

Guard the Door of Your Mind

Mental toughness for the heart and mind to protect us from the evil of the world

Fred R. Coulter—November 18, 2017

According to the news, every woman is righteous and tells the truth, and every man is a dirty dog! Someone asked me what my opinion is of it. Because the world—the news—believes that every woman is righteous and tells the truth, and their story ought to be heard. Every man is a liar and a dirty dog.

So, what is the truth of the matter? *The solution is very simple, **repent and believe the Gospel!***

The media is just completely like scrambled eggs half cooked. They don't know what to do. What they should do is:

- condemn men for all the things that they do that are wrong and tell them to repent
- condemn all the things that women do wrong and tell them to repent

As far as the world is concerned, men need to stop their stalking women, and women need to abandon pornography and all the money that they make off of that. But no one brings that up, all because of sin!

Jesus had a perfect explanation. Paul said that all have sinned and come short of the glory of God, and *there is none righteous, not one does good! Not one does good!* That's true!

Mark 7:21: "For from within, **out of the hearts of men**... [from the Greek 'anthropos' meaning all human beings] ...**go forth evil thoughts**, adulteries, fornications, murders, thefts, covetousness, wickednesses, guile, licentiousness, an evil eye, blasphemy, pride, foolishness" (vs 21-22). There is a full description of Washington, DLC! (District of Liars and Corruption).

Wouldn't it be ironic: they now say with the dispute over Judge Roy Moore is between Mitch McConnell and Roy Moore.

- We have to live in this world!
- How do we live in this world?

It gets worse and worse! We all have persecutions, tribulation, afflictions, trouble. Is there anyone here who doesn't have a single thing that troubles them?

Jesus promised us 'peace to you, but you're going to have tribulation in the world. It's with much tribulation that we enter into the Kingdom of God.'

So, if you have difficulties, troubles and problems that you're dealing with, you're on your

way to the Kingdom of God. But those are for you to overcome. Think on this; another thing that's important: Jesus said that in the end-times 'there would be great tribulations and troubles that was not such since the beginning of the world.'

So, how do we live in a world full of trouble? We don't know what would happen if 'little rocket man' (Kim Jong-un of North Korea) actually sent off a rocket and bombed Los Angeles. You would be introduced to death, destruction and the viciousness of human nature. No neighbor would be safe from any other neighbor. That's just the way that human nature would be.

I've broken this message down into these categories. I worked up a word called 'ESTSAD' which stands for:

- Emotions
- Sorrow
- Trauma
- Suffering
- Anxiety
- Depression
- How do we live in such a world?
- How do we handle some of these things?
- What happens when your emotions get overwhelmed?

Everything is to play on your emotions, *everything!* So, you can't get your emotions get involved in things of this world, because it's going to lead to sorrow, suffering and depression. *We will see how to overcome that!* We're going to have to deal with these things on a daily basis.

Psalms 34:19: "**Many** are the afflictions of the righteous..." It doesn't say occasionally, it doesn't say a few. What are the afflictions that you may have? It could be:

- a literal health problem
- an emotional problem
- a marriage problem
- a work problem

And maybe you have all of them together! Some people really have a heavy load to carry. But keep this in mind; this is the important thing, and remember to look at every one of these things as an opportunity to grow and overcome. *Don't let them overcome you!* That's why you need to look to God.

"...**but the LORD delivers him out of them all**" (19). Regardless of how bad, if you turn to God, *there is a way out! He will deliver you!* It

doesn't mean that you might not have some problems and difficulties even with that.

Let's see a common problem. In this world this may be one of the problems that we have, and this causes difficulties. Out in the world, people who are wicked seem to be happier than you, and seem to be able to do anything and nothing happens to them. But here you are struggling, afflicted, have a problem to overcome, whatever it may be.

Psalm 73:1: "Truly God is good to Israel, even to those who are pure of heart." That's an interesting way to start this, but notice how David carries on:

Verse 2: "But as for me, my feet had almost stumbled; my steps had nearly slipped, for I was envious at the arrogant **when I saw the prosperity of the wicked**" (vs 2-3).

You could put it another way: Why am I suffering? *I'm praying, but God doesn't seem to answer my prayers!* Maybe He's in a way of answering them, but it hasn't quite arrived, yet. Remember, **not every answer to prayer is yes!** Sometimes it's *no*. Sometimes it is *yes*, but let's see how you do down the road. Many different variations on that.

David got envious, v 4: "For there are no pangs in their death... [and look how I'm suffering] ...and their strength is firm." Sounds like Washington, DC!

Verse 5: "They are not in trouble like other men... [like me] ...neither are they plagued like *other men*. Therefore, pride is as a chain about their neck. Violence covers them like a garment. Their eyes stand out with fatness; they have more than the heart could wish for. They scoff and speak with malice; in their arrogance they threaten oppression" (vs 5-8). This is Washington, DC.

Verse 9: "They set their mouth against the heavens, and their tongue walks through the earth. Therefore, waters of abundance are drunk by them. And they say, 'How does God know?....'" (vs 9-11). The truth is, their day is coming!

"...And is there knowledge in the Most High?' Behold, these are the wicked, who prosper in the world; they increase in riches. Surely I have made my heart pure in vain and washed my hands in innocence" (vs 11-13). What he was saying was: What's the use in overcoming? *I have so many problems, compared to all the people in the world, and God somehow doesn't listen to me.*

Verse 14: "For all the day long I have been plagued and chastened every morning. If I say, 'I will speak thus'; behold, I would have betrayed the generation of Your children. When I thought to

understand this, **it was too painful for me**" (vs 14-16).

So, whatever the problem is in the world, do not get emotionally involved. Remember the things here, and do not be sorrowful over it.

- How do we handle it if we're going to see the worst times in the history of the world?
- How are we going to keep our senses?

The program on Fox News *The Ingraham Angle* showed all the homeless in Los Angeles alongside the sidewalks, across the bridges, up against buildings and under freeway bridges.

- What is going to happen? *That's a disaster waiting for an incident to explode!*
- Why is there so much mental illness today? *Because they've taken God away from the people!*

That's why kids grow up in school and know nothing about God. They have no morals. Think about what it's going to be!

"...it was too painful for me **until I went into the sanctuary of God; then I understood their end**" (vs 16-17).

When you pray, you enter into the sanctuary of God. How do we pray? *Our Father in heaven...!* That puts you in connection with the Most High directly! John said that 'our fellowship is with the Father and His Son Jesus Christ.' That is what he wrote: ***the fellowship!***

When we grasp that, then we can begin to understand how to cope with these problems and difficulties. Yes, there are things we need to do in our circumstances to change it, to make it right and better, and to do whatever we can. The other things we pray about, and regardless of how bad it may appear in the moment, I want you to remember:

Romans 8:28: "**And we know that all things...**"—each and every thing:

- the good
- the bad
- the ugly
- the disappointing
- the cruel
- the miserable
- the depressing
- the oppression

and

- the love
- the joy
- the goodness
- the kindness

All things!

“...**work together for good to those who love God...**” (v 28). That’s the important thing; loving God is the most important thing. Don’t give up on God because you’re beset with problems. ***Go to God because you are beset with problems!*** Sometimes you just have to pray: *Lord, I don’t know what to do! Help me understand!*

Understanding comes when you get into the Bible. Let’s see what’s the most important thing to do, and we will see how we do that. This will also help give you the help, the strength and the incentive to really handle some of these problems and understand what’s happening. So, if you have anxiety, if you’re depressed or oppressed, whatever the situation may be, ***God will help you!*** But He also wants to know what will you do?

Look at the New Testament: there are those who left, because they couldn’t handle it. Here we are, living in the contradiction of conditions. Everything is available for us. We have places to live, electricity, convenience, transportation, all of those physical things. We also have the whole Bible!

How much of the mental problem that you have, or problem with sin that you have, that’s related to television? Remember, every action, word, thought, reaction is all preprogrammed. Here’s the important thing:

Proverbs 4:19: “The way of the wicked *is* as darkness; they know not at what they stumble.” They ask when there’s a mass shooting: How are we going to stop them? *You can’t stop them until you teach them about how to overcome the wickedness in their mind!* You can’t stop them when you have the freedom of everything that’s on television or online with every evil under the sun!

Verse 20: “My son, attend to my words; incline your ear to my sayings. Let them not depart from your eyes; keep them in the midst of your heart” (vs 20-21).

All of these issues that we are talking about, everything that I have mentioned here with ‘ESTSAD’ is emotions, inner thoughts, feelings and reactions.

Verse 22: “For they *are* life to those who find them, and health to all their flesh.” How do you keep your senses, your mind, your heart and your obedience to God living in this wicked, wicked world where, when you turn on the television, it blasts right into your home?

Verse 23 is a most important verse, especially for young people growing up. When you get to the grand old age of 16, you think you know it all. Then you find out, at the grand old age of 30, that you have been a failure. Then when you reach

whatever age it is when you are old, you understand that God is right, God is good, God is true, and everything that He has done and said and provided for us is important for us:

- to use
- to know
- to learn
- to understand

And we have the greatest opportunity of any generation in the world to learn the things of God that have come before us.

Verse 23: “Above all guard the door of your mind...”—also meaning heart. ‘Out of the heart of men proceeds evil thoughts’ (Mark 7). That’s what conversion is all about: ***to change the mind! It’s called conversion!***

That is a process, because everything that you have lived, heard or saw is recorded somewhere in your mind. Just like with a computer. Many criminals sit down and they put a lot of condemning information on their computers and then delete it and think it’s gone! ***NO!*** It went to another place in the computer!

The human mind is like that, too. Have you ever had a situation where you have done something in the past and it comes back to your remembrance? It is in the delete section of your mind, and it came forward.

“...**with diligence, for out of it are the issues of life**” (v 23). That’s what we’re talking about *spiritually!*

Verse 24: “Put away from you a deceitful mouth, and devious lips put far from you. Let your eyes look right on, and let your eyelids look straight before you. Ponder the path of your feet, and all your ways *will be* established” (vs 24-26).

This is a recipe for overcoming! It starts within! You have got to guard the door of your mind! How do you do that?

God called Jeremiah when he was probably about 16-years-old. God told him was He was going to do. Jeremiah had to live through the death spiral of Judah and Jerusalem: all their sins, adulteries, lying and cheating, all of the wrecking of the temple with Manasseh. It was a terrible time. God made up His mind that He was going give them chances to repent, but if they don’t He was going to destroy the whole thing, and ‘you, Jeremiah, are going to be alone!’ How is Jeremiah going to face all of that?

Jeremiah 1:16: “And I will pronounce My judgments against them regarding all their wickedness in that they have forsaken Me... [this is what we’re seeing going on] ...and burning incense

to other gods...” We can say today:

- drugs: illegal and prescription
- sex
- wrong food
- wrong ideas
- wrong education

Verse 17: “You, therefore, **must** gird up your loins, and arise... [the loins of his mind] ...and speak to them all that I command you.... [there’s going to be some pretty harsh stuff] ...**Do not be dismayed...**”

If you guard the door of your mind, you will be able to protect yourself from wrong thoughts, and be able to expel those thoughts with the Spirit of God.

“...**Do not be dismayed at their faces...**” (v 17). In other words, don’t worry about what other people think, say or do. Jeremiah was the son of a priest, and he lived in the priest city of Anathoth. As you read in the book of Jeremiah, his words were so absolutely condemning to the people of Jerusalem to try and get them to repent that all of those of Anathoth got together to kill Jeremiah.

What we need to do is learn to not only protect our mind and heart from the things around us, but how to handle it when problems come, without getting sorrowful, depressed and down. Here’s how to do it:

Verse 18: “For, behold, I have made you a fortified city this day, and an iron pillar, and bronze walls against the whole land...” He had to stand alone against everybody!

Sidebar: **Never be concerned what people think, if what you’re doing is right!** They are not going to help you. Maybe some will, but I’m talking about here with Jeremiah having to stand alone against the whole nation: *the priesthood, the kings, the princes, the people!* He had a very difficult mission to do.

“...against the kings of Judah, against its rulers, against its priests, and against the people of the land” (v 18). That’s what God said. He’s going to make pillars of iron and bronze walls. *That is mental toughness!* This is not to take away love, this is to keep the world and the circumstances in this world and troubles from overwhelming you so that you fall into all of these emotional and physical conditions.

With the way the world is today, people are concerned with what you think: What do you think? What do you think? Why is that wrong? In some cases, it may not necessarily be wrong, but in most cases it is, because what is the question? Not what

you think. The question is:

- **What does God think?**
- **What does God say?**

Then your whole perspective changes! How are we going to face these tough times, because *they are going to come!* How soon? *We don’t know!* What do we face every day?

Ezekiel 3:7: “But the house of Israel will not be willing to hearken to you...”

- How is that for a mission?
- How is Jeremiah going to be successful when God says He’s sending you to these people and you’re going to tell them this, but they’re not going listen?

“...for they will not be willing to hearken to Me; for all the house of Israel *are* of a hard forehead and a stubborn heart.... [this is what we need to do and how we need to handle it]: ...Behold, I have made your face strong against their faces and your forehead strong against their foreheads. I have made your forehead as an adamant stone, harder than flint...” (vs 7-9).

That’s how you resist the evil from invading your mind and taking over your emotions! You don’t let it in! Jeremiah had to face it. Where was he? *He was already in the slave camp!* That’s quite a thing!

“...Do not be afraid of them or dismayed by their faces, for they *are* a rebellious house.’ And He said to me, ‘Son of man, receive all My words which I shall speak to you. Receive them to your heart, and hear with your ears’” (vs 9-10)—**guard the door of your mind! And that includes your heart!**

A lot of things don’t let in! That’s why some things on television you need to turn it off. Don’t let it in your mind.

Verse 11: “And go!...” *Go do what I said!*

Now let’s look at a prophecy concerning Christ. How was Jesus able to go through all the things that He did? He had to go through a lot, and He knew it. Everything that Jesus went through He prophesied in the Prophets before hand, because He was the Lord God of the Old Testament. *He knew! He knew it was in the heart and mind!* He came to die and save them, and come as a human being with human nature, and yet, not sin! Think on that!

If you think you have a hard row to hoe, or a tough slate to face, think of what Jesus did. Note Heb. 12. why did Jesus go through everything that He did? **Key to right thinking in times of trouble: for the joy that lay ahead of Him!** He kept His mind on the goal.

Let's see a prophecy of this; Isaiah 50:6: "I gave My back to the smiters..." If there's any one thing that Mel Gibson did in *The Passion of the Christ* was he clearly shows what it was to be scourged.

"...and My cheeks to them that plucked off the hair; I did not hide My face from shame and spitting... [all from the ones whom He created] ...for **the Lord GOD will help Me; therefore, I have not been disgraced...**" (vs 6-7).

Don't feel as though, because someone hurts your feelings, that you just give into it. Have the mind of flint, the forehead of bronze, the iron pillars of your mind.

"...On account of this I have set My face like a flint..." (v 7). This is the attitude that we need to have that comes from God, but we have to put it in place.

"...and I know that I shall not be ashamed" (v 7). That's how Christ was able to do it. Let's see that God is going to help us in many, many different ways.

I talked to a woman who says that before she starts her prayer everyday, she goes through Psa. 91. This is quite a Psalm, and this shows the mental toughness that we need to have when the going gets difficult. Notice where your strength comes from. It doesn't come from a scheme that you can think of, but what God can inspire you to do.

Psalm 91:1: "He who dwells in the secret place of the Most High... [that's us] ...shall abide under the shadow of the Almighty."

When you look at a shadow you can't see it unless you see the image on the ground. Everything that you are going to be protected by is unseen by the world, because it's spiritual and comes to you.

Verse 2: "I will say of the LORD, 'He is my refuge...'"

Who do you turn to in times of trouble? Instead of running off and having a big pity-party for yourself, boohoo and cry, ask yourself: Can I change what happened? *Not now!* But at the resurrection we're going to change everything. Keep that in mind! That's why God has called us!

How do you think that everybody who survives the Tribulation at the end is going to feel? Their emotions and everything is going to be just all out of whack!

"...and my fortress, my God, in Whom I will trust.' Surely He will deliver you from the fowler's trap and from the destroying pestilence" (vs 2-3).

Look back and think about how many times God has saved you physically from different things; a car wreck, or whatever.

Verse 4: "He shall cover you with His feathers, and under His wings you shall take refuge. His Truth shall be your shield and buckler." That's why study is so important. Study and prayer! Prayer puts you in contact with God; study tells you what to do.

If you have some severe emotional problems you need to resolve, get them resolved! One of the ways to do it is start in the book of Proverbs and then Psalms. Many of the problems that people have in the world is because they have not had their minds disciplined with the Word of God. That's what Proverbs does.

Verse 5: "You shall not be afraid of the terror by night, nor for the arrow that flies by day." Again, think of Jeremiah.

Just before Jerusalem was destroyed, they threw him into the sewer. The sewer back then was not like a flushing toilet as we have today. It was piles of 'you know what' put down in a hole. It stunk and it was miserable. You had everything all mixed in there: the feces and urine, and he's thrown down in there because they hated him. That's when Jeremiah was a little depressed!

I thought about that and almost vomited! But what happened? *God rescued him from that!* The city was destroyed, the temple was burned and Jeremiah was left there with a few of the Jews and the Captain of the Guard came and, lo and behold, something happened: Nebuchadnezzar said, 'You can come with me to Babylon or you can stay here, whichever you prefer.' ***God promised Jeremiah he would be delivered!*** Jeremiah had another mission that he didn't know a thing about the details, except that when he first had he commission given to him, 'you're to tear down, plant and rebuild.'

He had a very important mission. What was that mission? *God had to keep His promise to David that the throne would always have one of his descendants from Judah on it!* Jeremiah had the daughters of the king. He went with them down to Egypt and later sailed over to Ireland, and the daughter married one of the princes of Ireland. That healed the breach between Zarah and Perez. There never failed to be a man sitting on the throne of David because of that.

So, sometimes even when it gets down to the worst possible thing, and it looks like everything is gone...

Verse 6: "Nor for the plague that walks in darkness, nor for the destruction laying waste at noonday.... [it may come close to you; notice how

close it comes]: ...A thousand may fall at your side..." (vs 6-7). How close does it come to you?

I was talking to Gerald, and he's going to be baptized this afternoon after services, and he told me that he knew a woman who grew up in Germany as a little girl in WWII. For a whole year, through all the weather, she had no shoes; nothing but rags to tie on her feet. How close did death come to her? *But she was spared!* If it comes close, don't worry.

"...and ten thousand at your right hand; it shall not come near you. Only with your eyes you shall behold and see the recompense of the wicked. Because you... [David talking to the person] ...have made the LORD, Who is my refuge, even the Most High, your habitation" (vs 7-9)—until the persecution comes and the guillotines are resurrected. Don't worry about that, God will give you strength.

Remember what Stephen did when he was stoned? *He said, 'Lord, don't lay this to their charge,'* and he saw Christ standing at the right hand of God in heaven above. I imagine that in his own mind he knew the next moment of his thought he would be resurrected.

Verse 11: "For He shall give His angels charge over you to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone. You shall tread upon the lion and asp; the young lion and the jackal you shall trample underfoot" (vs 11-13). Here's why:

Romans 8:28: "And we know that **all things** work together for good to those who love God, to those who are called according to *His* purpose."

Psalms 91:14: "Because he has set his love upon Me..." Does God love you? *Yes, He does! That's why He's called you!* God loved Jesus, but what did He go through? He loved all the apostles, but what did they go through? That ties in with what it says, that 'with great difficulty the righteous shall be saved.' ***We need to have our mind set!***

"...therefore, I will deliver him; I will set him on high because he has known My name. He shall call upon Me, and I will answer him; ***I will be with him in trouble;*** I will deliver him, and honor him. With long life I will satisfy him, and show him My salvation" (vs 14-16).

We're here for eternal life! That's quite a thing. There are many other things that we could cover. The whole New Testament is filled with a lot of examples. Some of these things are problems to you, whatever they are—in the world or at home, in your private life, with people you're associated with, with other brethren—do everything you can to work it out and get it right. Ask God to be with you in it!

Romans 8:28: "And we know that all things work together for good..." The greatest good is the resurrection! The world outside and around us cannot be changed until the return of Christ. We're going to have a part in that!

"...to those who love God, to those who are called according to *His* purpose, because those whom He did foreknow He also predestinated..." (vs 28-29). God has predestined every one of you here in His plan.

"...to be conformed to the image of His own Son... [we shall see Him like He is] ...that He might be *the* Firstborn among many brethren. Now, whom He predestinated, these He also called; and whom He called, these He also justified; and whom He justified, these He also glorified" (vs 29-30). That is what is called in the Bible *the prophetic perfect*, meaning that *because God said it's going to be, it is as good as done!* We can count on that!

Verse 31: "What then shall we say to these things? If God *is* for us, who... [or what] ...*can be* against us?"

That's the strength and courage we get from Christ, because He loves us and we love Him. That's why the daily goal we need to have everyday is to *love God with all our heart, mind, soul and being!* That's the daily goal! Remember that we were just a speck of dust once, so don't get all lifted up in vanity, stupidity and self-righteousness. We don't need that! *We live, move and have our being in Him!* Who or what can be against us? ***Nothing!***

Verse 32: "He Who did not spare even His own Son, but gave Him up for us **all**... [every one] ...how shall He not also grant us all things together with Him?"

This is how we keep our mind, our emotions and our focus the way it needs to be.

Verse 33: "Who shall bring an accusation against *the* elect of God?... [Satan could do that, but so what! As long as we're repenting and yielding to God] ...God *is the One* Who justifies." That is done:

- through the forgiveness of sin
- through receiving God's Spirit

Verse 34: "Who *is* the one that condemns? *It is* Christ Who died, but rather, Who is raised again, Who is even *now* at *the* right hand of God, *and* Who is also making intercession for us." Christ is the Head of the Church. That's something we all need to keep in mind. Yes, we're to do the things we need to do; that's true! But it all has to be:

- because of God's Spirit
- because of God's love
- our love back to God

- our love for each other

Verse 35: “What shall separate us from the love of Christ? *Shall* tribulation... [no] ...or distress... [no] ...or persecution... [no; all the things we’ve covered] ...or famine, or nakedness, or danger, or sword? Accordingly, it is written, ‘For Your sake we are killed all the day long; we are reckoned as sheep for *the* slaughter.’ But in all these things we are more than conquerors through Him Who loved us” (vs 35-37).

That’s why everything works together for good! When you go through some of these difficult times, there will come a point when you will look back and see why. Many times while we’re going through them, we don’t have a clue, except ‘God help me, this is trouble.’ ***God will help! He will intervene!***

Look at Paul and read what he went through (2-Cor. 13). He did have it difficult! When God called him, he said to Ananias, ‘You tell Paul that I’ve called him to go to the Gentiles and to suffer for Me.’ And he did suffer!

- If we have some suffering, is that for our good? *Yes!*
- If we have difficulties that we need to overcome, is that for our good? *Yes!*

All of those things will help us draw close to God! If everything was absolutely smooth and perfect while we’re in the flesh, how quickly would we leave God?

This is the mindset we need, v 38: “For I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other created thing, **shall be able to separate us from the love of God, which is in Christ Jesus our Lord**” (vs 38-39).

That’s quite a promise! We may see some pretty disastrous things take place; it’s guaranteed, as a matter of fact. This is how we keep our bearings! This is how we use all of these things to the advantage of growing and overcoming, and staying firm in the love of God.

- ***Guard the door of our mind!***
- ***Guard the door of our heart!***
- ***Set our mind as Jeremiah, Ezekiel and Christ, and you’ll be able to overcome all of those things!***

Scriptural References:

- 1) Mark 7:21-22
- 2) Psalm 34:19
- 3) Psalm 73:1-17

- 4) Romans 8:28
- 5) Proverbs 4:19-26
- 6) Jeremiah 1:16-18
- 7) Ezekiel 3:7-11
- 8) Isaiah 50:6-7
- 9) Psalm 91:1-9, 11-13
- 10) Romans 8:28
- 11) Psalm 91:14-16
- 12) Romans 8:28-39

Scriptures referenced, not quoted:

- Hebrews 12
- 2-Corinthians 13

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