

We will organize our discernment of health according to the three types of health Mr. Webster mentioned above, Physical Health, Mental Health, and Spiritual Health.

**PHYSICAL HEALTH**

Some people are born with strong physically fit bodies with good genes and some are not. However, no matter what type of body we are born with, the choices we make and the habits we form have a great deal to do with our overall physical and mental wellbeing.

There are things that we can do to enhance our physical health.

FOOD: Eat healthy nutritious food.

***Daniel 1:5-16***Daniell, Hananiah, Mishael, and Azariah refused to eat the food sent by the king but said they would eat vegetables instead. After ten days, they looked better and healthier than those who ate the food sent by the king.

Laws concerning the preparation and consumption of different meats and foods were given to the Israelites in order to keep them healthy and ceremonially clean.

***Reasons for Dietary Laws***

*The Old Testament does not specify why some animals were clean and others unclean. Three potential reasons include:*

*1. Unclean animals carried disease, so Israelites avoided them to maintain health.*

*2. Some unclean animals were used in pagan worship, so Israelites avoided them.*

*3. The classification is arbitrary or symbolic, designed to test obedience. It also sets the*

*Israelites apart from other populations.*

[Another reason may be that some animals are not as healthy to consume because of their biology and their habits ex. (pigs)]

*The dietary laws were most likely intended to symbolically highlight the Israelites as unique, preventing them from assimilating with Gentile cultures.*

*Biblical Relevance; Clean and Unclean Animals*

*Genesis 7:2-3 distinguishes between clean and unclean animals in the account of Noah and the ark. Noah is to take seven pairs (male and female) of every clean animal, and one pair (male and female) of every unclean animal. The increased number of clean animals may correlate to Noah’s need for both food and sacrifices.*

*Leviticus 11 provides a list of clean and unclean animals for the Israelites, which is summarized in Deut. 14:4-10. Israelites could consume clean animals and could also use some of them for sacrificial offerings. However, they could not eat or sacrifice unclean animals.*

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*Clean, land-based animals include those who have a divided hoof and chew their cud (Lev 11:1-4). This means that cattle, sheep, and goats are clean; while camels, pigs, and rabbits are unclean. Deer and gazelle are also considered clean.*

*Leviticus 11:29-34 and 41-43 classifies a second set of land animals as “swarming things.” Anything that crawls on its belly or has many feet is unclean, including mice, moles, lizards, and crocodiles.*

*Aquatic animals must have fins and scales (Lev 11:9-12) in order to be clean. Shellfish such as shrimp, crab, oysters, and lobster are unclean. Whales, sharks, and catfish are also unclean because they do not have scales.*

*Birds of prey (eagles, hawks, owls, storks), scavengers (vultures), and those that cannot fly (ostriches) are unclean, while most other birds are clean (Lev 11:13–23).*

*Insects that fly are considered in this category. In contrast, insects that walk on four legs are unclean. Insects that have a joint in the leg, meaning they are able to jump, are considered clean. This includes locusts, crickets, and grasshoppers.*

*Israelites could not eat portions of every animal, whether clean or unclean, including blood, fat, and the sciatic nerve. The first two are explicitly prohibited by the biblical dietary laws. The third was avoided as a custom based on Gen 32.*

*Blood. Blood is the most stringent of all dietary prohibitions in biblical law.*

*The Lexham Bible Dictionary, Bryan C. Babcock, “Law, Dietary,”* ed. John D. Barry et al., (Bellingham, WA: Lexham Press, 2016).

It is very hard to eat healthy in our society so most people don’t. Most Americans don’t want to wait for their meals and that’s why fast food business are thriving and when they buy groceries, pre-packaged food and canned food takes precedent over fresh food because it is more convenient and easier to prepare and serve.

Think how easy it is to order from a drive-through window or order food over the phone and have it delivered. It does away with

1. Going to the grocery store to buy groceries

2. Putting those groceries away at home

3. Preparing them by cleaning, pealing, and cutting them

4. Cooking them

5. Setting the table

6. Washing and drying the dishes

7. Putting them away

This may sound time-consuming and arduous but just a few generations ago, there were very few grocery stores and no fast food joints. The people had to hunt animals, raise livestock or catch fish to have meat to eat and raise vegetables, grains, or plant fruit trees to have produce to eat.

When they killed an animal they would have to clean it (remove the entrails), drag it back home, skin it, cut it up, gather wood, build a fire, cook it, set the table, fetch water, wash and dry the dishes, and then put them away.

In order to have vegetables, they would have to work and prepare the soil, plow it, plant seeds, water them, keep the weeds out, harvest the plants, wash them, cut them up, get wood, make a fire, cook them, set the table, fetch water, wash and dry the dishes, and then put them away. Unfortunately, most of the fresh food people buy today has been artificially fertilized with chemicals that are foreign to the body. It has been treated with poisonous pesticides or even worse, contains GMO (genetically modified organisms) introduced into the seed itself.

If all that isn’t bad enough, they add artificial coloring, wax, or additives to make it look better.

**DISCERNMENT 55** (9-27-16) DISCERNMENT, pg. 98

**EXERCISE**

Our great grandparents and grandparents were not concerned about not getting enough exercise. They were exhausted by the end of the day because they worked hard from dawn to dusk. They didn’t have washing machines, dryers, dish-washers, refrigerators, riding lawnmowers, weed-eaters, chain saws, electric ovens, food processors, electric power tools, or even running water.

Think how much arduous labor and time these machines have saved us that our forebears dealt with every day. That is the good news but there is a down side to this. We don’t get near the exercise they did.

They didn’t have time to sit in front of a computer or TV, they had work to do. They also walked a lot more than we do. Our sedentary lifestyle has caused us many problems, the most obvious is weight gain.

*These figures were taken from the National Center for Health Statistics covering the years (2013-2014):*

*Percent of adults, age 20 years and over with* ***obesity: 37.9%***

*Percent of adults, age 20 years and over with* ***overweight, including obesity: 70.7%***

*Percent of adolescents age 12-19 years with* ***obesity: 20.6%***

The choices we make either increase the potential of having a healthy body or harms it. Here are a few examples:

Alcohol consumption: Moderation is OK.

Cigarette smoking/tobacco use: Not good ever.

Elevated cholesterol/diet: High sugar diet is not good

High blood pressure: Too much salt and no exercise

Illicit drug use: Very dangerous chemicals; make all problems worse, never better

Physical activity/inactivity: Too much exercise is not good but most of us have to struggle to get enough exercise.

***Percentage of Overweight, Obese Americans Swells***

*More Americans Are Eating Poorly, Exercising Less, and Getting Bigger, Survey Finds*

*Feb. 10, 2010. They are becoming overweight or obese eating unhealthy foods* [Sitting a lot.They are sedentary].

*That’s the finding of the latest Gallup-Healthways Well-Being Index, which shows that 63.1% of adults in the U.S. were either overweight or obese in 2009.*

*The survey finds that 36.6% of Americans are overweight and 26.5% obese.*

Being physically fit enables a person to serve the Lord to the maximum. The Bible repeatedly refers to able bodied men to carry out the work of the Lord.

***Deuteronomy 3:18 I commanded you at that time: "The LORD your God has given you this land to take possession of it. But all your able-bodied men, armed for battle, must cross over ahead of your brother Israelites.***

***Exodus 18:25 And Moses chose able men out of all Israel, and made them heads over the people…***

***Genesis 47:6 …if you know any able men among them, put them in charge of my livestock.***

***1 Chronicles 26:8 All these were of the sons of Obed-Edom; they and their sons and their relatives were able men with strength for the service,***

The Bible speaks briefly of physical strength and exercise and points out that it is beneficial but subordinates it to the greater value of godliness.

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***1 Timothy 4:7-8 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 8) for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.***

***Psalm 147:10-11 His pleasure is not in the strength of the horse, nor his delight in the legs of a man; 11) the LORD delights in those who fear him, who put their hope in his unfailing love.***

***2 Chronicles 32:7-8 Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria and the vast army with him, for there is a greater power with us than with him. 8) With him is only the arm of flesh, but with us is the LORD our God to help us and to fight our battles." And the people gained confidence from what Hezekiah the king of Judah said.*** [He humbled himself before the Lord and Jesus Christ killed 185,000 Assyrians that threatened His people.]

*“Because the human body was created by God, it is incumbent on people to care for their bodies. This is particularly true for Christians whose bodies are temples of the Holy Spirit (1 Cor. 6:19), which are to be presented to God as living sacrifices (Rom. 12:1). Using the imagery of a runner, the Apostle Paul speaks of the need to pommel and subdue his body in order to qualify it for life’s race (1 Cor. 9:24-26).”*

*Paul H. Wright, “Exercise,” ed. Chad Brand et al., Holman Illustrated Bible Dictionary (Nashville, TN: Holman Bible Publishers, 2003), 522.*

God gives physical strength to His children so they are able to fulfill their tasks.

***2 Samuel 22:35 He trains my hands for battle; my arms can bend a bow of bronze.***

***2 Samuel 22:40 You have girded me with physical strength for the battle;***

***Psalm 68:35 You are awesome, O God, in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!***

**DISCERNMENT 56** (9-29-16)

Nehemiah asked the Lord for physical strength to finish the repairs to the wall around Jerusalem.

***Nehemiah 6:9 They were all trying to frighten us, thinking, "Their hands will get too weak for the work, and it will not be completed." But I prayed, "Now strengthen my hands."***

***Isaiah 35:3 Strengthen the feeble hands, steady the knees that give way…***

As hard as we try to maintain our bodies and keep them as fit as we can, time and gravity will take its toll but we should not despair:

***2 Corinthians 4:16-17 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.***

**SLEEP**

Getting enough sleep is also very important in maintaining good health.

*1. Better health: Getting a good night's sleep won't grant you immunity from disease. But study after study has found a link between insufficient sleep and some serious health problems, such as heart disease, heart attacks, diabetes, and obesity.*

*2. Better sex life: According to a poll conducted by the National Sleep Foundation, up to 26% of people say that their sex lives tend to suffer because they're just too tired.*

*3. Less pain: If you have chronic pain or acute pain from a recent injury, getting enough sleep may actually make you hurt less. Many studies have shown a link between sleep loss and lower pain threshold.*

*4. Lower risk of injury: Sleeping enough might actually keep you safer. The Institute of Medicine estimates that one out of five auto accidents in the U.S. results from drowsy driving. Tthat's about 1 million crashes a year.*

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*5. Better mood: Getting enough sleep won't guarantee a sunny disposition. But you have probably noticed that when you're exhausted, you're more likely to be cranky.*

*6. Better weight control: The hormone leptin plays a key role in making you feel full. When you don't get enough sleep, leptin levels drop. Result: people who are tired are just plain hungrier -- and they seem to crave high-fat and high-calorie foods specifically.*

*7. Clearer thinking:. Have you ever woken up after a bad night's sleep, feeling fuzzy and easily confused, like your brain can't get out of first gear? "Sleep loss affects how you think," Mindell tells WebMD. "It impairs your cognition, your attention, and your decision-making.*

*8. Better memory: Feeling forgetful? Sleep loss could be to blame. Studies have shown that while we sleep, our brains process and consolidate our memories from the day. If you don't get enough sleep, it seems like those memories might not get stored correctly, and can be lost.*

*9. Stronger immunity: Could getting enough sleep prevent the common cold? One preliminary study put the idea to the test. Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then they exposed them to a cold virus.*

*People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night.*

*WebMD, “9 Surprising Reasons to Get More Sleep”, By*[*R. Morgan Griffin*](http://www.webmd.com/r-morgan-griffin)

***Psalm 127:2*** …***Yes, he can provide for those whom he loves even when they sleep.***

***Proverbs 24:33-34 A little sleep, a little slumber, A little folding of the hands to rest; 34 So shall your poverty come like a prowler, And your need like an armed man.***

The Bible often uses “*sleep*” as a metaphor for the death of believers:

***John 11:11-13 These things He said, and after that He said to them, "Our friend Lazarus sleeps, but I go that I may wake him up." 12) Then His disciples said, "Lord, if he sleeps he will get well." 13) However, Jesus spoke of his death, but they thought that He was speaking about taking rest in sleep.***

***1 Thessalonians 4:14 For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.***

Believers who know Bible doctrine and apply it to their circumstances are not worried or afraid so they can sleep soundly.

***Proverbs 3:21& 24 Keep sound wisdom and discretion; 24) When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.***

***Psalm 4:8 I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.***

Jesus demonstrated this to His disciples:

***Matthew 8:24 And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep.***

***Psalm 3:2-6 Many are they who say of me, "There is no help for him in God." Selah 3) But You, O LORD, are a shield for me, My glory and the One who lifts up my head. 4) I cried to the LORD with my voice, And He heard me from His holy hill. Selah. 5) I lay down and slept; I awoke, for the LORD sustained me. 6) I will not be afraid of ten thousands of people Who have set themselves against me all around.***

It’s normal to get sleepy in Bible class sometimes, but if you think there is a chance that you might doze off, don’t sit in a window.

***Acts 20:9 And in a window sat a certain young man named Eutychus, who was sinking into a deep sleep. He was overcome by sleep; and as Paul continued speaking, he fell down from the third story and was taken up dead.***

**MENTAL HEALTH** DISCERNMENT, pg. 101

MENTAL ■ adjective

1. Relating to, done by, or occurring in the mind.

2. Relating to disorders or illnesses of the mind. informal mad; crazy.

*USAGE: The use of mental in compounds such as mental hospital was the normal accepted term in the first half of the 20th century. It is now, however, regarded as old-fashioned, sometimes even offensive, and has been largely replaced by psychiatric.*

*Concise Oxford English Dictionary (Oxford: Oxford University Press, 2004).*

*MENTAL HEALTH is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". Widipedia*

Millions of Americans live with various types of mental illness and mental health problems, such as social anxiety, obsessive compulsive disorder, drug addiction, and personality disorders.

Mental health disorders affect an estimated 22% of American adults each year.

**DISCERNMENT 57** (10-4-16)

There are several types of mental disorders:

**ANXIETY DISORDERS** include an uncommon fear, dread, or panic about something to the point that it interferes with normal functioning and it often includes physical signs of anxiety or panic, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation or if the person cannot control the response.

**MOOD DISORDERS,** also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, bipolar disorder, and cyclothymic disorder (relatively milder mood swings).

**PSYCHOTIC DISORDERS** involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations, the experience of images or sounds that are not real, such as hearing voices, and delusions, which are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary. Schizophrenia is an example of a psychotic disorder.

**EATING DISORDERS** involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa, and binge eating disorder are the most common eating disorders. More people die of anorexia than any other mental disorder.

**IMPULSE CONTROL AND ADDICTION DISORDERS** describe conditions people have who are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders.

Alcohol and drug are common objects of addiction. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships.

**PERSONALITY DISORDERS** occur in people whose personality traits cause problems in work, school, or social relationships. Their behavior significantly differs from the expectations of society and are so rigid that they interfere with the person's normal functioning. Examples include antisocial personality disorder, obsessive-compulsive personality disorder, and paranoid personality disorder.

**OBSESSIVE-COMPULSIVE DISORDER (OCD)** describe people who are plagued by constant thoughts or fears that cause them to perform certain rituals or routines.

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The disturbing thoughts are called obsessions, and the rituals are called compulsions. An example is a person with an unreasonable fear of germs who constantly washes his or her hands

**POST-TRAUMATIC STRESS DISORDER (PTSD)** is a condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, a natural disaster, or the horrifying trauma of combat. People with PTSD often have lasting and frightening thoughts and memories of the event, and tend to be emotionally numb.

**STRESS RESPONSE SYNDROMES,** formerly called adjustment disorders, occur when a person develops emotional or behavioral symptoms in response to a stressful event or situation.

**DISSOCIATIVE DISORDERS** describes people who suffer severe disturbances or changes in memory, consciousness, identity, and general awareness of themselves and their surroundings.

**FACTITIOUS DISORDERS** are conditions in which a person knowingly and intentionally creates or complains of physical symptoms in order to place the individual in the role of a patient or a person in need of help. We use to call a person like this a hypochondriac.

**SEXUAL & GENDER DISORDERS** are problems that affect sexual desire, performance, and behavior. Sexual dysfunction, gender identity disorder, and the paraphilias are examples of sexual and gender disorders. Paraphilias are people with a preference for or obsession with unusual sexual practices, as pedophilia, sadomasochism, or exhibitionism.

**TIC DISORDERS** occur in people described as making sounds or displaying non-purposeful body movements that are repeated, quick, sudden, and/or uncontrollable. Sounds that are made involuntarily are called vocal tics. Tourette's syndrome is an example of a tic disorder.

Other diseases or conditions, including various sleep-related problems and many forms of dementia, including Alzheimer's disease, are sometimes classified as mental illnesses, because they involve the brain. http://www.webmd.com/mental-health/mental-health-types-illness

The word “mentality” and “mental” is not found in the Bible but the word “mind” is used in the NASV seventy five times in the NT an one hundred times in the OT.

***MIND****, the English translation of various Hebrew and Greek words denoting the human capacity for contemplation, judgement, and intention. Although the Hebrew language had no word for mind, several Hebrew words are sometimes translated as “mind.” The word for HEART frequently means “mind” (Deut. 30:1; Jer. 19:5). The word for SOUL is sometimes used similarly (1 Chr. 28:9).*

*Four separate Greek words account for nearly all instances of “mind” in the New Testament. They all mean much the same thing: understanding, thought, mind, reason. While today we think of a person’s mind in a morally neutral way, in the New Testament the mind was clearly thought of as either good or evil. Negatively, the mind may be “hardened” (2 Cor. 3:14), “blinded” (2 Cor. 4:4), “corrupt” (2 Tim. 3:8), and “debased” (Rom. 1:28). On the positive side, humans may have minds that are renewed (Rom. 12:2) and pure (2 Pet. 3:1). They may love God with all their minds (Matt. 22:37; Mark 12:30; Luke 10:27) and have God’s laws implanted in their minds (Heb. 8:10). Since Christians have “the mind of Christ” (1 Cor. 2:16), they are instructed to be united in mind (Rom. 12:16; 1 Pet. 3:8).*

*Ronald F. Youngblood, F. F. Bruce, and R. K. Harrison, Thomas Nelson Publishers, eds., Nelson’s New Illustrated Bible Dictionary (Nashville, TN: Thomas Nelson, Inc., 1995).*

*The fallen human mind is in conflict with the mind of God but it is nevertheless capable of knowing God, and of being changed and renewed by him.*

*In the NT, Paul is especially concerned that the Christian’s mind be transformed by a renewed dedication to the will of God (Rom. 12:2).*

*Paul J. Achtemeier, Harper & Row and Society of Biblical Literature, Harper’s Bible Dictionary (San Francisco: Harper & Row, 1985), 637–638.*

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***Romans 12:2 And*** *do* ***not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.***

So every believer has the potential and the responsibility to renew his or her mind but very few do it. The reason is that it is done over a period of time, in fact, a lifetime. It takes consistency and commitment to put in the time it takes to renew our minds.

*As intellect, mind makes possible the critical appraisal and selection of differing opinions. In this sense, mind may also describe one’s own mind-set, attitude, or characteristic point of view (e.g., Phil. 2:2-5).*

***Philippians 2:2-6 2) fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. 3) Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. 4) Let each of you look out not only for his own interests, but also for the interests of others. 5) Let this mind be in you which was also in Christ Jesus, 6) who, being in the form of God, did not consider it robbery to be equal with God,***

Since we all have an Old Sin Nature, it takes a concerted effort to keep God and His Word the number one priority. Even the Apostle Paul had to fight to maintain a divine viewpoint and to stay out of carnality.

**DISCERNMENT 58** (10-6-16)

Read: ***Romans 7:14-25***

The NT uses different words to describe different types of mind.

Right Mind / Sound Mind

The Greek word SOPHRONEO (**σωφρονέω**) means to be able to think in a sound or sane manner, be of sound mind.

To be prudent, with focus on self-control, be reasonable, sensible, serious, keep one’s head. William Arndt, Frederick W. Danker, and Walter Bauer, A Greek-English Lexicon of the New Testament and Other Early Christian Literature (Chicago: University of Chicago Press, 2000), 986.

***Luke 8:35 They found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind*** (σωφρονέω part. pa)***. And they were afraid.***

***2 Corinthians 5:13 For if we are beside ourselves, it is for God; if we are of sound mind, it is for you.***

***Romans 12:3 For through the grace given to me I say to everyone among you not to think*** (PHRONEOφρονέω) ***more highly of himself than he ought to think; but to think so as to have sound judgment*** (SOPHRONEO σωφρονέω)***…***

***Titus 2:6 Likewise urge the young men to be sensible…***

***Double mind:***

*Words used only by James in the NT to express a lack of purity of heart or a lack of absolute trust in God. The term literally means “of two minds or souls”. It describes one who is trusting in God while also trusting in something else, such as self or the world. James encouraged those who were lacking in wisdom to ask God. The one who asks God and doubts is described in James 1:8 as an “indecisive man” (HCSB). He is one who is wavering between asking God in faith and not believing God will or can answer. He may also be one who asks God yet resorts to his own wisdom instead of that which God provides. This person is described as one who was “unstable in all his ways” indicating that his entire life was lived without a complete trust in God.*

*Later in his letter James encouraged his readers to purify their hearts (James 4:8), because they were “double-minded people.”*

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*James was calling for these Christians to make a commitment to trust in God and His ways while denying their own ways and trusting in themselves.*

*Thomas Strong, “Double-Minded,” ed. Chad Brand et al., Holman Illustrated Bible Dictionary (Nashville, TN: Holman Bible Publishers, 2003), 439–440.*

***James 1:7-8 For that*** [doubtful] ***man ought not to expect that he will receive anything from the Lord, 8) being a double-minded man, unstable in all his ways.***

DIPSUCHOS (**δίψυχος**) being uncertain about the truth of something, doubting, hesitating.

***James 4:8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.***

***Fleshly mind:***

This does not necessarily refer to a sensuous mind but one that is under the influence of the Old Sin Nature (OSN).

***Colossians 2:18 Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on visions he has seen, inflated without cause by his fleshly mind…***

***Fleshly,*** SARX (**σάρξ**) the physical body as functioning entity, body, physical body

***Mind,*** NOUS (**νοῦς**) the faculty of intellectual perception, mind, intellect

This term nearly always refers to someone who is an unbeliever or a believer who is in carnality and is therefore under the influence of his or her OSN.

***Romans 8:6-7 For the mindset on the flesh is DEATH, but the mind set on the Spirit is life and peace*** [prosperity]***, 7) because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so,***

***Mindset on,*** PHRONEMA (**φρόνημα**) the faculty of fixing one’s mind on something, way of thinking, mindset.

***The flesh,*** SARX (**σάρξ**) the physical body which is used as a metonymy, substituting one word for another, for the OSN.

What kind of is referred to in verse 6?

**DISCERNMENT 59** (10-11-16)

SEVEN DEATHS

**1. Spiritual Death, *Rom. 5:12, 6:23, I Cor. 2:14.***

**2. Physical Death, *Matt. 8:22, II Cor. 5:8.***

**3. Temporal Death, *Rom. 8:6, Eph. 5:14, I Tm. 5:6.***

**4. Positional Death, *Rom.6:6-14, Col. 3:3.***

**DISCERNMENT 60** (10-13-16)

**5. Second Death, *Rev. 20:12-15.***

**6. Operational Death, *I Cor. 3:14-15, Ja. 2:26.***

**7. Sexual Death, *Rom. 4:17-21, Heb. 11:12.***

***Romans 6:6 …knowing this, that our old self*** (man) ***was crucified with Him, in order that our body of sin might be done away with*** (rendered inoperative)***, so that we would no longer be slaves to sin…***