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SALVATION

If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world- he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom one earth.

You come become a Christian right now as you read this, by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. "*Believe on the Lord Jesus, and you will be saved.*" [Acts 16:31a](#) And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him

that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *“That if you confess with your mouth, “Jesus is Lord”, and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”* Romans 10:9,10 *“For, “Everyone who calls on the name of the Lord will be saved.”* Romans 10:13 *“Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ.”* Romans 5:1

TEN STEPS TO MENTAL RECOVERY

TEN STEPS TO MENTAL RECOVERY, OR (GETTING OUT OF THE RIVER OF DESTRUCTION), IS A STUDY ON GETTING BACK TO LIVING WITHIN THE SPHERE OF FAITH AND THE SPIRITUAL DYNAMIC OF THE CHRISTIAN LIFE.

WHEN WE TALK ABOUT STEPS, WE CAN ALSO BE TALKING ABOUT GOING THROUGH TEN PHASES. EACH ONE OF THESE STEPS, OR PHASES, CAN BE SHORT IN DURATION, OR LONG. BUT THE IMPORTANT THING IS THAT ONE IS MAKING FORWARD PROGRESS IN THEM.

WHEN WE TALK ABOUT MENTAL RECOVERY, WE ARE REALLY TALKING ABOUT THE SPIRITUAL RECOVERY OF THE BELIEVER IN CHRIST. BUT SPIRITUAL RECOVERY IS REALLY A MENTAL DYNAMIC, HENCE THE MENTAL RECOVERY OF THE BELIEVER.

FAITH AND THE WORD OF GOD ARE CRUCIAL IN THE BELIEVER'S RECOVERY AND SO ARE INTEGRAL IN THE TEN STEPS TO MENTAL RECOVERY. "MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY OVERFLOW WITH HOPE BY THE POWER OF THE HOLY SPIRIT." ROM.15:13.

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Invariably a Christian will encounter testings in his life; ranging from mild ones all the way up to testings that will shake the foundation of his existence. Sometimes believers will be able to handle these with their faith and the promises of God's Word, and be able to go right on through the trial, victorious and unscathed.

But, in so many of the cases, this is not so. The believer, by trying to handle it in his own strength, or getting his eyes off the Lord, or by succumbing to unbelief, can get swept up in a situation that will plunge him into ruin and despair. What is needed in this predicament is a means by which the Christian can regain his mental and spiritual posture. A way of mental recovery.

Through prolonged testing; whether it is from the World System, Satan, the Flesh Nature, or all three, the believer, if his faith starts to falter, will experience the destruction of his peace of mind, mental stability, love, happiness and all the other spiritual blessings of the soul. And when these start to go, many negative emotions will begin to flood the soul. Things such as: depression, discouragement, anger, worry, fear, despair, jealousy, bitterness, etc., will cave in on the soul destroying it's well being.

When this happens, the believer will find that it is very difficult to get back to that place of spiritual blessing he once enjoyed, because these negative, destructive emotions are so overwhelming that they make it almost impossible to think divine viewpoint, claim the promises of God and keep one's heart and mind focused upon Jesus Christ and His Word. For scriptural thinking (doctrinal rationale) can only be done from a stabilized mind.

So, the Christian has got to learn how to recover from a situation that has swept him off his feet and regain his mental attitude of: peace, hope, happiness, faith and optimism; so that he can not only be thinking from the perspective of God's Word, but also be applying it to himself and his problems.

It's much like the person, who went on what he thought was to be a pleasant and fun ride down a river on his inner tube; only to find himself being swept faster and faster downstream to certain death on the rocks. His only hope of deliverance is to get out of the river as fast as he can.

And for the Christian, who has fallen into this river; whether it is the River of Confusion, or the River of Despair, or the River of Depression, or the River of Discouragement; this river will take him to the same place, Destruction. Not the destruction of his soul in the Lake of Fire, but the destruction of his well-being, his peace of mind; his spiritual blessings in his life. So, we're going to use the analogy of going down a river in an inner tube and being able to get out of it, to one's mental recovery. Now the first thing one has to do in embarking on his journey of mental recovery is:

1. Confessing Sin Biblically

This is something that every believer in Christ can do, needs to do, and must do. It is imperative that he recovers from the insidious pressure and influence of his flesh nature, and the means by which he can do this is to confess his sins to God. And confession of his sins means just that; you name, or cite your sins to God. It has the idea of stating a legal precedence in a court of law. Remorse, regret, feeling sorry has nothing to do with it at all; only the objective stating to God of what you have done that is wrong. God then not only forgives us of our sins, but also cleanses us of all unrighteousness. That is, he separates us from all the wrongdoing that we have been caught up in.

Our being forgiven is not based on our being sorry for what we have done, although one may regret his actions, (usually the consequences of them); but upon the faithfulness of God. God is faithful to forgive our sins, provided we have met the condition of confessing them to him, and to him alone. This is a conditional sentence in the Greek, where once the condition has been met, the confessing of the sin, the second part comes to be, God forgives the sin.

Confession of one's sins to God is a function of the believer-priest, and is to be exercised constantly throughout his/her life. It is vital to his recovery of the filling of the Holy Spirit, the true filling of the true Holy Spirit, the metabolizing of the Word of God by faith, and the power dynamic of the Christian life. *"If we confess our sins, (maybe we*

will, maybe we won't), he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness, (if we do confess our sins to him)." 1Jn.1:9.

2. Grab Hold of a Rock ~ Promises

If you've ever been swimming in a river, or gone down it in an inner tube, especially in swift water, or rapids, you'll know what I mean by grabbing hold of a rock. There are instances that you know that you're in trouble; you're going too fast; you're heading for some dangerous rocks; and you've got to get out! So you race to the shore as fast as you can so you can grab hold of a rock and hang on for dear life. For it is that rock that will keep you from being swept further downstream to your destruction; and it will be a handhold that you can use to pull you out of the River leading to your Destruction.

That rock is analogous to the promises of God in the Bible. These promises are the things that the believer must grab hold of, as his mind is being swept downstream in the River of Despair, or whatever the negative thing one is experiencing. **He must reach out by faith; grab hold of it; and hang on to it for dear life. And it doesn't make any difference which promise that it is, as it doesn't make any difference what rock one grabs hold of; any promise will do.** It may be one that just comes to your mind; it may be one that you see on someone's bumper; or on the door of your refrigerator. Just grab hold of it by faith, and hang on!

It's similar to the man being swept downstream, frantically trying to grab a rock to hang on to. He doesn't care what rock it is; he just wants a rock! **Any promise of God is sufficient for us at this point in our recovery,** to keep us from being swept further downstream. It isn't necessary at this point that they even pertain to our problems.

And we don't have to understand it completely either. All we have to do is hang on to it by faith; going over it again and again in our minds; concentrating on it as much as we can. For what it will do is keep us from going down any further, by providing something for us to focus our minds upon; something to think about and hang on to. **And hang on to it we must, for that rock-verse will not only keep us from being swept further downstream into self-induced misery, but will provide our first hand hold towards mental recovery.**

3. Listen to the Promise ~ Catch your Breath

When battling through rapids, and being banged around by the rocks, you'll find that the swimmer is battered, weary, and exhausted by the time he grabs a rock on the shoreline. Which means that he won't have the strength to pull himself out. So, he'll have to wait there, hanging on, until he does.

It's the same way for the Christian, who has been devastated by a continual barrage of negative, destructive emotions. Mentally he's so battered, weary and exhausted, he can't do anything. He can't think any thing biblical; he can't even hardly use his mind, let alone pull himself out.

So what he has to do is stay there on that rock, holding on that rock for dear life, until he gains enough strength to go on to the next one. This is similar to looking at that rock, or listening to the promise. Hear what it has to say! Let it speak to you. Concentrate on that verse and no other, and nothing else! Focus your mind so that all you can see and hear is what that one verse has to say. And don't try to study it out at this point either. In this state of mind one does not have the mental faculties or stability to apply his mind. **Just let that promise of God minister to you, while you focus on it in quiet concentration.** And as you concentrate on that one verse, you will be able to catch your breath and move on to the next rock, or the next step in your mental recovery.

4. The Next Handhold ~ Other Verses

After that promise has begun to stabilize you, where you begin to feel a little more confident, stronger; then you will be ready to reach out for another verse or promise, much like the man reaching out for another handhold on the rock to pull himself out.

In all this, one must keep in mind that prayer, the exercise of faith, and total concentration on that one promise is what this is all about at this level of recovery. One does not have to be believing everything, but that one thing. Oh yes, he believes everything in God's Word, but now he is concentrating his mind and faith on that one thing, that one promise.

And again, when moving on to that next rock-promise, that next handhold, it can be any promise that comes to your mind. Whatever it is, you apply the same technique of faith and concentration as you did in step 3. Then move on to the next one. Here is where the believer tries to bring in other promises, anything that he can find that will help him.

Up to this level, one could have spent; a few minutes of his time, all day, several days, or much longer. It all depends on how severe the trial or situation he was in, and his spiritual condition, whether strong or weak. If he had been walking with the Lord, strong in faith; it might take him only a few minutes to recover, or hours. But if he had been hit with a hard trial (like Job), or in a spiritually pathetic state, it might take him days to recover to just this point!

The important thing is not how long it takes to get to this point, but to get there! He's on the road to recovery, and that's what matters. So he needs to keep bringing in verses/ promises and letting them speak to him. Scripture repetition is very helpful up to this point.

5. Understanding the Verse

Up to this time the believer hasn't been able to do any rational, stable thinking, because his mind has been overwhelmed by negative thoughts and feelings. But now, after having God's Word minister to him by simply listening to it and focusing upon it; he's gained enough strength and mental stability where he can do something else that will strengthen his position. He's ready now to start putting his mind to work with a little thinking.

Now, you want to not only listen to what the verse says, but think about what the verse means, to understand them, and how they apply to you. You may want to bring in other verses on the subject, so that you can gain a more clear understanding of it.

And prayer is important in this. You need to not only pray to God about your needs, but for God to give you more verses, to help you understand what they say, and he needs to pray to God over that verse he's looking at. To talk to God about that promise, thank Him for it, tell Him what it means to you. Use it as part of your prayers to Him.

And make it a part of your belief code. *"God will never leave you, nor forsake you."* Heb. 13:5. So you pray and think, "Lord, I know that you are always with me, because you will never leave me, nor forsake me. So because of this there's nothing I have to be afraid of, or worry about. Whatever I have to go through in this life, I know that you will be there with me, and that your grace will sustain me."

And in all this one needs to be praying for wisdom. *"If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him."* James 1:5. **Ask God to give you the verses that pertain to your problem that aid you in your mental recovery.** Remember: concentration, prayer, faith, putting off the Old Sin Nature (OSN). Now on to the next step.

6. Pertinent Verses

At the beginning, you were grabbing on to any verse or promise in the Word, that came to your mind, as a hand-hold to keep you from sliding down further into despair, confusion, fear, or whatever. Step six is now where you start gathering verses that directly pertain to your particular problem, or problems in your mind.

If fear; then get all the verses you can find on fear. If worry; then verses on God's provisions for you, and His control of things. If guilt; then ones on your forgiveness, cleansing, and justification. If from sin nature or satanic induced torment; then ones on the filling of the Holy Spirit, putting off the old nature, armor of God, resisting the Devil, etc..

The next thing to do is gather them together and write them down on paper, so you'll have them at hand. So that you'll be able to go over them again and again; repeating them, memorizing them, believing them, using them, saturating yourself with them, until they become a very part of your nature.

You may live in this stage of your recovery for quite awhile, especially if you've been "out of it" for some time. Days, weeks, months, who knows? Studying, gathering verses, memorizing, repeating them to yourself over and over, day after day; until you can get to the place where you're stronger and more stable. A time limit can't be put on it either. Each one's situation varies and their soul's conditions' will vary. The important thing is that one stabilizes out at this level, where you have peace of mind, faith, patience, optimism, hope and confidence in life towards God. And if something happens where you

get out of it for a while, you know how to quickly get back in it by applying these techniques of faith.

7. Personalizing the Verse

Along with this you'll want to do one other thing that will greatly stabilize you, and strengthen your faith; and that's to personalize the verses by applying them to you.

We're all so prone to think that God's Word and promises apply to the "other" person and not us. This faulty thinking does a lot to hurt our emotional state and hinder our faith.

How can you believe something, and how can it help you, if you don't believe it applies to you?

You must realize that God is talking to you through these promises, and what He is saying in them applies to you! God loves you; God called you; God saved you; He has chosen you; He will provide your needs; He will protect you; He will not abandon you; He will always sustain you; He did not give you a spirit of fear, but of power, love and a sound mind. And that, this is the day God has made for you. Rejoice and be glad in it!

As you personalize God's Word to yourself, you'll be drawn closer to Him, and your relationship with Him will become more personal. For these promises apply not to just "people" but to you!

By the time a believer has advanced to this step, he will find that he has stabilized greatly. God's peace and His strength will be coursing through his soul, as the result of the exercising of his faith in God's promises. *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* Rom. 15:13.

He might have even forgotten that he ever was in a bad spot in his life. (Remember the time factor). But he should not stay at this point, but retaining to what he has attained to, push in to the more advanced levels. Most people would like to stay here, but the further on you advance, and hold, the greater will be your spiritual blessings, and the less likely it will be of you sliding back into the River of Despair.

8. Doctrinal Teaching

This where you take the verses and what they teach, and bring in other verses and their teachings, to form a comprehensive body of doctrine. One from which you can see the entire picture more clearly, and be able to deduct certain conclusions and principles you can use in life.

It's like the verses provide the framework, upon which you can add and finish the building. Broadening out what the verse teaches, so that we will have a more

comprehensive understanding to further strengthen our faith. In addition to what the Bible clearly states are principles and teachings that we can also believe and rely upon.

For step eight to be effective, the believer must adhere to it as a way of life.

Something that one must adopt as his priority and way of life. Not something that one tries for a while, and then drops. It has tremendous long-range benefits. **Step eight entails sitting under the authority and disciplined learning of a Pastor-Teacher in a local Church.**

This is where the believer makes great strides in his mental recovery. For its only under the disciplined intake of doctrinal teaching, that one stabilizes out and gets strong in the Lord. The early steps are more like nursing you back to health; while this phase strengthens and prepares you to face the trials of life without being devastated. Assembling under the Word is mandated by God.

And as in the earlier stages faith, concentration, prayer, meditation on the Word, reviewing the material, all play an important part in one's recovery. A vital part. **And one must learn to stabilize out at this level also,** or spend the rest of his Christian life going up and down, with no victory or real productivity in life.

9. Handling One's Problems

By now, once the believer has had his heart and mind stabilized with God's peace; he will be able to come up with solutions he can apply to the various problems that have been vexing him in his life.

By solutions, **I mean that he will come up with a way of handling them.** He may not know exactly what to do on a given situation, but he will know how to go about handling it. He may apply some doctrinal concept concerning that matter; or simply resort to faith, prayer and put it in the Lord's hands.

For example; if he's plagued with debt, he may learn from the Word to: 1) Learn not to go into debt further. 2) To get out of his present debt. 3) Get on a cash basis. 4) Get rid of his credit cards, etc.. 5) Keep his living expenses at a bare minimum. 6) Start saving some money.

This is applying the teachings and principles of scripture on a given situation; **where one gets all the information he can on a subject, studies it out, deducts certain principles and conclusions; then applies them to his situation.**

Whatever the problem we are dealing with, God has the solution in His Word. Whether guilt, or despair, self-condemnation, fear, depression, worry, sorrow, debt, failure, discouragement, etc.. And one can effectively handle all his problems through doctrine or going to God in prayer.

But what if one cannot find a solution for his problem? Or doesn't even know what his problem is? Let alone any solution for it. Then he applies another method of handling a

problem. And that is to go to God in prayer asking Him to not only give you the insight into what your problem is, but the wisdom as to how to go about handling it. James 1:5.

So what if it's a problem that one can't handle? (Or think you can't?). Or that you don't know how to handle? How then can one be solving his own problems? The emphasis is not on solving problems, but learning how to handle them. Some problems have long-term solutions. One may not be able to effectively solve it for months, or years. So one has got to learn how to handle it, instead of having it handle you. In matters such as these, you do as much as you know to do, and then put the matter in the Lord's hands for Him to solve.

By the way, putting the problems you can't handle through ordinary means, or normal means, into the Lord's hands for Him to work it out, is a very effective way of handling one's problems in life.

Being confronted with obstacles and problems is something that frustrates most all of us. But by utilizing the things that one has learned, and his faith and prayer; one can eventually solve all of his problems or handle them effectively.

One important ingredient in all this is one's mental attitude. He needs to become a possibility thinker. He is not interested at all in all the reasons why this obstacle cannot be overcome, or the problem not solved. He is too busy and completely involved at, and looking for, all the possibilities there are in dealing with it. He doesn't want to hear negative viewpoint. Instead he says, "The Lord can handle it and will!"

In his learning to handle the problems of everyday living, he is aware also of the **time factor** involved. And is not upset because it can't be done now, or fixed now, or all his problems will be solved now. **He's confident and relaxed that God will eventually work it all out in His own time.** He also understands the **imperfectability factor**. In that, we live in an imperfect world, therefore, things don't have to be perfect; and that solutions to a problem may not always be perfect solutions, but that's OK!

The mental attitude of faith, patience, prayer, doctrinal knowledge, a live and let live attitude, a relaxed mental attitude, impersonal love, learning how to trust the Lord as he works your problems out, goes a long way in eliminating frustration and failure in your daily living. And really help the mental attitude.

Life is full of problems and trials. We live in bodies of flesh in an imperfect world surrounded by people with sinful natures. And if one is going to cut his own way through life, he has got to learn how to handle problems. If we don't, then they will manhandle us.

Stabilizing out at this step in your recovery will not only give you a great degree of confidence towards life, but a relaxed mental attitude in dealing with life and it's problems; as well as being able to handle the big trials when they come your way.

It also is the solution for overcoming a failure index. People get to the place, where they don't want to try anything any more. They're too afraid of failing again. They've tried again and again to handle their problems, (in the flesh, the old way), and failed again and again. But if they learn to start handling their problems utilizing scriptural methods: applying doctrinal wisdom, faith-rest, prayer, putting things in the Lord's hands, not worrying, then they will start to have the successes they need to overcome a failure index.

10. Taking Control of Your Life

Up to this time in a believer's life he hasn't had any, or very much control of his life. His emotions, his fears, his worry, his anger, or depression and despair, or the situations, the pain and the problems, the world system, flesh nature, or Satan have been controlling him. With the result, I might add, that he has been besought with total misery.

Taking control of your life doesn't mean that you intend to set God aside to live your life as you please; making yourself the master of your destiny. What it does mean, is that you are no longer going to allow your life and your mind to be: knocked around, influenced, or brought down into a destitute condition by people, things, circumstances, or your own negative, destructive thought patterns.

You now are going to take charge of your own life, (which is what you are responsible for), and to a very great degree have control over it, it means that even in the areas that you can't control, for there are many circumstances beyond our control; **you still will have the control of how you respond to them.** And you retain control, when you apply doctrine to the situation.

The will is viable and able to function in all matters, for God has created us as free moral agents, with the capacity and responsibility to choose in life, regardless of the circumstances. So this means that when the believer goes through life he has the right and ability to choose the way and the course of action for himself. Even if he's thrown into a trial or situation beyond his control, he still has the right and ability to choose how he responds to it. And for the believer, he is to respond to it by utilizing the problem-solving devices of God's Word. And when he does, he is taking control of his life back, and is refusing to allow his life to be battered about and controlled by the trial, by the situation, by the pain, by his emotions, by his old sin nature (OSN), by people, by the world, Satan, or anything else.

Taking control of your life probably is the hallmark of the mature believer, By his decision (function of the will), to employ and utilize the teachings of the scriptures, he is in control. **Even if the situation is beyond his control, he still retains the control over his own life, for he is choosing how he handles it.**

This believer is tired of life, and things handling him, (usually manhandle). He has learned that he doesn't have to be like a whipped dog or a leaf blowing in the wind. And he has learned so many things from doctrinal teaching that he can apply in every situation. So he has decided that he is going to take the control of his life back by choosing to apply God's Word to his situation.

So as he goes through life, in many normal situations, he exercises control over his life by making right decisions, decisions based upon doctrinal teaching and divine viewpoint. From which he would expect to reap desirable consequences, as it should be. But also, sometimes, something comes into his life; something he did not choose, something he did not want, and quite possibly, something that causes him to suffer pain. So what does he do? Allow himself to be a passive victim, held captive by the "mercy" of his sin nature, or the situation? Or does he stop and say no to it! And say to himself, I choose to handle this situation in this manner. And then starts applying the many things he has learned from God's Word. **The mature believer will not always be able to control the situation, but he will always be in control of himself.**

This study has been written as a practical guide for the believer in Christ to recover from reversionism, and the things that we are constantly confronted with daily. It's one thing to "get out of it", as we say, but it's another thing to be so hammered down that we can't even get back up on our feet. Worry, depression, despair, fear, anxiety, guilt complexes, failure indexes, and so many other things, can not only paralyze us in moving constructively forward in the plan of God, but can so decimate our souls that we can't even think rationally at times. So the believer needs something that he can sink his teeth into, something that he knows that will work, that will get him out of all these things, and start him not only on the road to recovery, but a productive, successful Christian life.

Actually, all these things are only normal Christian living! This is how all Christians are to be living their lives day by day. But due to the apostasy of the churches today; their legalism, programism, entertainmentism, ritualism, emotionalism, and departure from sound doctrinal teaching, the average believer isn't being given the sound doctrinal teaching that their souls need to keep from getting into these states of mind. let alone recover from them, if in them. So a clear, concise outline on the approach the believer can adopt is very helpful in their recovery. For it takes them step by step, by the hand, making that each step is covered along the way, to the place of full spiritual recovery.

In the believer's recovery from reversionism, or carnality, his soul will be probably in a very miserable condition, and so he will need to absorb himself in the Word of God, for it is the Word of God that we need to have as the object of our faith. Bible reading, scripture memorization, personal devotions, tapes, attendance in a sound Bible-oriented church, taking notes, your own personal Bible promise notebook are all encouraged and needed. **The important thing to remember, is, that if you stay with the Word of God, you will make it. So hang in there!**