

“Healing Your Hurting Mind”

Summer Reading - Part 2

July 26, 2026

Pastor Ryan Spell

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.
1 Thessalonians 5:23-25 NIV

We are one creation with three parts:
spirit, soul and body.

Salvation is immediate,
Sanctification is a process.

Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work. **2 Timothy 2:21 NIV**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. **Romans 12:2 NIV**

And now my life ebbs away; days of suffering grip me. Night pierces my bones; my gnawing pains never rest. In his great power God becomes like clothing to me; he binds me like the neck of my garment. He throws me into the mud, and I am reduced to dust and ashes. “I cry out to you, God, but you do not answer; I stand up, but you merely look at me.”
Job 20:16-20 NIV

while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.”
1 Kings 19:4 NIV

I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes. **Psalms 6:5-7 NIV**

My eyes fail from weeping, I am in torment within; my heart is poured out on the ground. **Lamentations 2:11 NIV**

Cursed be the day I was born! May the day my mother bore me not be blessed! **Jeremiah 20:14 NIV**

Our mental struggles are not always a direct
result of our faith.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. **Psalms 38:14 NIV**

God is our refuge and strength, an ever-present help in trouble.
Psalms 46:1 NIV

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?
Psalms 56:3 NIV

God is our refuge and strength, an ever-present help in trouble.
Psalms 46:1 NIV

I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. You have put me in the lowest pit, in the darkest depths. Your wrath lies heavily on me; you have overwhelmed me with all your waves. You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape; my eyes are dim with grief. I call to you, Lord, every day; I spread out my hands to you. Do you show your wonders to the dead? Do their spirits rise up and praise you? Is your love declared in the grave, your faithfulness in Destruction? Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion? But I cry to you for help, Lord; in the morning my prayer comes before you. Why, Lord, do you reject me and hide your face from me? From my youth I have suffered and been close to death; I have borne your terrors and am in despair. Your wrath has swept over me; your terrors have destroyed me. All day long they surround me like a flood; they have completely engulfed me. You have taken from me friend and neighbor—darkness is my closest friend. **Psalms 88 NIV**

God is not afraid of your honesty.

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. **Isaiah 26:3 NIV**