

# **ABIDING AND HEALTH**

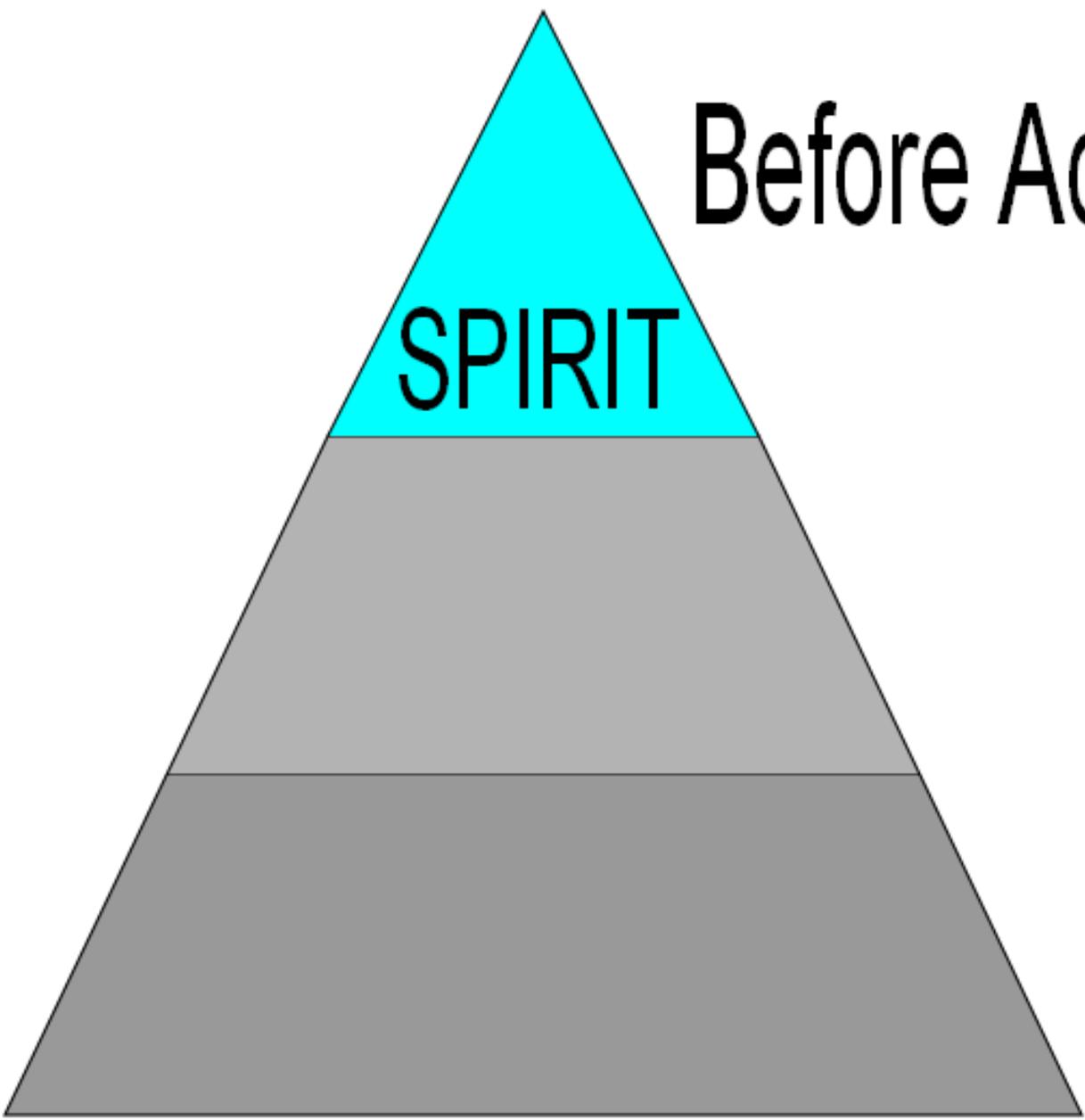
## **Part #2**

Sermon by  
Dr. Ron Susek  
Antrim BIC Church  
October 16, 2011

A photograph of a forest with tall, thin trees. The foliage is a mix of bright yellow and green, suggesting an autumn or early spring setting. The sky is a clear, pale blue. The text "Review Part #1" is overlaid in the center in a bold, red font.

# Review Part #1

Before Adam's Fall



**SPIRIT**

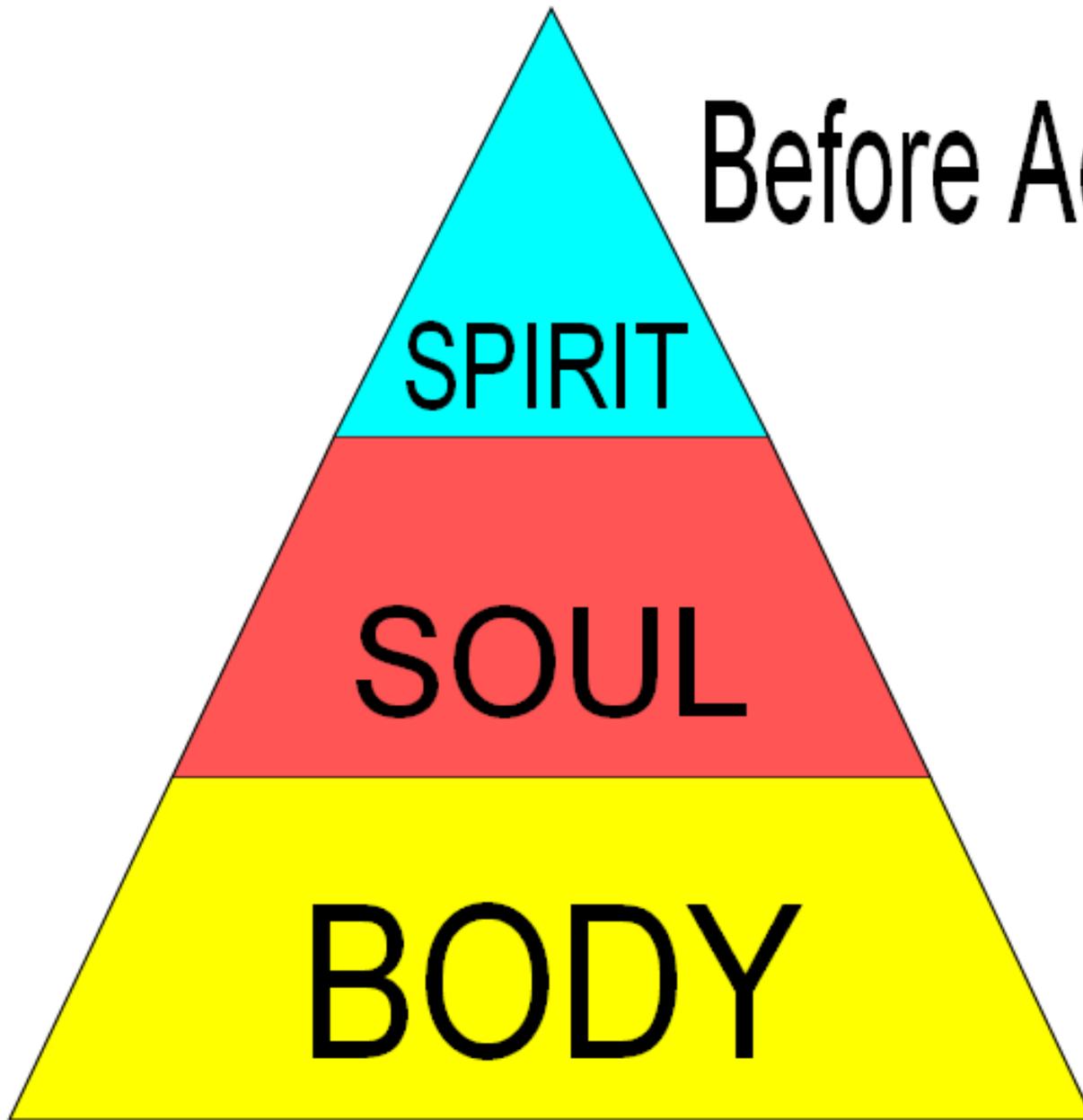
Before Adam's Fall



**SPIRIT**

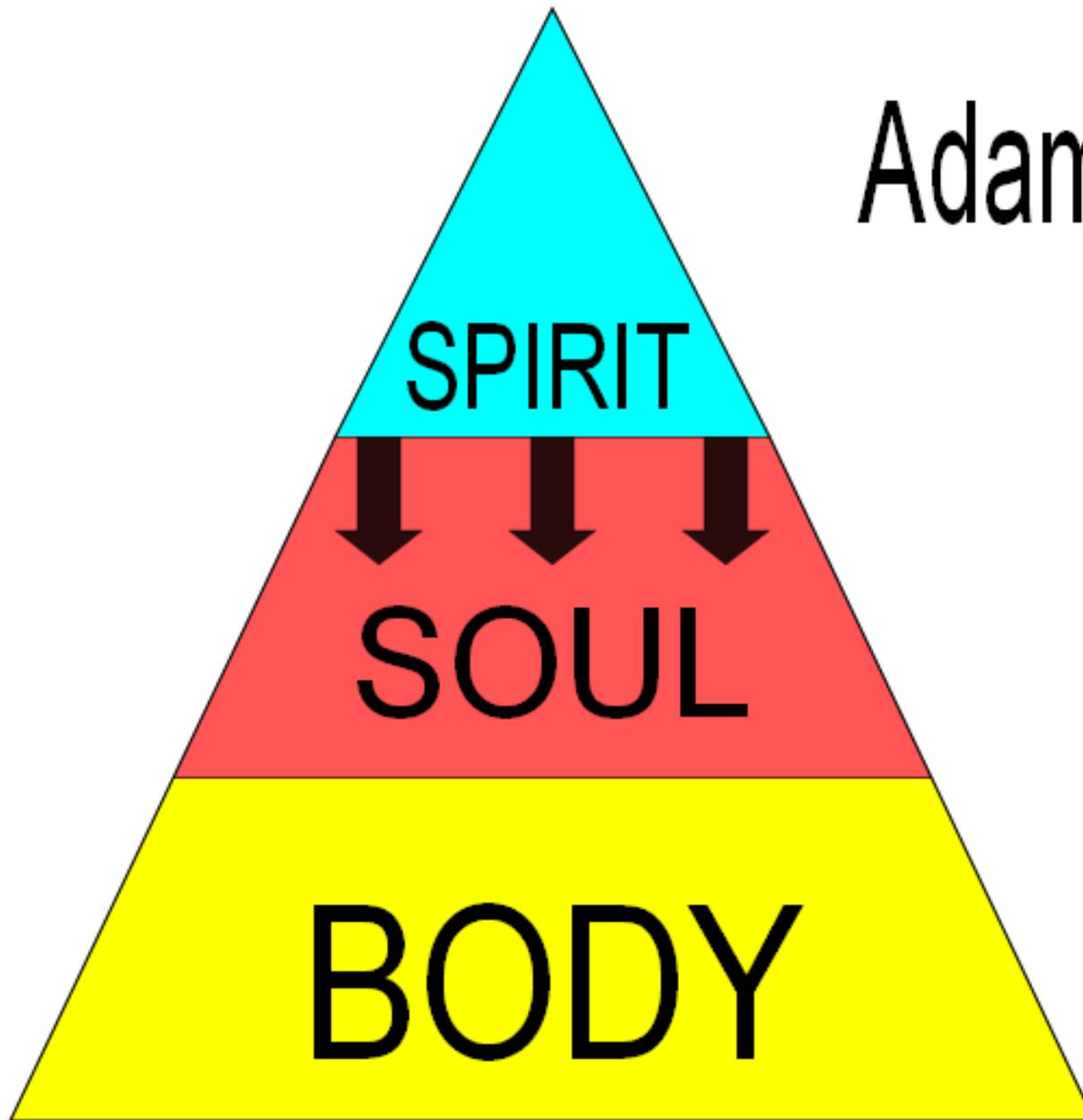
**SOUL**

# Before Adam's Fall



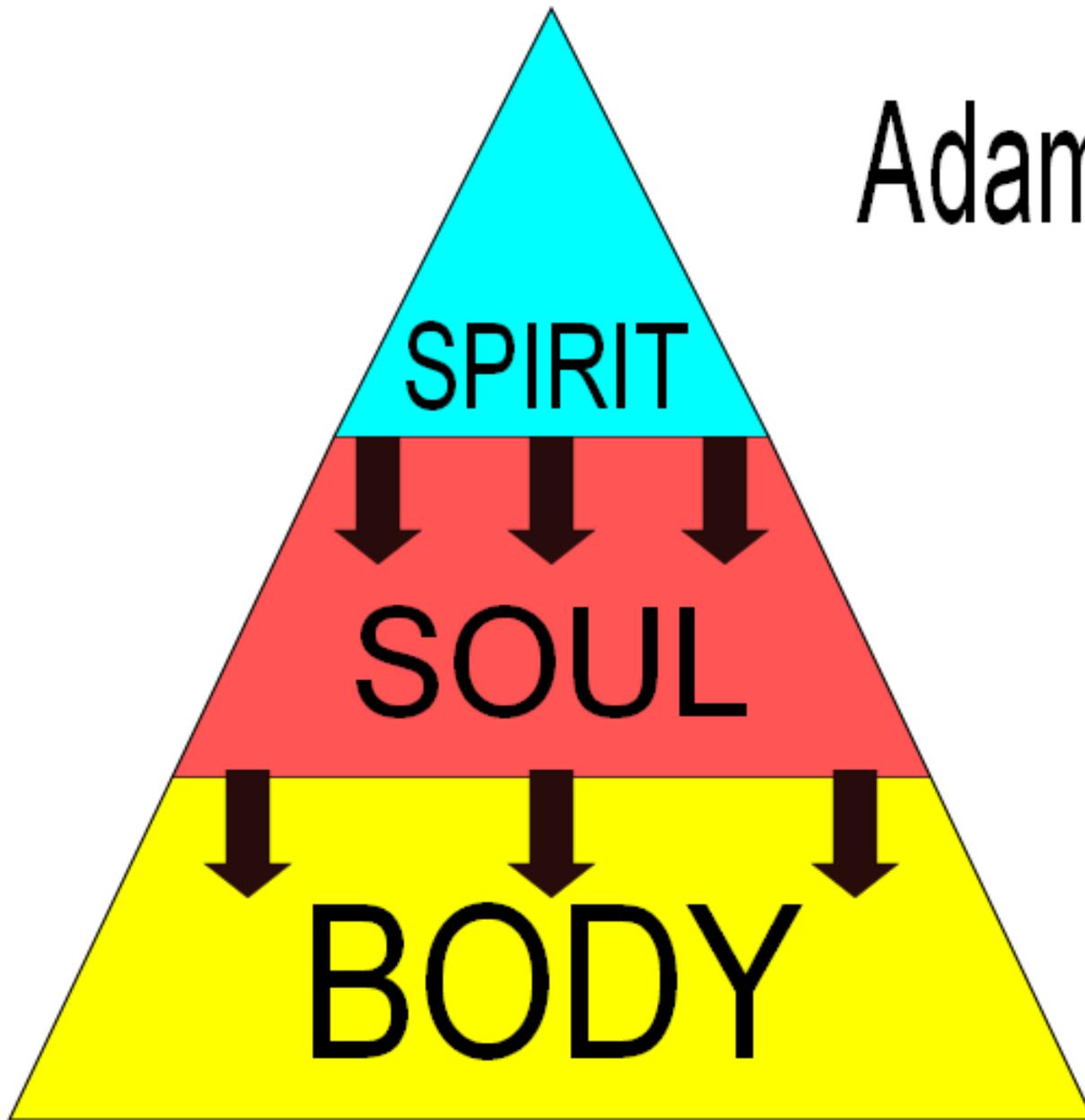
**Key!** These are not distinct divisions. All three interrelate.

# Adam's Fall



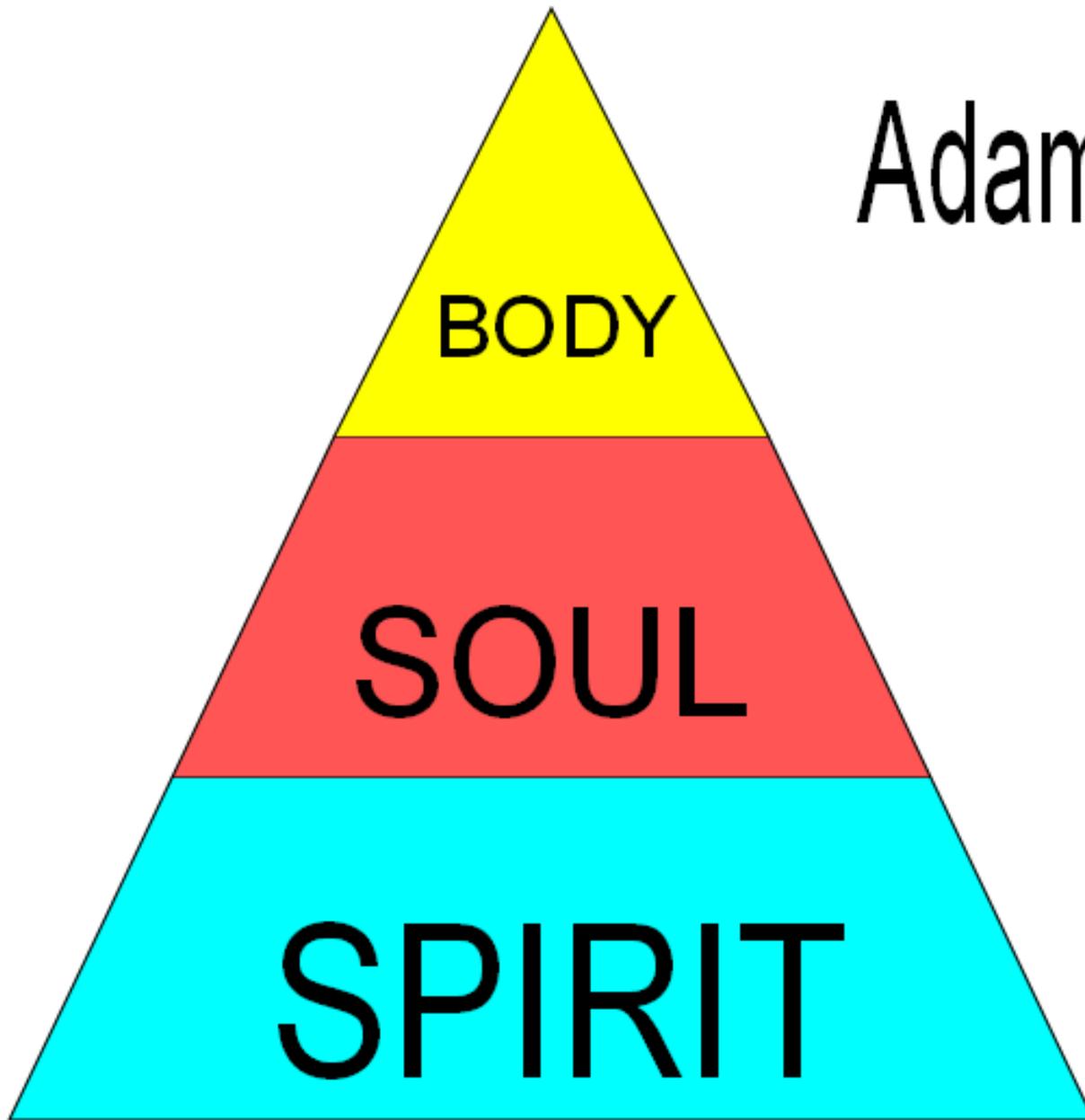
**Note: Jesse Penn Lewis quotes Fausset**

# Adam's Fall



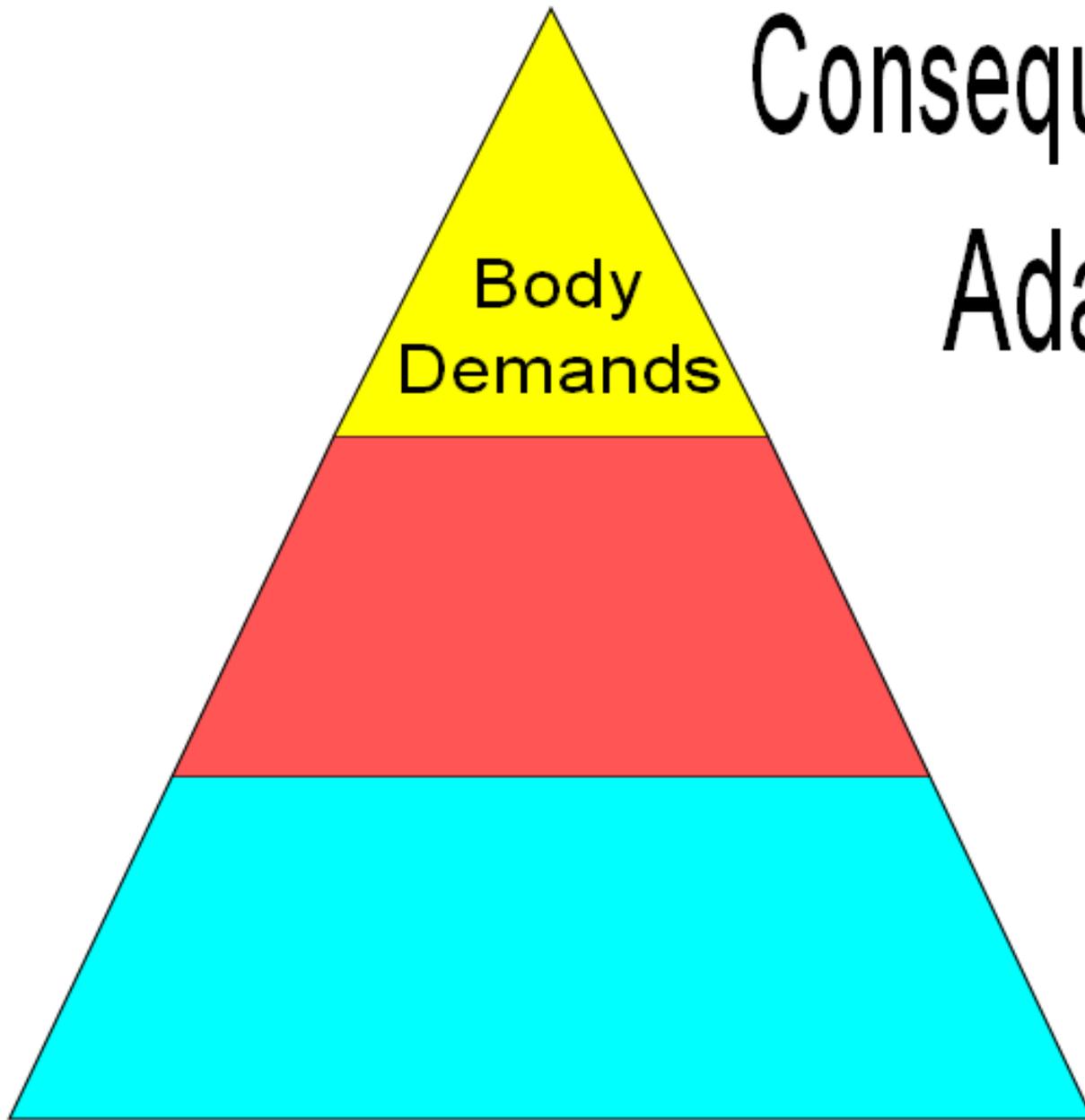
**Note: Jesse Penn Lewis quotes Fausset**

# Adam's Fall

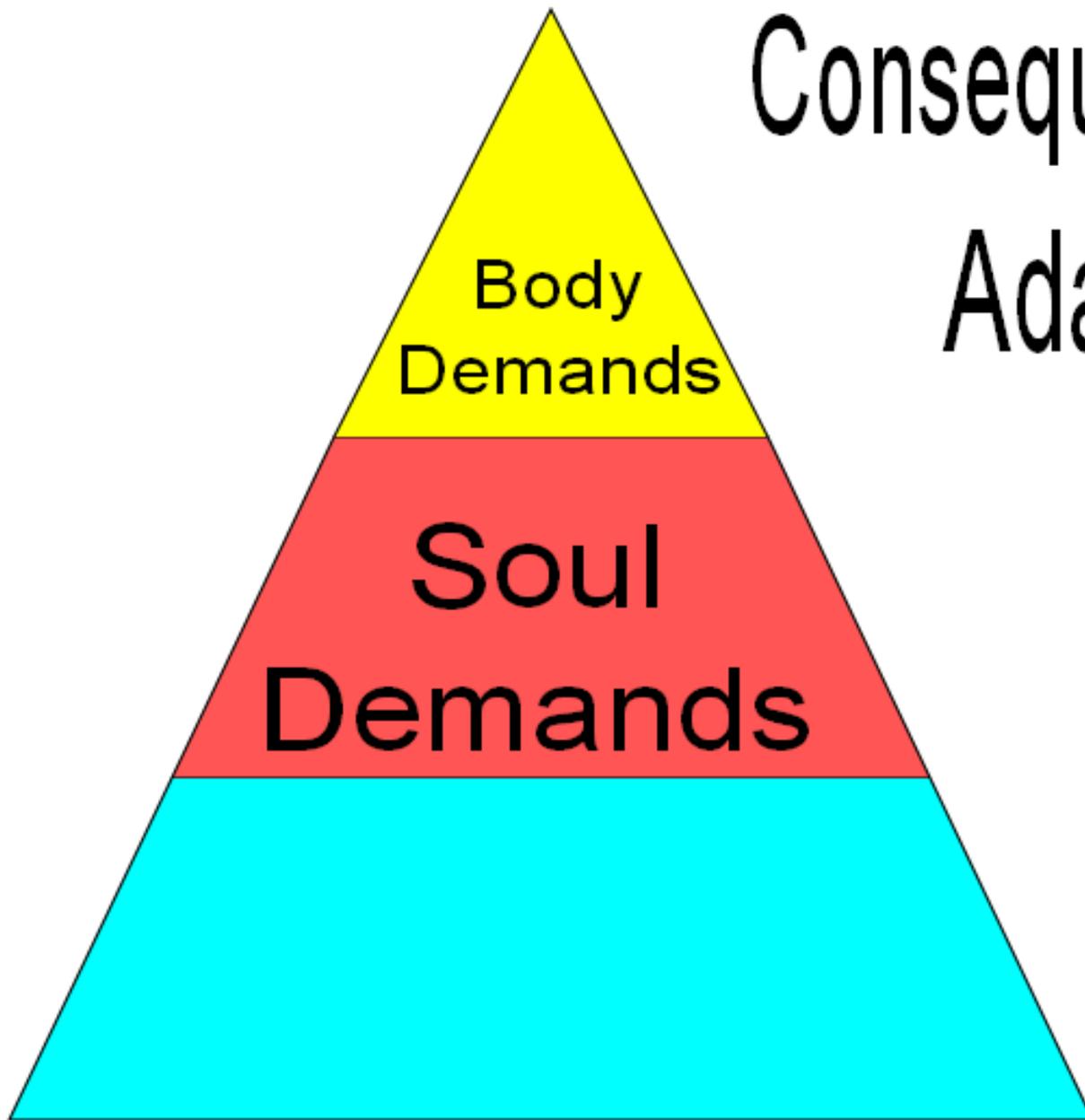


**Note: Jesse Penn Lewis quotes Fausset**

# Consequences of Adam's Fall



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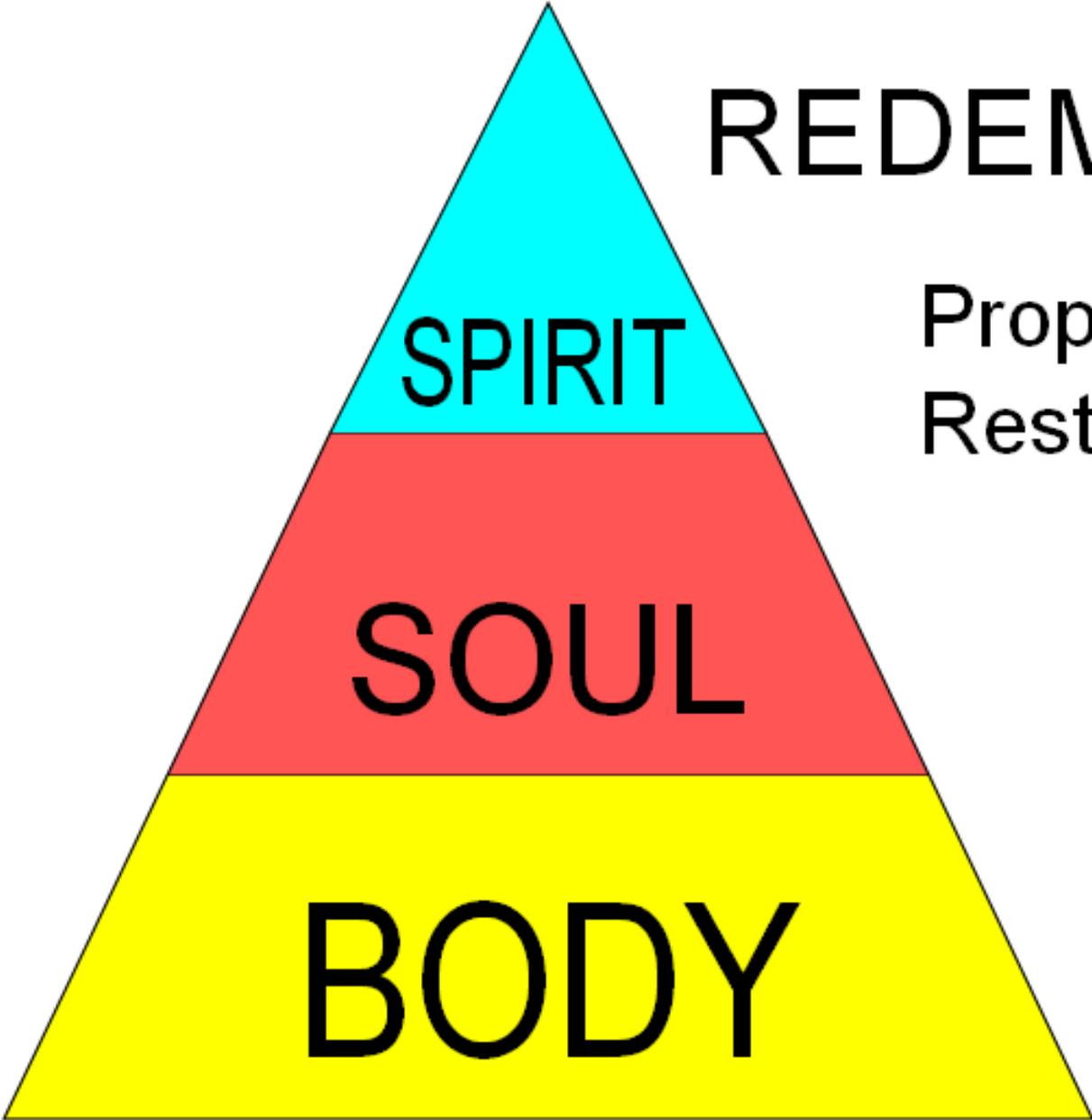
# Consequences of Adam's Fall





# REDEMPTION

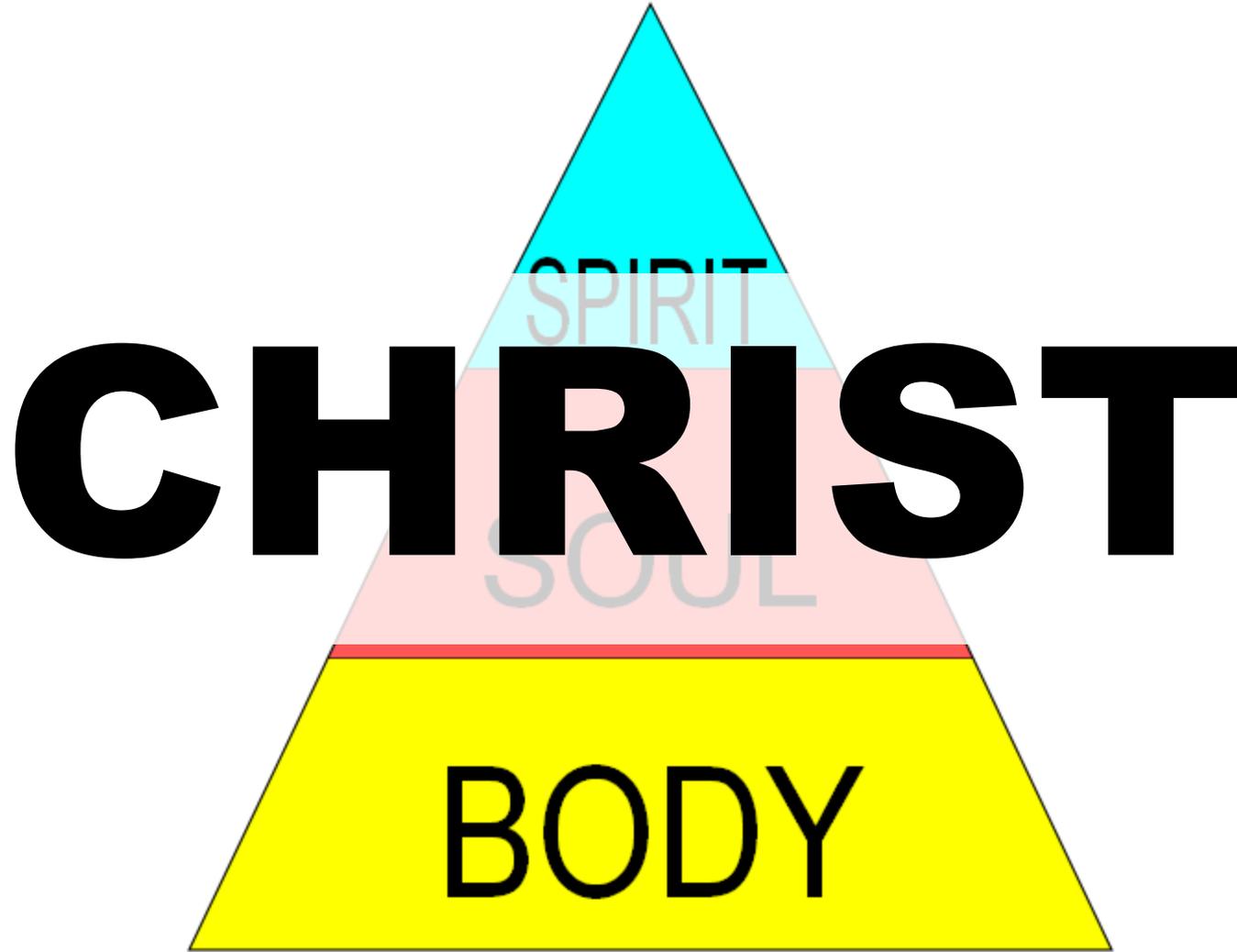
Proper Order  
Restored



**SPIRIT**

**SOUL**

**BODY**



**OLD TESTAMENT**

**TEXT**

**ON ABIDING**

**Psalm 91:1-16**

**(ESV)**

**91:1**

**He who dwells in the shelter of  
the Most High will abide in the  
shadow of the Almighty.**

91:2

**I will say to the LORD, "My  
refuge and my fortress, my  
God, in whom I trust."**

**91:3**

**For he will deliver you from the  
snare of the fowler and from  
the deadly pestilence.**

91:4

**He will cover you with his  
pinions, and under his wings you  
will find refuge; his faithfulness  
is a shield and buckler.**

91:5

**You will not fear the terror of  
the night, nor the arrow that  
flies by day,**

91:6

**nor the pestilence that stalks in  
darkness, nor the destruction  
that wastes at noonday.**

91:7

**A thousand may fall at your  
side, ten thousand at your right  
hand, but it will not come near  
you.**

**91:8**

**You will only look with your  
eyes and see the recompense of  
the wicked.**

91:9

**Because you have made the  
LORD your dwelling place-- the  
Most High, who is my refuge--**

91:10

**no evil shall be allowed to befall  
you, no plague come near your  
tent.**

91:11

**For he will command his angels  
concerning you to guard you in  
all your ways.**

91:12

**On their hands they will bear  
you up, lest you strike your foot  
against a stone.**

**91:13**

**You will tread on the lion and  
the adder; the young lion and  
the serpent you will trample  
underfoot.**

**91:14**

**Because he holds fast to me in  
love, I will deliver him; I will  
protect him, because he knows  
my name.**

91:15

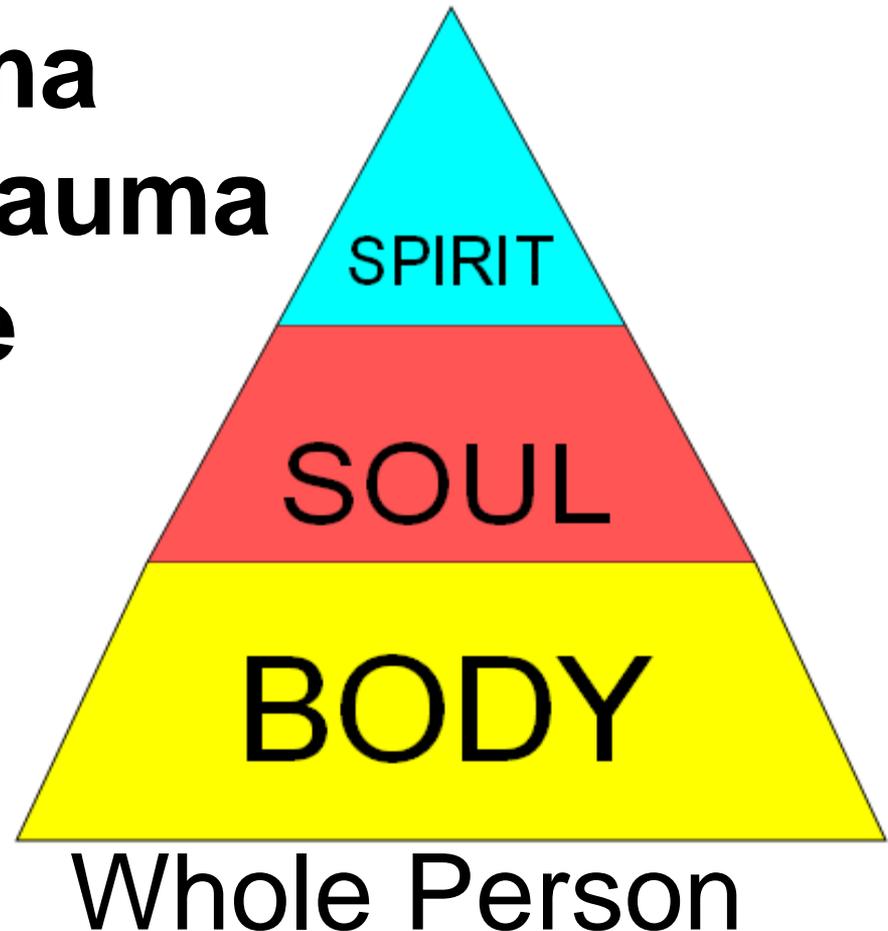
**When he calls to me, I will  
answer him; I will be with him in  
trouble; I will rescue him and  
honor him.**

91:16

**With long life I will satisfy him  
and show him my salvation."**

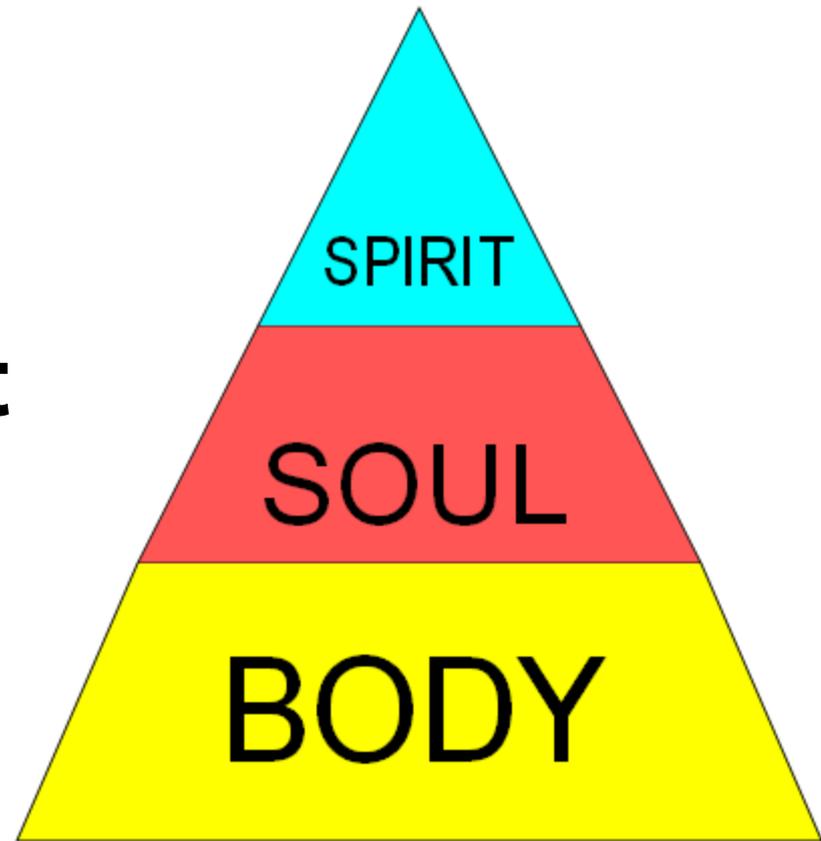
# Impact of Distant Past

- **Sexual Trauma**
- **Emotional Trauma**
- **Verbal Abuse**



# Impact of RECENT PAST

- **Betrayal**
- **Injustice**
- **Unfairness**
- **Family Conflict**
- **Broken Trust**
- **Loss by Death**
- **Work Tensions**



Whole Person

# RECENT PAST Cont.

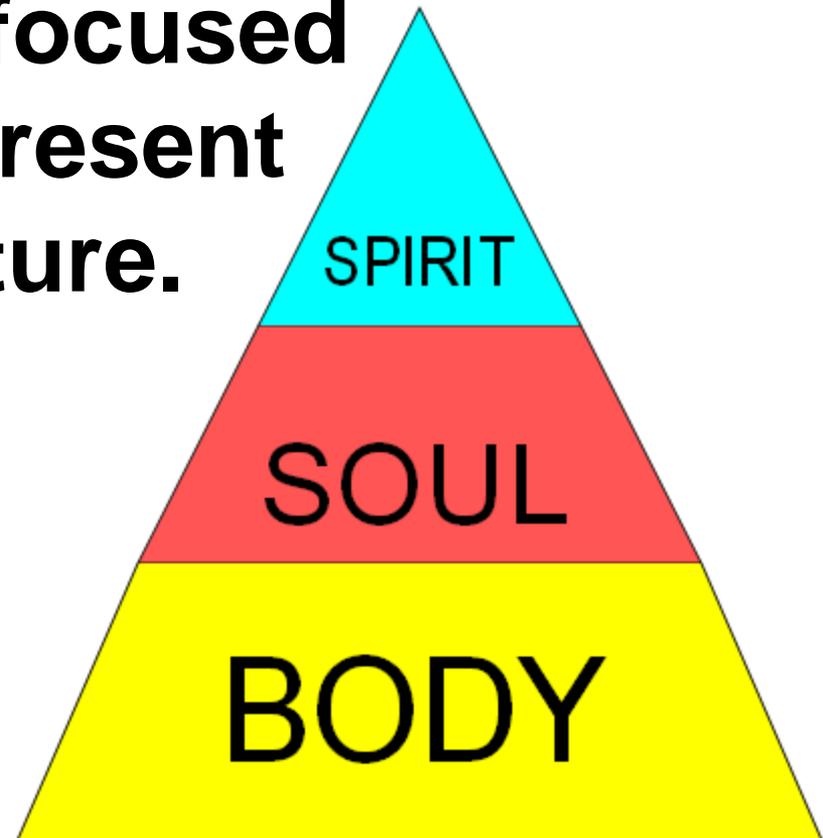
- **Financial**
- **Shame**
- **Much More**



# ABIDING FOR THE PAST

**Note:** The past is powerless when our eyes are focused on the God of the present and guide of the future.

**Note:** God restores tired souls  
(Psalm 23)



## **Psalm 55:22**

**Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.**

# 1 Peter 5:7

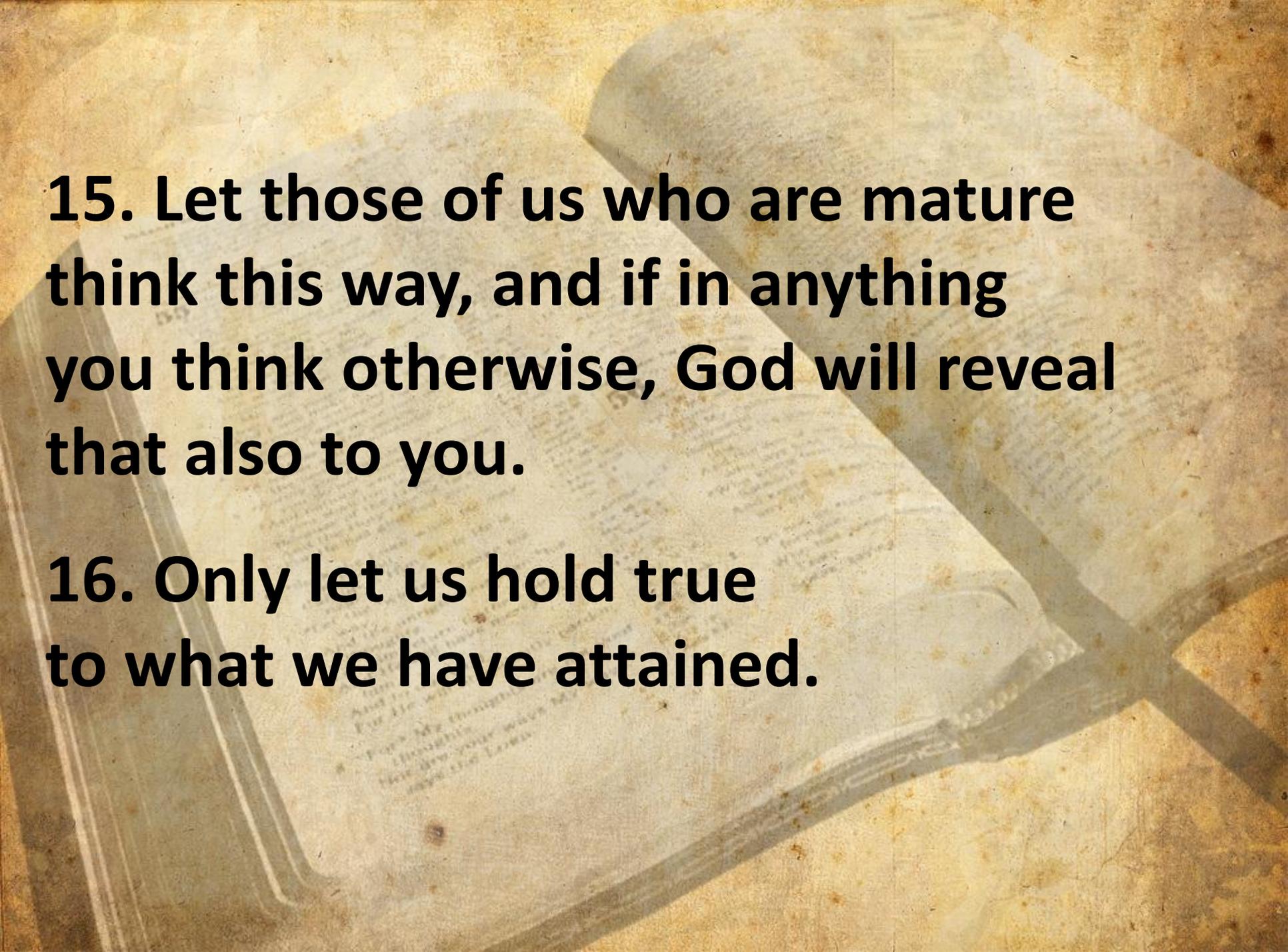
**. . . casting all your anxieties on him,  
because he cares for you.**

## **Phil 3:12-16**

**Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.**

**13. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining Forward to what lies ahead,**

**14. I press on toward the goal for the prize of the upward call of God in Christ Jesus.**

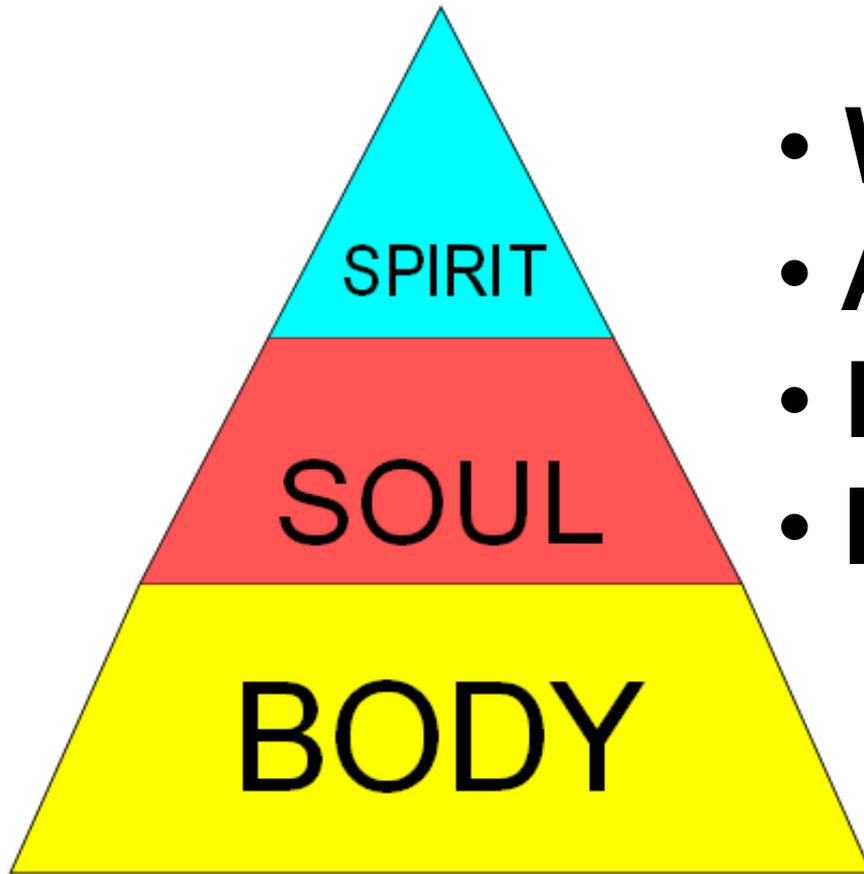


**15. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.**

**16. Only let us hold true to what we have attained.**

# IMPACT OF FUTURE

(Anticipating Trouble)

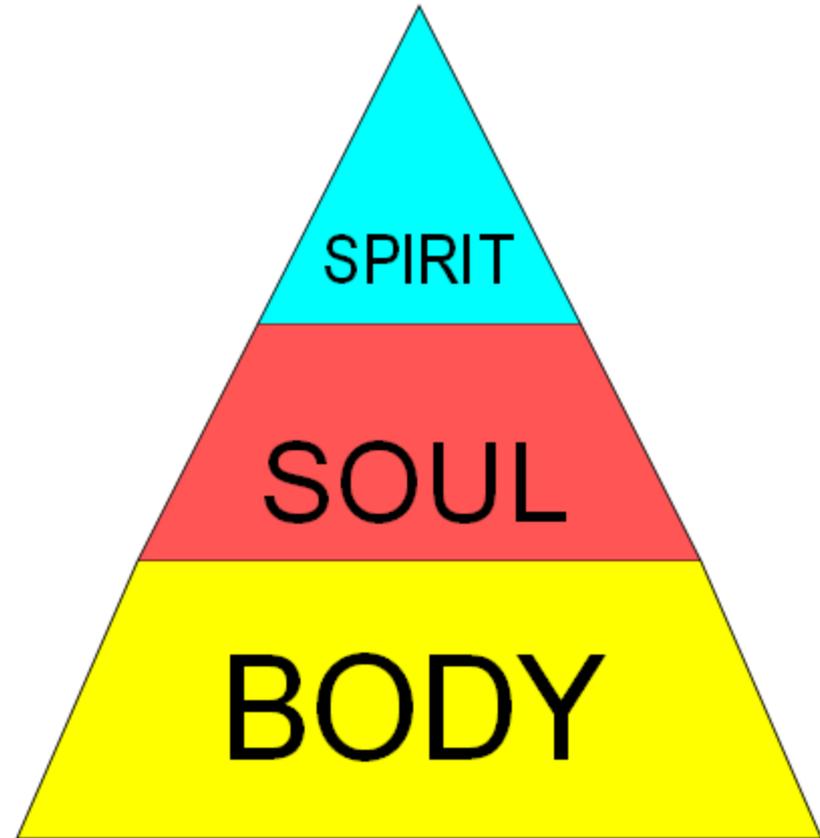


- **Worry**
- **Anxiety**
- **Fear**
- **Indecision**

Whole Person

# ABIDING FOR THE FUTURE

## Scriptures



## **Matthew 6:34**

**Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.**

## **James 4:13**

**Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"--**

## **James 4:14-15**

**... yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.**

**15. Instead you ought to say, "If the Lord wills, we will live and do this or that."**

## **Heb 13:5**

**Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."**

# **Philippians 4:11-13**

**Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.**

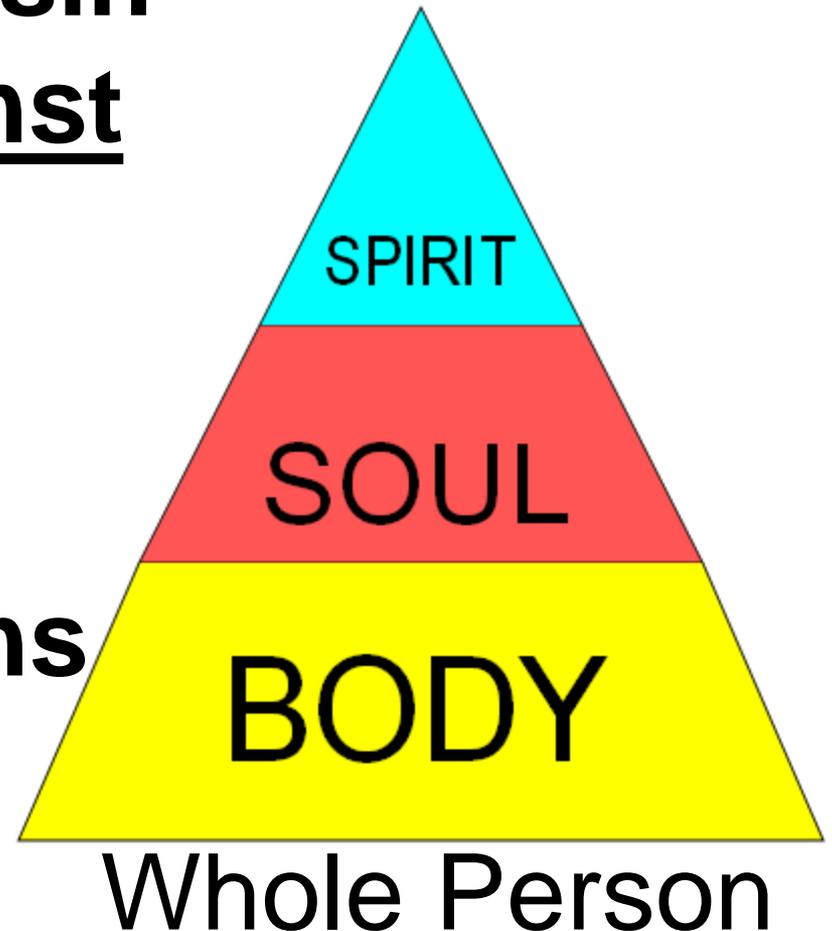
**12. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.**

**13. I can do all things through him who strengthens me.**

# IMPACT OF SELF

Our flesh (the old sin nature) wars against us:

- Self Deception
- Moods
- Worldly Affections
- Wrong Thoughts



# ABIDING TO DEFEAT SELF

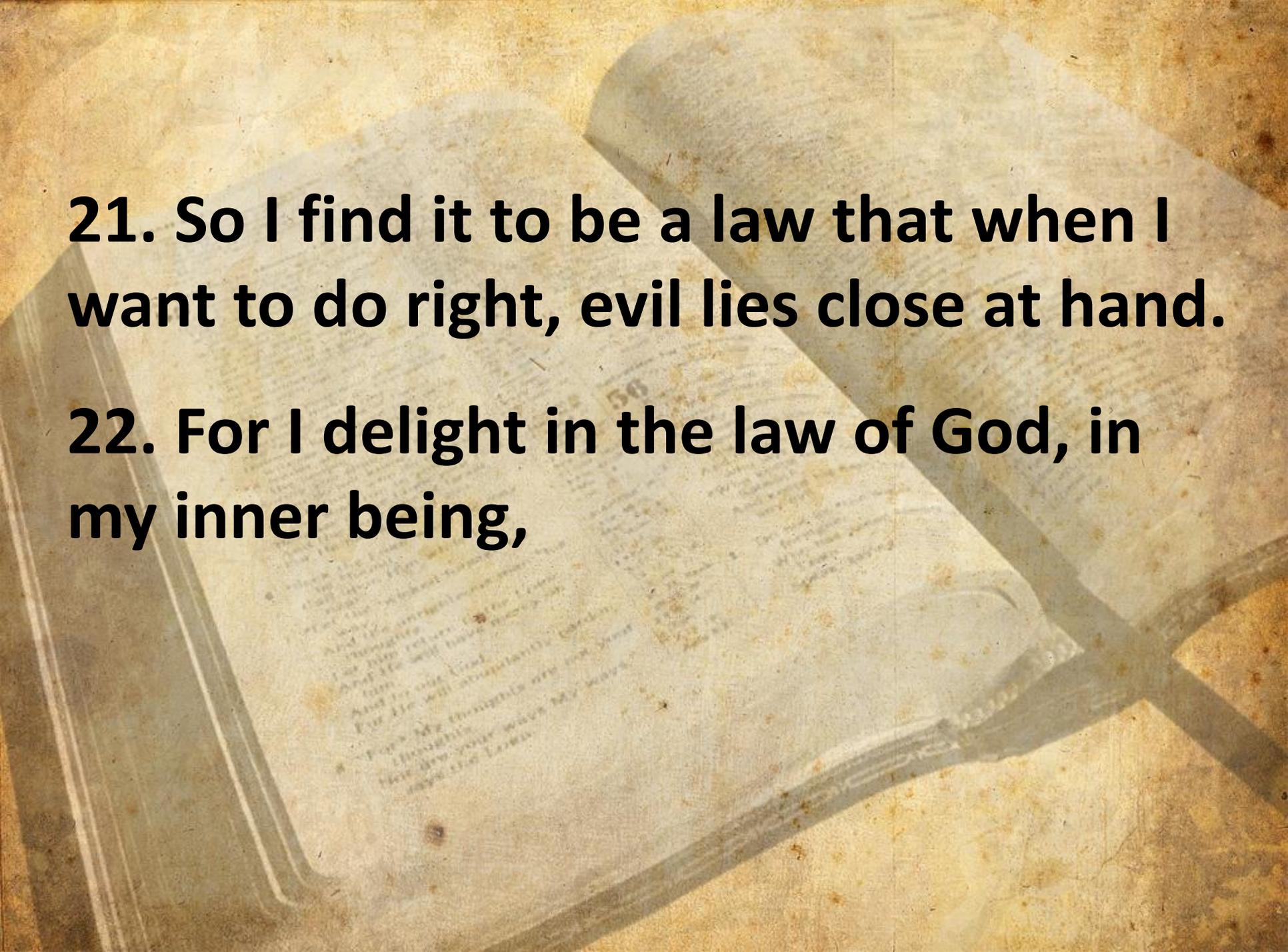


## **Romans 7:18-25**

**For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.**

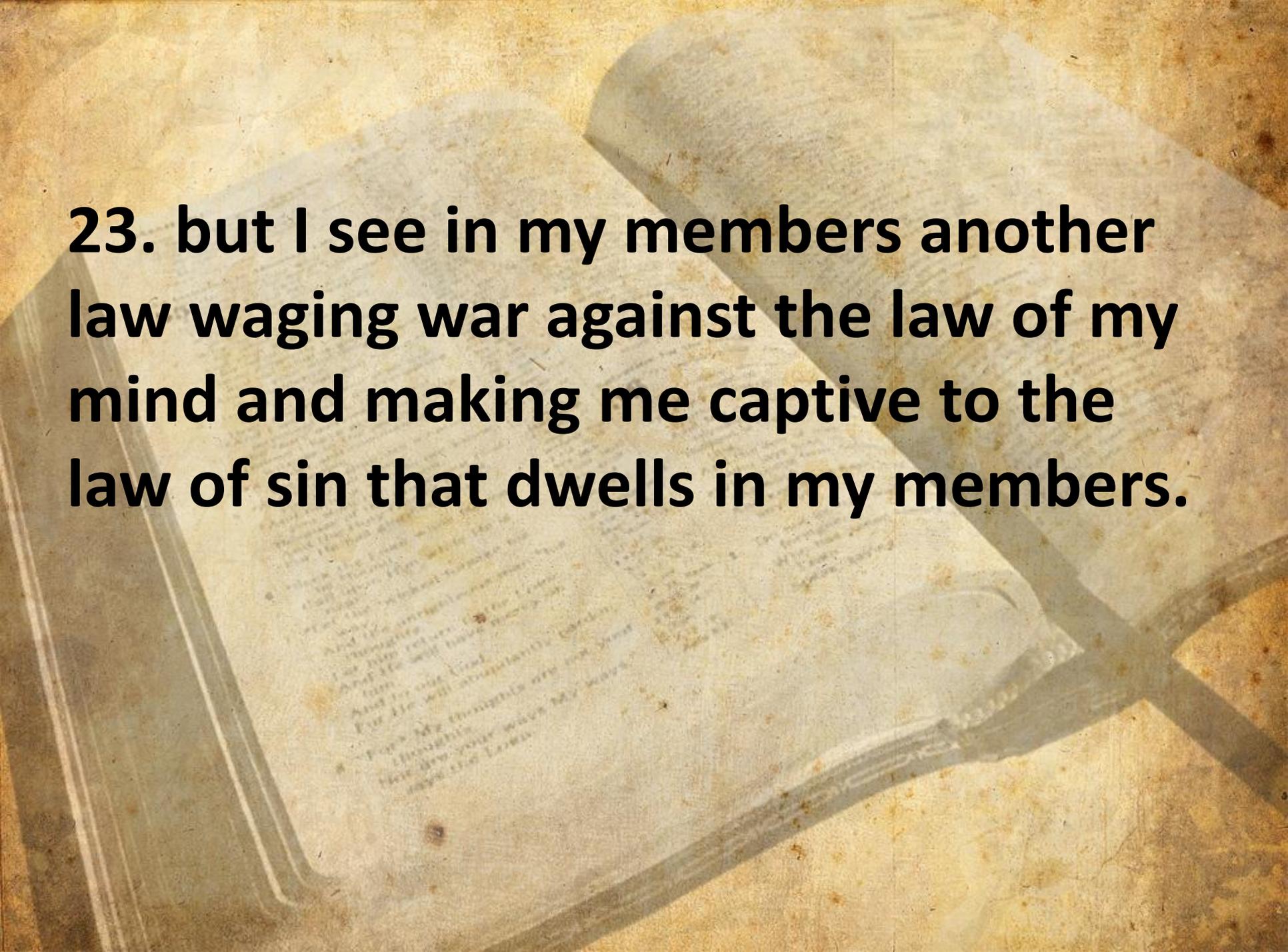
**19. For I do not do the good I want, but the evil I do not want is what I keep on doing.**

**20. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.**

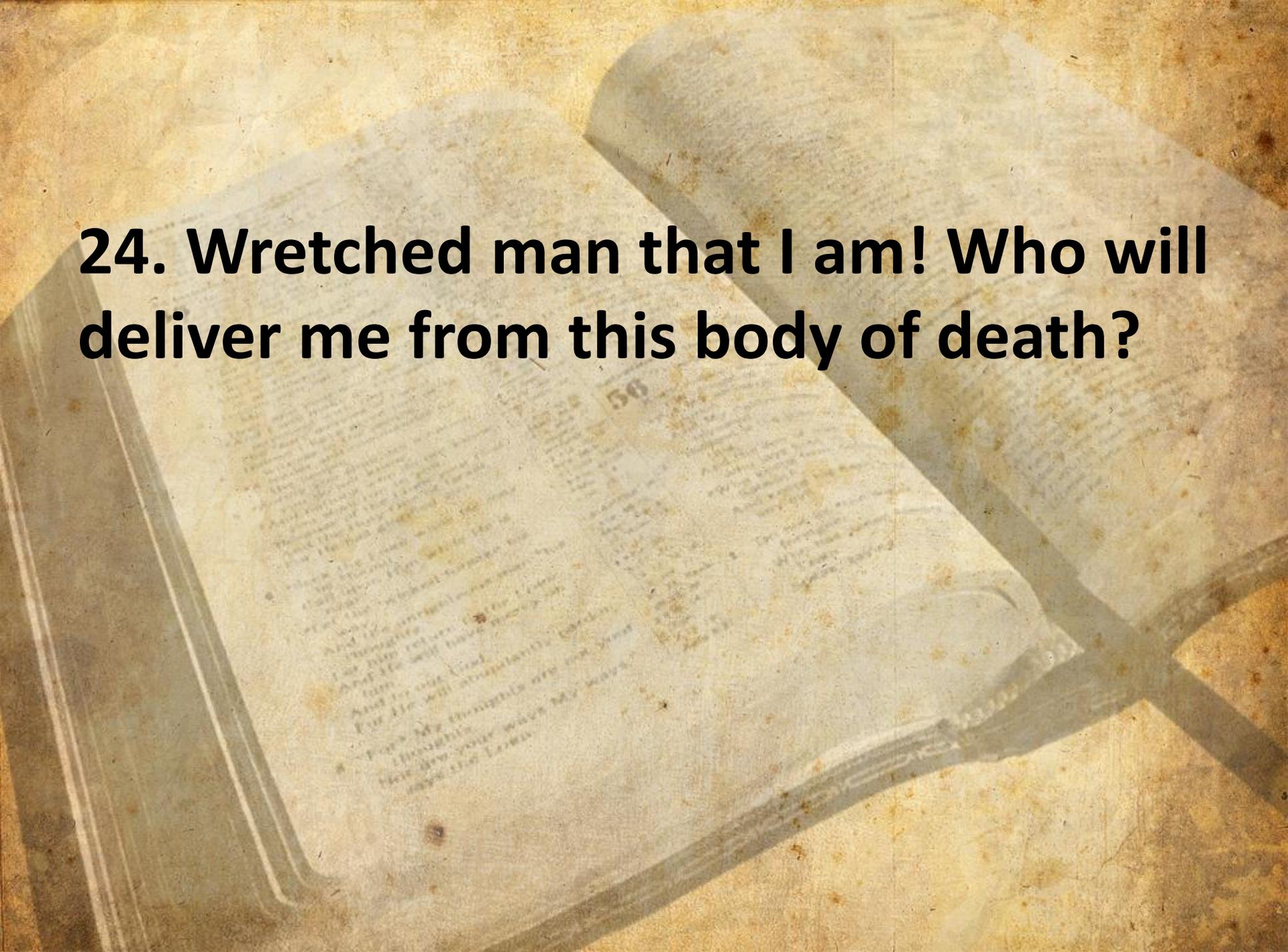
An open, aged book with yellowed pages and visible text. The text is overlaid in large, bold, black font. The book is open to a page with some faint, illegible text visible in the background. The overall tone is warm and historical.

**21. So I find it to be a law that when I want to do right, evil lies close at hand.**

**22. For I delight in the law of God, in my inner being,**

An open, aged book with yellowed, stained pages. The text is overlaid in a large, bold, black font. The background shows the texture of the paper and the binding of the book.

**23. but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.**

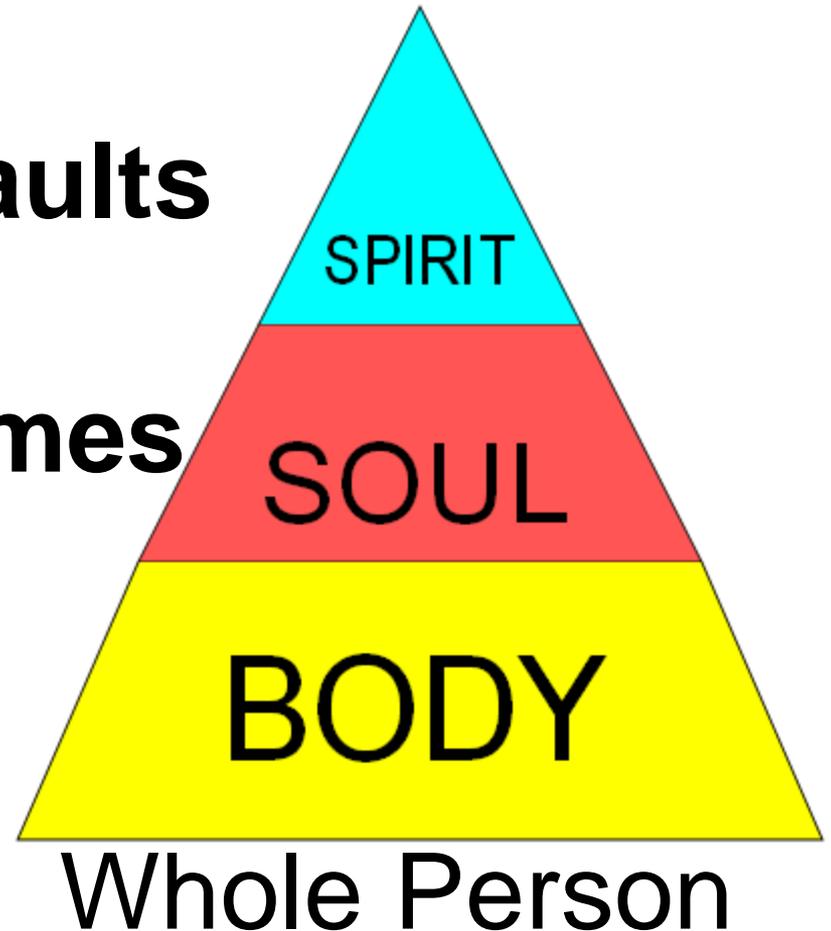
An open, aged book with yellowed, stained pages. The text is overlaid in a large, bold, black font. The book is open to a page with a visible page number '56' in the center. The text on the page is faint and mostly illegible, but some words like 'Thoughts' and 'Lord' are visible. The book is resting on a textured, light-colored surface.

**24. Wretched man that I am! Who will deliver me from this body of death?**

**25. Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.**

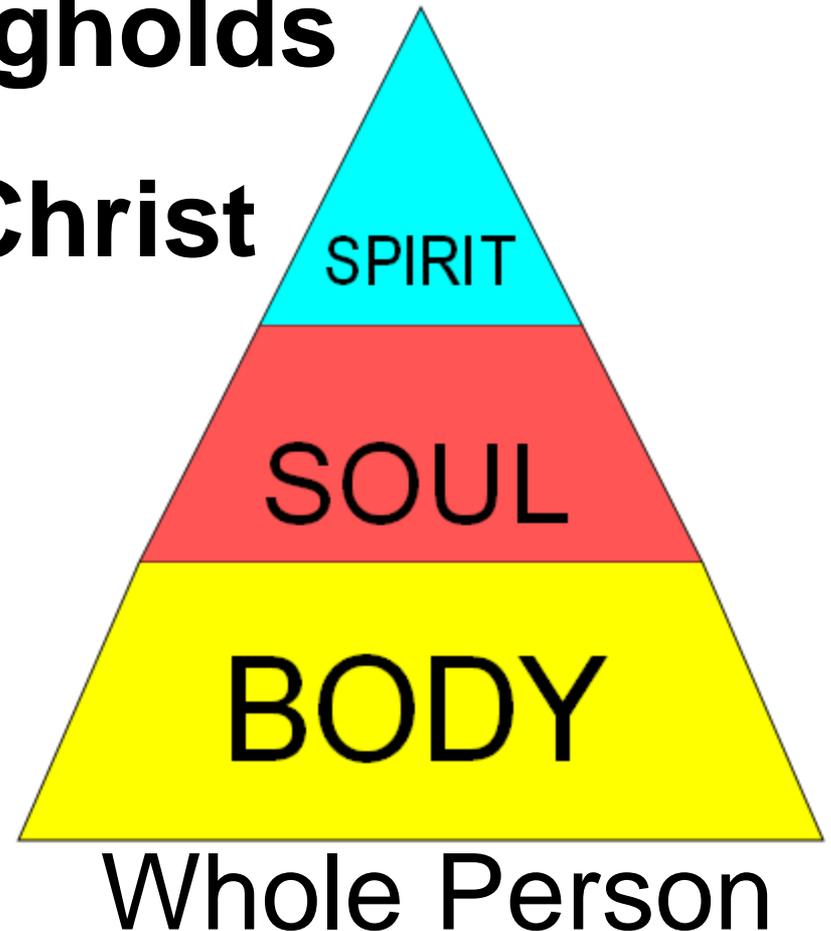
# IMPACT OF SPIRITUAL WARFARE

- **The Accuser Assaults**
- **Flaming Arrows**
- **Destructive Schemes**



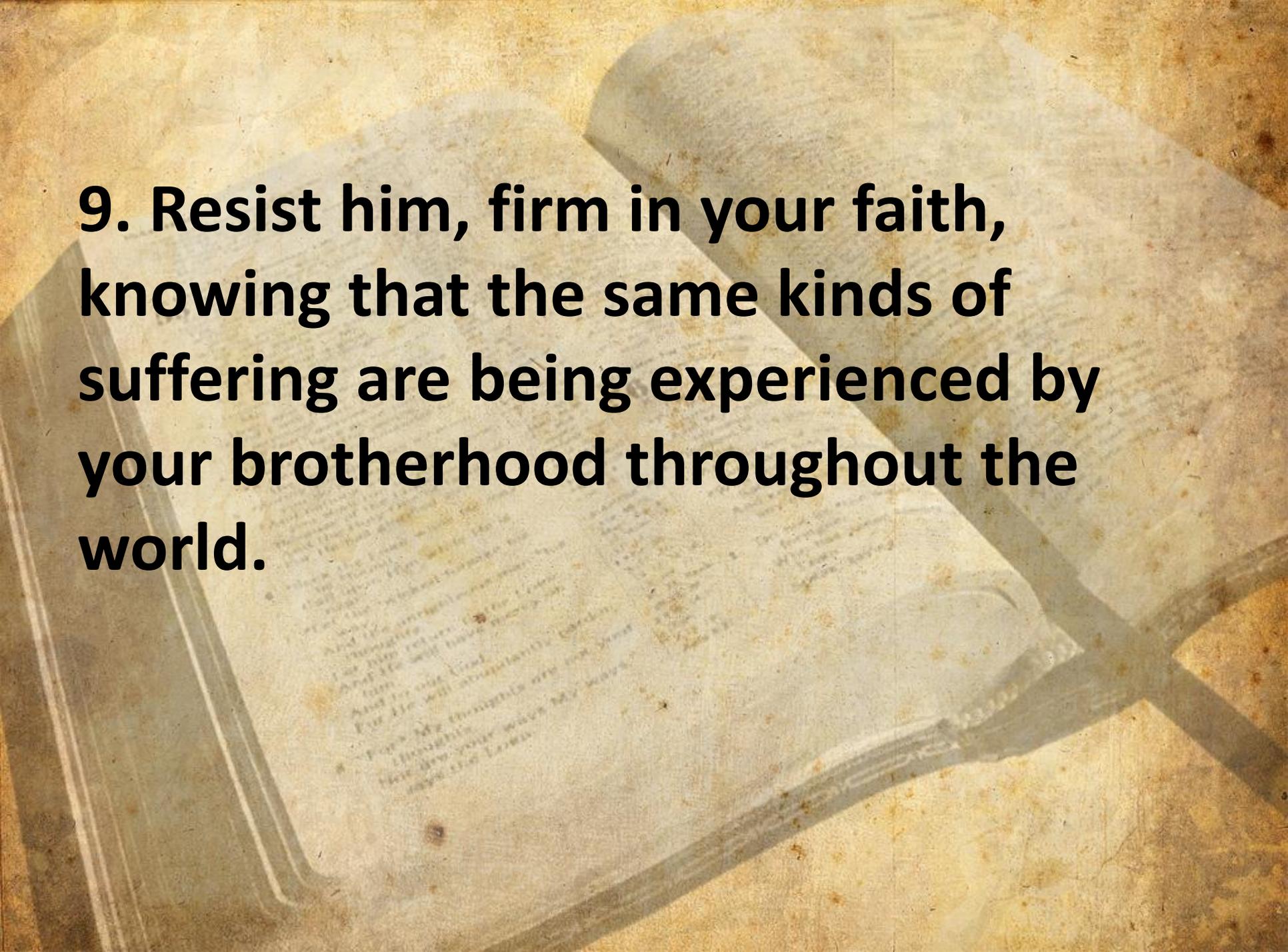
# War Amid Abiding

- **Destroying Strongholds**
- **Destroying Anti-Christ Arguments**
- **Taking Thoughts Captive**

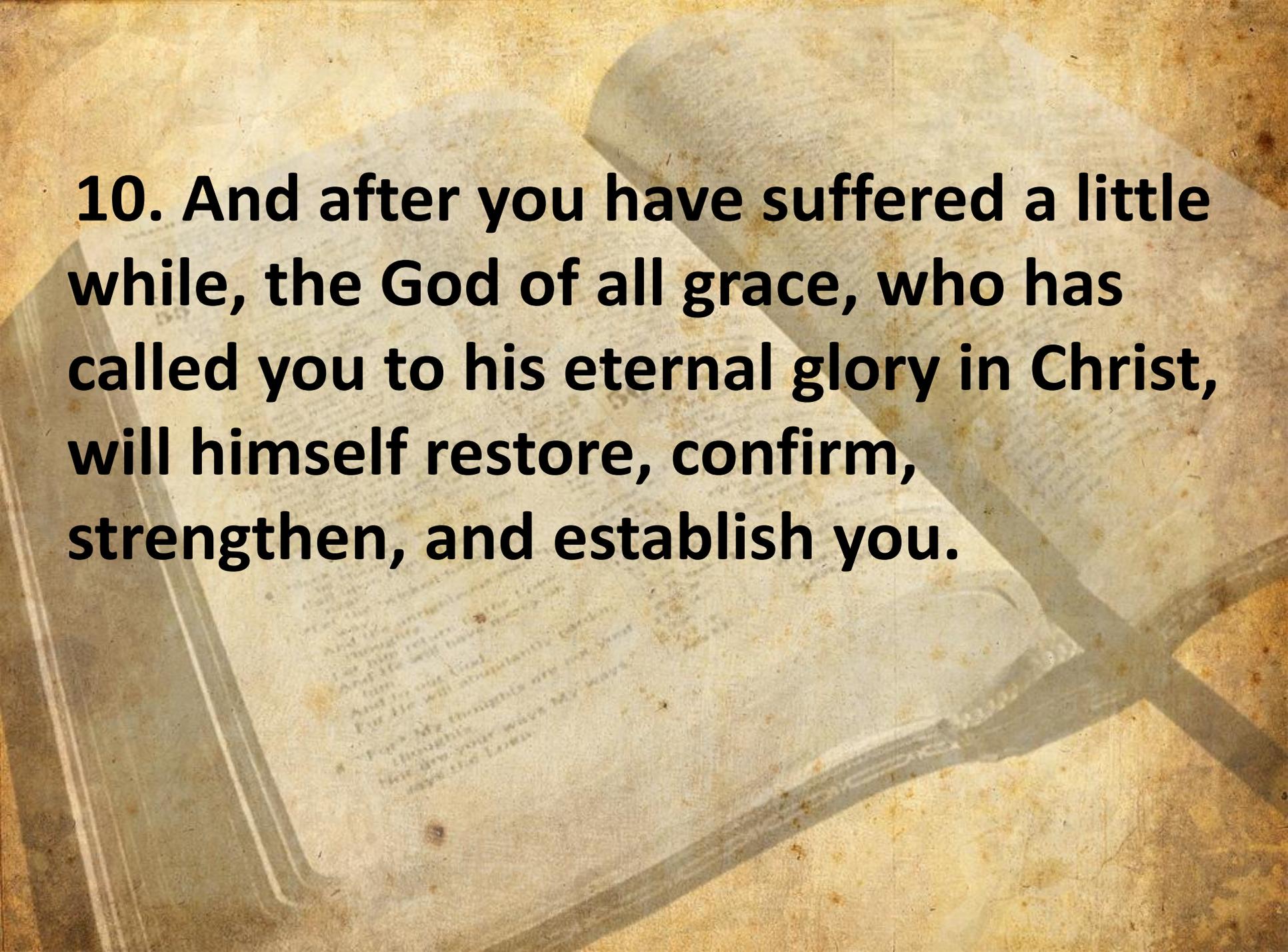


# **1Peter 5:8-11**

**Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.**

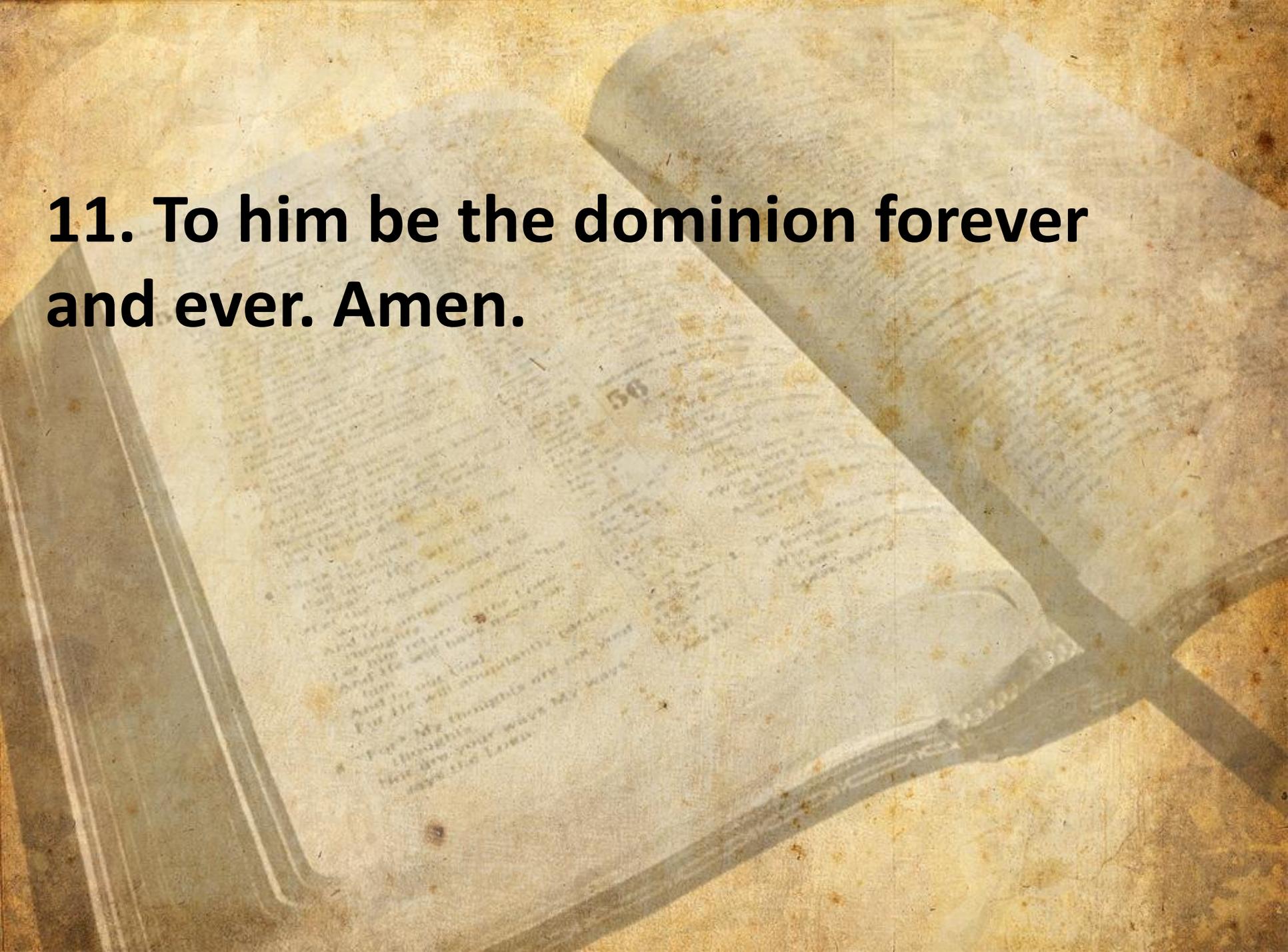
An open, aged book with yellowed pages and visible binding. The text is overlaid in a large, bold, black font. The background shows the texture of the paper and the shadows of the book's pages.

**9. Resist him, firm in your faith,  
knowing that the same kinds of  
suffering are being experienced by  
your brotherhood throughout the  
world.**

An open, aged book with yellowed, stained pages. The text is overlaid in a large, bold, black font. The background shows the texture of the paper and the binding of the book.

**10. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.**

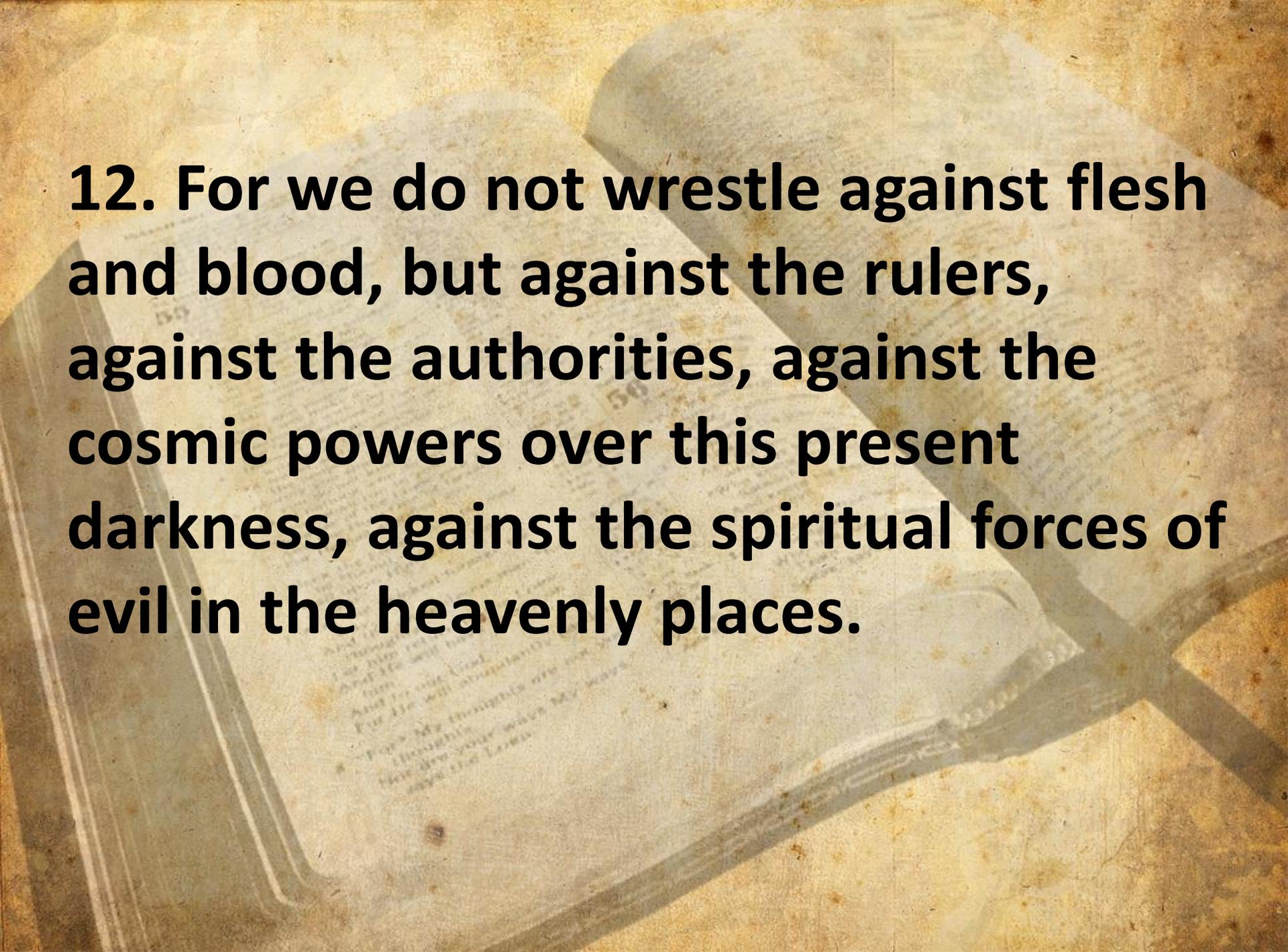
**11. To him be the dominion forever  
and ever. Amen.**



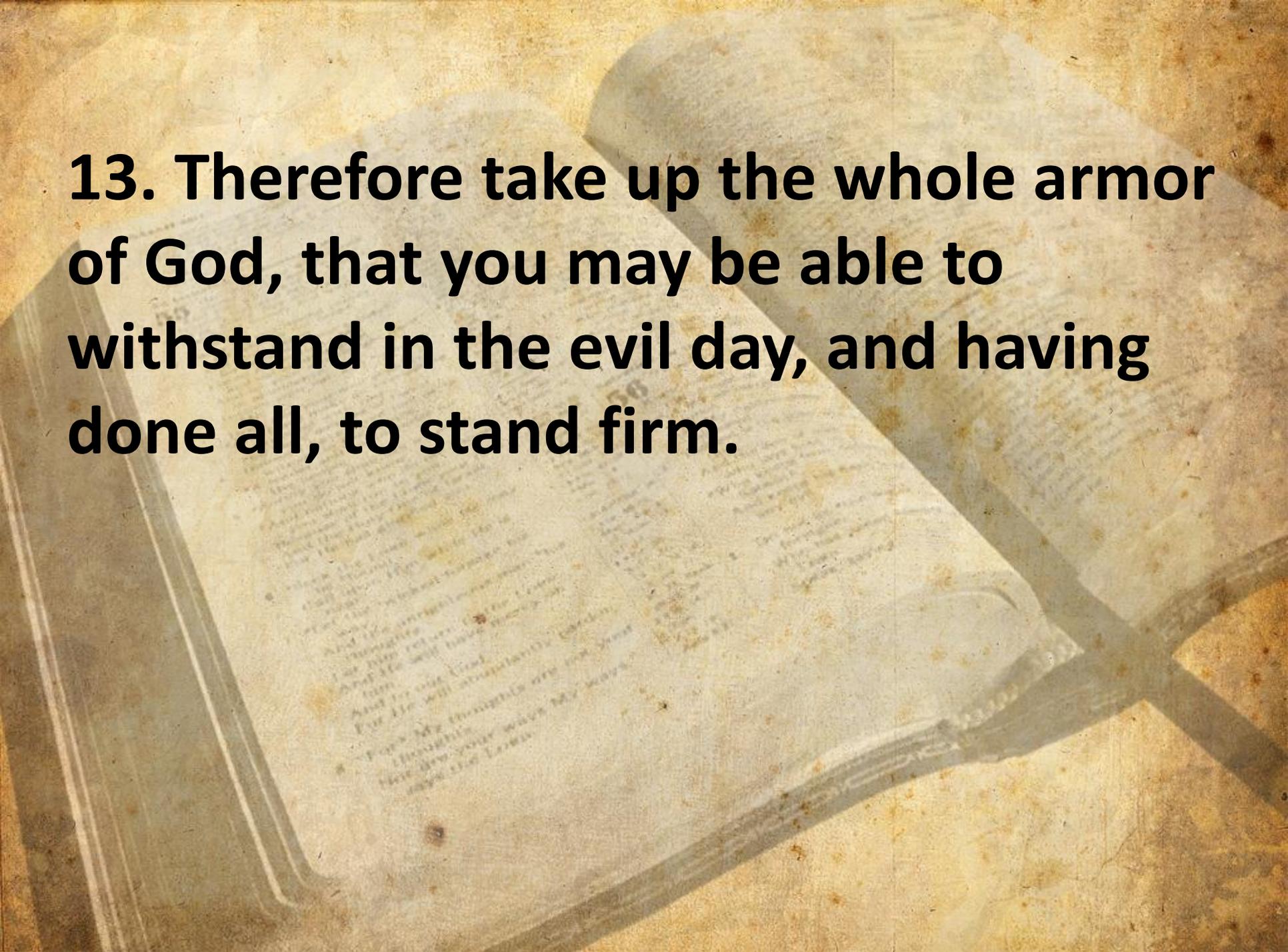
## **Eph 6:10-13**

**Finally, be strong in the Lord and in the strength of his might.**

**11. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.**

An open, aged book with a scroll resting on it. The book's pages are yellowed and show signs of wear. A white scroll is unrolled across the pages, partially covering the text. The background is a textured, light brown surface.

**12. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.**

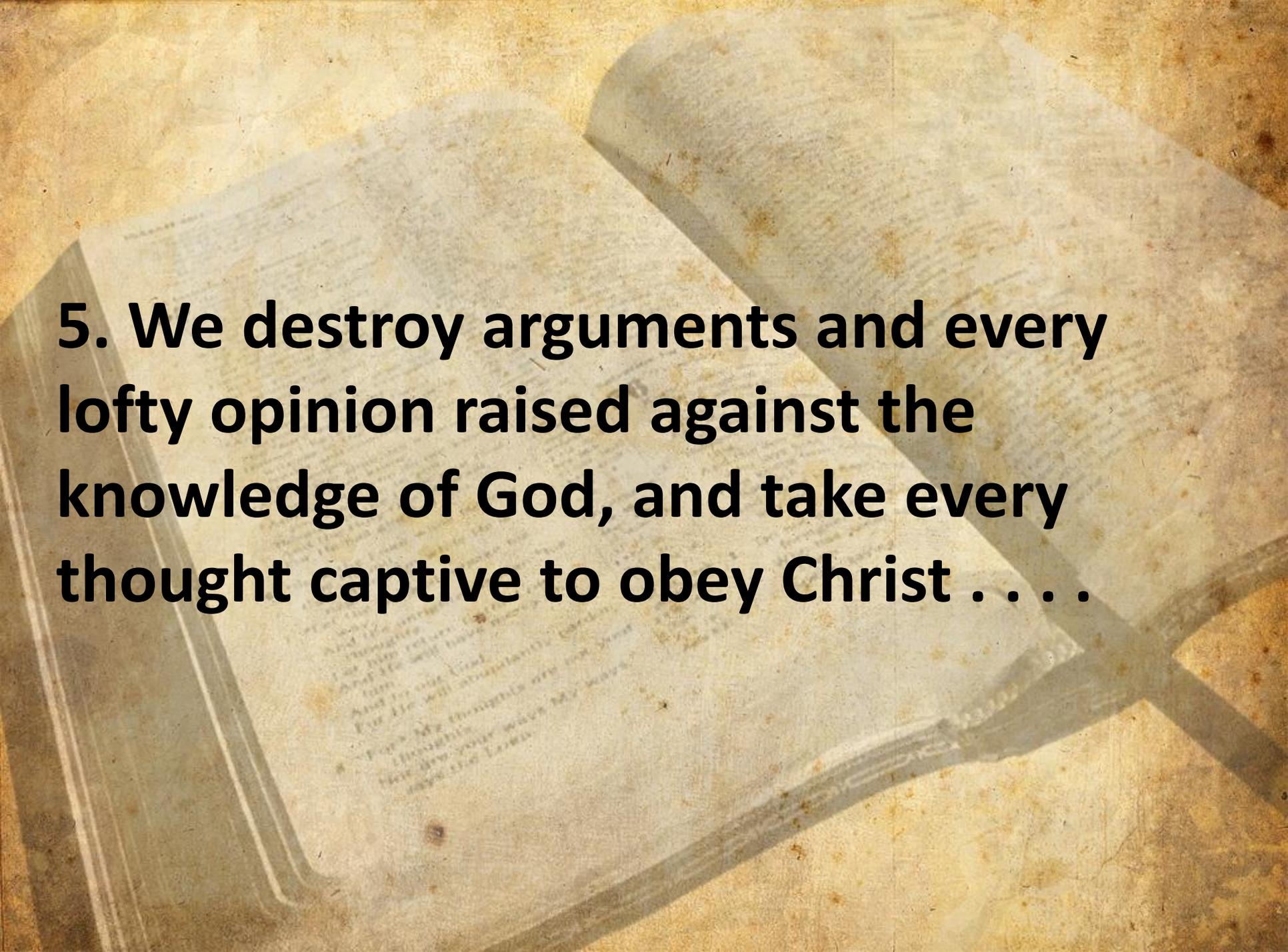
An open, aged book with yellowed, stained pages. The text is overlaid in a large, bold, black font. The background shows the texture of the paper and the binding of the book.

**13. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.**

## **2 Cor. 10:3-5**

**3. For though we walk in the flesh, we are not waging war according to the flesh.**

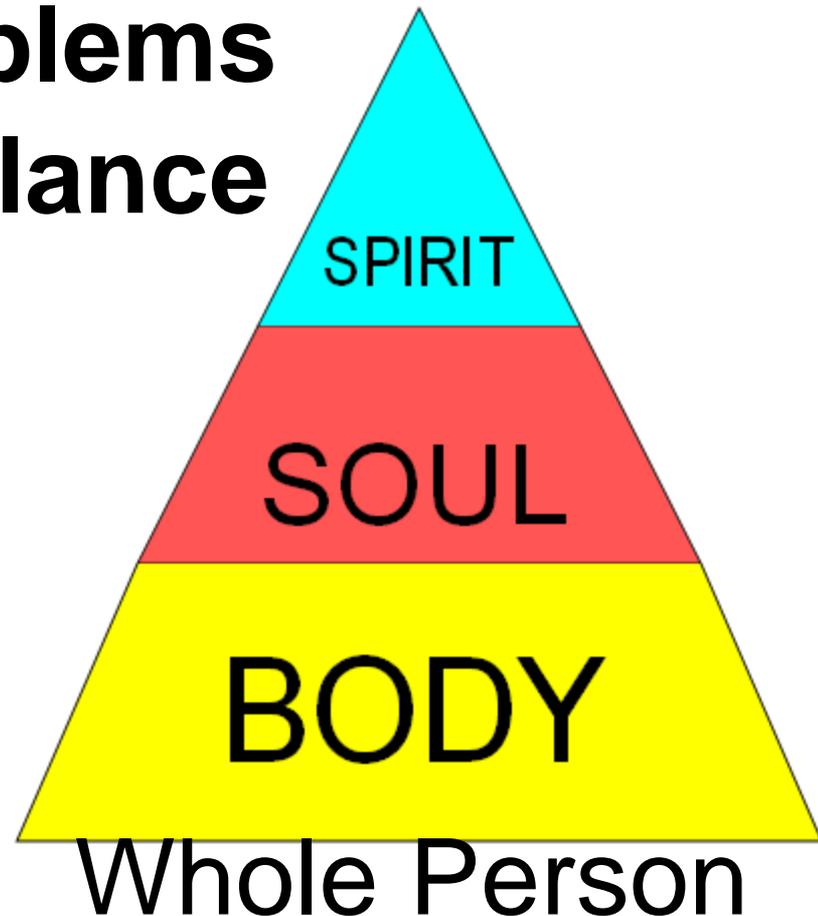
**4. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.**



**5. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ . . . .**

# IMPACT of PHYSICAL PROBLEMS

- **Hereditary Problems**
- **Chemical Imbalance**
- **Diseases**
- **Illnesses**
- **Chronic Pain**
- **Foods**
- **Drugs**
- **Much more**



# ABIDING in PHYSICAL PROBLEMS



# **1Co 15:42-49**

**So is it with the resurrection of the dead. What is sown is perishable; what is raised is imperishable.**

**43. It is sown in dishonor; it is raised in glory. It is sown in weakness; it is raised in power.**

**44. It is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.**

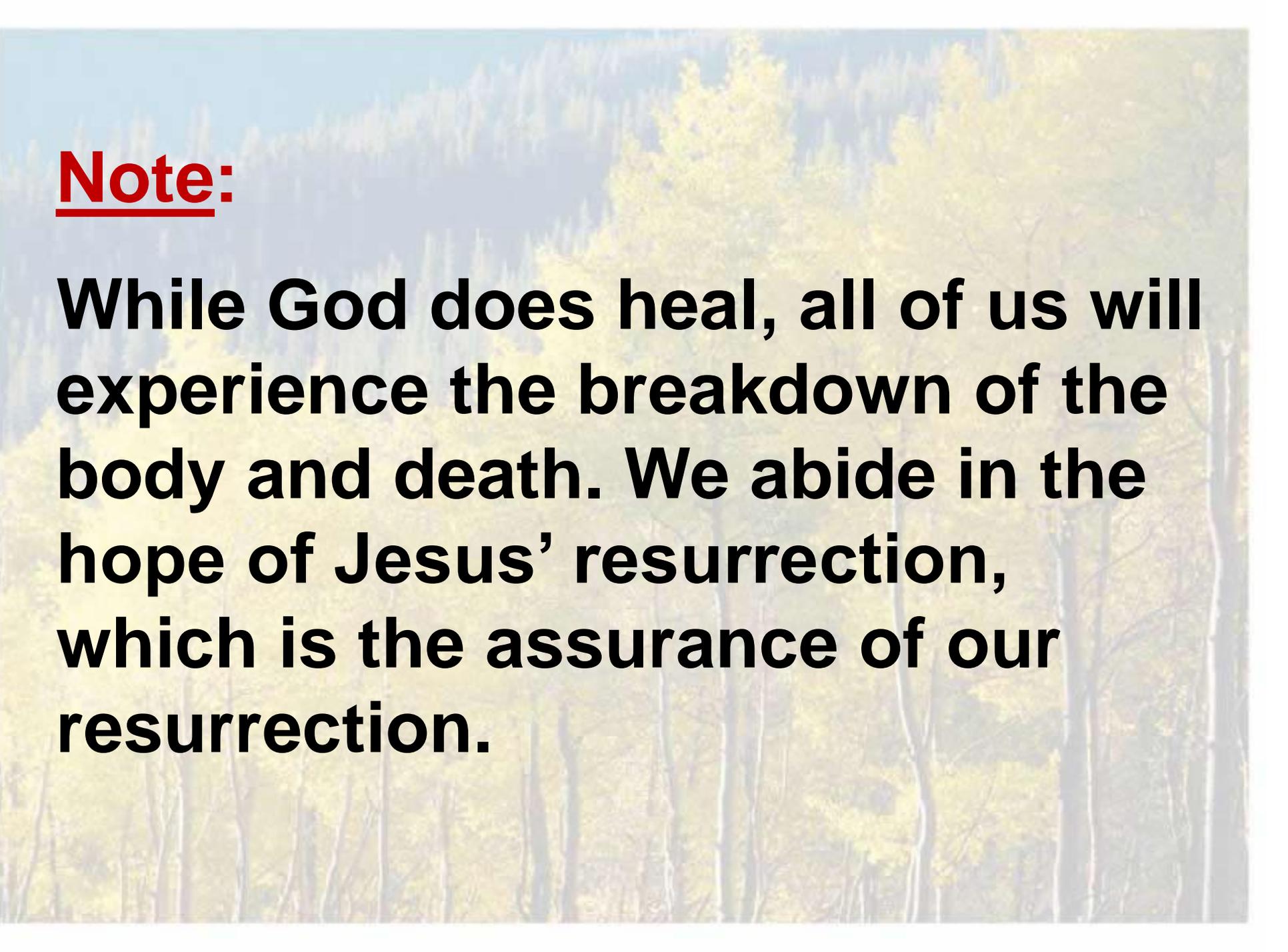
**45. Thus it is written, "The first man Adam became a living being"; the last Adam became a life-giving spirit.**

**46. But it is not the spiritual that is first but the natural, and then the spiritual.**

**47. The first man was from the earth, a man of dust; the second man is from heaven.**

**48. As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven.**

**49. Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.**



**Note:**

**While God does heal, all of us will experience the breakdown of the body and death. We abide in the hope of Jesus' resurrection, which is the assurance of our resurrection.**

# **ABIDING and Health**

**We were created for an abiding relationship with God—Spirit to spirit. Adam’s sin plunged us under the weights of past problems, future threats, sinful selfishness, satanic attacks and physical breakdown.**

# **ABIDING and Health**

**The redemption Christ paid for on the cross has restored us to our original condition: we are invited to abide in our spirits with the living God. Nothing promises more hope for health than when we are facing the battles of life in the abiding union of our spirit with God's Spirit.**

# **ABIDING and Health**

**Nothing promises more hope for health than when we face the battles of life in the abiding union of our spirit with God's Spirit. Then He will not only give us strength, He will be our strength.**

# PRAYER

**Dear Heavenly Father:**

**Thank you for sending your Holy Spirit to dwell in my heart. Teach me to build my spirit through your Word. Help me to bring my soul and body into obedience to your Word by the power of the Holy Spirit. I ask this in Jesus' name, Amen**