**HOLDING It Together**

-Remaining Stable Mentally

**Proverbs 4:23 Keep thy heart with all diligence; for out of it are the issues of life.**

[Of all things, the most important thing is our mind, because it is how we connect to the Almighty Heavenly Father and stay connected to Him. Life flows from our mind.]

**Luke 11:13 If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?**
[Spirit = truth, strength to be stronger than we are on our own. Holy Spirit/Christ = Spirit of Truth, the Strength Of Israel:
**ISamuel 15:29 And also the Strength of Israel will not lie nor repent: for he is not a man, that he should repent**.]. The Heavenly Father is our Strength, and strengthens us through Christ.

We have to study the Bible/Word diligently and apply the Word. We must literally replace our thoughts and words of Satan in this world with the LORD’S thoughts/Word:

**Proverbs 24:5 A wise man is strong; yea, a man of knowledge increaseth strength.**

**Isaiah 55:6 Seek ye the LORD while he may be found, call ye upon him while he is near:**

**:7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.**

**8 For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.**

**:9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.**

We can be and will be tempted to get worn out by trials, sufferings and temptations in life, and by our own errors/sins [**IIEsdras 16:75-76**], period. Unless we renew our mind and are born again by the Word. Therefore, we must apply the Word which makes us stronger:
**(IIEsdras 16:75 Be ye not afraid neither doubt; for God is your guide,**

**:76 And the guide of them who keep my commandments and precepts, saith the Lord God: let not your sins weigh you down, and let not your iniquities lift up themselves.)**

**Galatians 6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.**[We cannot give up or get tired of obeying the Word, loving our wives, raising our children, etc.]

**IITimothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

**Matthew 7:24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:**

**:25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.**

**:26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:**

**:27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.**

**Isaiah 33:6 And wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear of the LORD is his treasure.**

[wisdom and knowledge = Jesus Christ/The Bible: **Proverbs 8:23-27, ICorinthians 1:24**, etc.
fear of the Lord = keeping the commandments: **Isaiah 66:1-2, Matthew 10:28-29, Ecclesiasticus 1:21,** **Ecclesiastes 12:13-14**, etc.]

Stay in the Bible/Christ dear brethren, and grow in Him so you can be strong and have peace:
**John 15:3 Now ye are clean through the word which I have spoken unto you.**

**:4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.**

**:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.**[“…for without me ye can do nothing.”]

Brethren, also realize we cannot help ourselves, nor our wives, children, brethren, NOR the lost sheep of Israel [in that order], UNLESS we fix ourselves first as commanded: **Matthew 7:3-5, Romans 2:19-23, Luke 22:32**, **IITimothy 3:4-5**, etc.

For fighting and overcoming demons [mental disorders, being bi-polar, etc.], and overwhelming thoughts/spirits we must pray and fast [not eating nor drinking anything for 1 day, 2 days, etc.]:

**Mark 9:28 And when he was come into the house, his disciples asked him privately, Why could not we cast him out?**

**:29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.**

All honor, praises and glory to our Almighty Heavenly Father the Ancient of days, through His Word and our Life the biblical Jesus Christ.

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