

# 5 Biblical Ways to Defend Your Mental Health Against Ongoing World Conflicts

*As mental health issues continue to spread throughout our society and the world, Terrence Harris shares 5 important and practical Biblical insights to help protect your mental health, considering the ongoing wars and conflicts we see today.*

## 1. Mental Health Needs God's Truth

God's truth demands obedience, even against personal preference. Repentance and faith in Jesus Christ gives us new life and compels us to joyfully obey God's truth. Christ offers salvation to those who receive Him as Lord and Savior. Some think they can save the world by their own actions. Many hope to make the world a better place through charity or a perverted version of peace, love and unity. Any vision of peace that denies the return of Christ rejects the truth and ultimately collapses.

World conflicts aren't just a political issue—they are the result of humanity rejecting God's truth and replacing it with deception. The Bible speaks of a humanity that desires everything they see, physical pleasures, and the pride of life. All of these come from a sinful world that refuses to obey and submit to the Living God (1 John 2:16, 17). Consequently, we live in a decaying world (2 Peter 3:10, 1 Corinthians 7:31) of which no human can control or stop.

Anxiety, another symptom of humanity's brokenness, exists as a major issue within the mental health crisis today. Anxiety can express itself through a sensation of "being choked" and suffocating. Those who suffer from anxiety, like I once did, tend to also experience the sensation of "falling." Without

anchoring ourselves in God's truth, our emotions begin to interpret reality instead of responding to it.

Medication helped during my struggle with anxiety and mental health issues, but I improved when I relied less on my truth and more on God's truth. He has full authority over heaven and earth. Humanity assumes absolute control over our lives because we take God's grace for granted. This illusion of control contradicts the truth that God alone has authority over heaven and earth. When we align our lives with God's truth, we can experience freedom from the pressure to hold everything together on our own. This reduces and even frees us from undue stress and worry.

## **2. When Community Grows, Mental Health Improves**

Some people serve in the military overseas, have loved ones fighting, or worry about the war's impact on American soil. Navigating war's presence and uncertainty is challenging. While war and violence exist, God doesn't want us to bear these challenges alone. Sometimes, a kind reminder that fear doesn't come from God (2 Timothy 1:7) is needed. If fear arises, remember God's love and care through others (Galatians 6:2, Hebrews 10:24-25). Having a solid group of family, friends, and trusted people is wise (Ecclesiastes 4:9-12). Helping each other through hard times keeps our mental health from

deteriorating because God created humanity for connection. The Father, Son, and Holy Spirit have distinct functions but exist as one. Togetherness and community are essential to the Living God. Created in His image, humanity must imitate God's likeness, seeking and building meaningful, God-honoring relationships, unity, and community in Christ.

## **3. Solitude: Where Mental Health Speaks**

Jesus sought solitude to spend time with the Father (Mark 1:35, Luke 5:16, Mark 14:23).

Solitude differs from isolation. The Bible says isolating oneself is foolish and contrary to God's standard for community. Biblical solitude seeks intimacy with God, hearing His voice, experiencing His presence, and minimizing distractions. Finding sacred time to enjoy God's company improves mental health. This connects our hearts to the Father who made us and our interests. Ask God for solutions to mental health and navigating the world's brokenness.

#### **4. Fasting: A Secret Weapon Against Mental Oppression**

Jesus said, "When you fast and pray . . ." His words sound like a command, not an option.

Christians tend to focus on the physical benefits of fasting rather than the supernatural benefits. Queen Esther called for the Jews to fast on her behalf before entering her king's throne room uninvited—which could have resulted in her death (Esther 4:15-17). All the people of Ninevah (Jonah 3:5-10) fasted and repented for sinning after hearing Jonah preach, turning God's coming judgment away from the city. Daniel fasted while mourning and for understanding (Daniel 10:2). In Mark 9:29 (in some manuscripts), Jesus tells His disciples that prayer and fasting invites supernatural authority in deliverance from demonic oppression. Fasting exchanges the natural pleasures of food for a complete focus on God. Sometimes, our mental health needs relief from anxiety or comfort from life's hardships—especially in times of world conflicts. Other times, we may need God's mercy, favor, or His supernatural strength to overcome the challenges of an immaterial nature. Scripture has shown how fasting can turn the tides of worldly conflicts and challenging circumstances. Incorporating a fast that Yahweh commands and respects could be the spiritual discipline necessary for life's journey.

#### **5. Enjoying Life: A Gift for Mental Health**

No matter the difficulties we face in life, we can still trust

and believe that God gave us life to appreciate and enjoy, as well as experiences to enjoy along with it. In Ecclesiastes 5:18–21, we can discover a desirable pattern, one blessed by Yahweh that most Christians may overlook. One of the best things you can do for your mental health is to enjoy the work you do, developing the ability to enjoy the wealth it produces, and using the resources to create wonderful and exciting memories and experiences for yourself, your family, and others.

Unstable circumstances cannot sustain mental health in a world marked by ongoing conflict, uncertainty, and moral confusion. The wars and tensions we see around us reveal a deeper reality—humanity’s rejection of God’s truth. When we try to carry the weight of a broken world or place our hope in human solutions, mental health issues such as anxiety increase, and peace fades. But God has not left us without help. When we anchor our minds in His truth, walk in community, seek Him in solitude, practice spiritual discipline through fasting, and choose to enjoy the life He has given, we begin to experience stability in our mental health that the world cannot offer. True peace exists outside of trying to control outcomes, but in trusting the God who is already in control. As we align our lives with His truth, we protect our minds, strengthen our faith, and learn to live with confidence—even in the midst of a world at war.

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## **Satan Loses—Every Single Time**

Someone commented on one of our articles about Satan. They said that many people, both believers and non-believers, feel that Satan holds the upper hand in life over Christ. Many

reasons exist that could lead one to believe the devil has the world in his hands. Nothing could be further from the truth. What humanity witnesses on a day-to-day basis as Satan winning, I'll provide some additional proclamations that would challenge the notion. I wouldn't say he's winning by any means. He's not even losing.

In fact, Satan lost. When? First, he lost when he rebelled against the Living God. That's the first "L." The second huge loss took place through Jesus Christ, when He died on the cross at Calvary. Jesus snatched the keys of death and Hades from Satan. With that, people now have a way to access God's peace and intimacy through the risen Savior. Then why does it seem like the devil has the upper hand in life? It *seems* that way because (1) he knows he has little time left (Revelation 12:12) in influencing this side of eternity, and (2) the devil remains consistent on his path of destruction (John 10:10; Job 1:7, 2:2).

Some may ask, "Why doesn't God do something about what's happening in the world?" He did. First, let's remember that Jesus Christ reigns as Lord over all things. Second, after His death and resurrection, Jesus sent the world His Holy Spirit. The Holy Spirit, or God the Spirit, the third Person of the Triune Godhead, holds a distinct function on earth. So today, Jesus lives *among* us through the Holy Spirit, but only through faith in Jesus Christ as Lord and Savior does His Spirit live *in* us. The Living God sometimes chooses to work *through* people, sometimes *alongside* people, and other times outside of the influence of people.

For example, a Christian, having the Holy Spirit living *in* them, can demonstrate God's love and forgive the same way Jesus did. The Lord can then empower or work *upon* this same Christian (because teaching and preaching are spiritual gifts) to preach a sermon on love and forgiveness. The Holy Spirit, through the Christian, then *convince*s listeners (by working *upon* the heart) to come to faith in Christ by allowing Him *in*

their hearts to believe. Yet, the Lord, in His omnipotence, works self-sufficiently to wake the Christian and the listeners up, who depend on God to see the new day. Only then can the Christian love and forgive like Jesus, preach the Gospel, and the listeners hear the message to consider eternal life.

With that said, God provided enough to the world to ensure the world looks the way it should, despite the existence of Satan and His influence in the world. The Lord God gave us Himself. In the book of Genesis, the Lord told Cain to do and live right, while exposing a tactic of sin. God told Cain that sin “crouches” at his door (Genesis 4:7). Sin doesn’t display itself as a loud and formidable opponent. Comparable to 1 Peter 5:8, sin, like Satan, takes a clandestine approach to trap and devour the lives of people. It desired to control Cain’s life, but God commissioned Cain to master and control sin’s advances. The Bible also tells us to resist and flee from sin (1 Corinthians 10:13, 2 Timothy 2:22, James 4:7). Today, sin holds an attractive appeal to the eye of those mastered by sin. Rejecting Jesus Christ and the Bible also holds significant popularity. Society encourages sin. The media aims to normalize it. People make excuses for it. The world embraces it.

Sin seems and *feels* good until it leaves you empty, left to address the dire consequences or irreparable damage, ones that can take years to repair if even possible. But that does not matter to those who have handed their calling from God to take dominion on the earth over to Satan. What Jesus rejected in the wilderness, the world has freely accepted. Those in submission to the flesh and its desires can only crave the wrath placed on the flesh after the Fall in Eden—to surely die and return to the dust (Genesis 2:17, Genesis 3:19).

So, when we see a world that seems like Satan is winning—he’s not. The world continues and aims to find value in digging itself into the same hellhole that Satan and his demons put

themselves in and will not get out of. Satan isn't winning. For every prince answers to a king—and Satan still answers to the King of kings. Yet, despite Jesus giving us everything we need to master sin and overcome Satan, the world, unfortunately, has decided that it's best that they, not Christ, surrender and bow to this defeated foe. Remember, Satan always broadcasts a counterfeit reality. Jesus Christ has the victory now and forevermore.

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## **Is Satan Equal to Jesus? 6 Biblical Truths You Need to Know**

*Is Satan equal to Jesus? Many people assume he is the opposite force of Christ—but Scripture tells a very different story. Terrence Harris reminds us why Satan and Jesus are not equally matched enemies.*

My heart goes out to people who believe Satan is the equal opposite of Jesus Christ.

He is not.

### **Is Satan Equal to Jesus? Satan Is Created, Not Equal to God.**

Many people still ask, “Is Satan equal to Jesus?” especially when influenced by media portrayals of Satan and demons having their way with people.

The Lord God created Lucifer along with all the angels in

heaven.[{1}](#) Contrary to popular belief and culture, the artist holds deference over the artwork, just as the potter commands deference over the clay.

## **Satan Fell Through Pride, Not Power.**

God changed Lucifer's title to Satan (which means *adversary*) through his own pride, when he opposed God with the very gifts God gave him. Satan was so impressed with his own beauty and wisdom, I guess in his mind that made him a qualifying contender for God's throne.[{2}](#) But obviously (well, not as obvious to demons, apparently), Satan would never match the eternal power of the Almighty Living God.

## **Is Satan Equal to Jesus? Satan Is Already Defeated and Limited.**

A third of the angels followed him in his rebellion, while two-thirds remained loyal to the Lord.[{3}](#)

The Lord stripped Lucifer of his glory, along with the other rebel angels, and threw them out of heaven down to the earth.[{4}](#) Satan caused many other angels to fall with him, who also chose to rebel against God. Since then, Satan and his demons have wreaked havoc on humanity, but that does not mean victory for our enemy.

The media often portrays Satan and demons (known as *fallen angels*) as having more authority and power than they truly possess. Movies tend to show a priest fidgeting with a cross and holy water, facing a demon-possessed person who boldly declares, "You have no authority over me." To that point, scripture actually gives a similar example of contending against the demonic realm in vain.

In [Acts 19:13–16](#), the sons of Sceva tried to cast out demons "in the name of Jesus whom Paul preaches." This phrase alone communicates a lack of intimacy that these traveling Jewish

exorcists had with Jesus Christ. The Bible says the demon replied, “Jesus, I know, and Paul, I know, but who are you?” Then the possessed man overpowered them, beating them and sending them away naked and wounded.”

This brings us to the fourth critical point regarding the topic, “Is Satan Equal to Jesus?”

## **Knowing About Jesus ≠ Knowing Jesus.**

Take note of this important reminder: It’s not enough to just know *about* Jesus; Satan and his demons know *about* Jesus. Satan and demons can read the Bible, too. Satan tempted Jesus with a Bible verse in the wilderness, one that many Christians may not even know where to find. However, the true authority is in *knowing* Jesus and Jesus knowing you. *Knowing* Christ—instead of just knowing about Him or just knowing scripture—the intimacy with the Word of God—gives birth to godliness that pleases the heart of the Father.

## **Authority Comes From a Relationship with Christ.**

Apart from Christ, humanity is “dead in trespasses and sins” and follows “[the prince of the power of the air.](#)”<sup>{5}</sup> But for the blood-bought believer, the story is entirely different. Those who are filled with God’s Spirit, who confess Jesus Christ as Lord, who believe He died for their sins, rose by the power of the Holy Spirit, and now sit at the right hand of the Father<sup>{6}</sup>—these are the ones who stand in the Lord’s authority and victory.

## **Believers Share in Christ’s Victory.**

So the believer doesn’t face the demonic realm alone. We stand in and by the authority of Christ Jesus and do not need to question whether Satan is equal to Jesus. Scripture assures us that “Greater is He Who is in you than he who is in the

world.”{7} Through Christ, [we are more than conquerors.](#){8} Satan is the opposition, but never the equal opponent. The living God dwells within His people, and by His Spirit, they walk in victory and authority over the powers of darkness.

**Did this article help you understand why Satan is not equal to Jesus? Please tell us your thoughts or questions in the comments below.**

For more Biblically inspired articles like “Is Satan Equal to Jesus?” please visit us at [Probe.org](http://Probe.org).

Also visit these helpful links:  
[www.youtube.com/watch?v=CamYtVpoTNk](http://www.youtube.com/watch?v=CamYtVpoTNk)

### Notes

1. Ezekiel 28:13-15
2. Isaiah 14:12-15
3. Revelation 12:4
4. Luke 10:18
5. Ephesians 2:1-2
6. Romans 8:11; Hebrews 1:3
7. 1 John 4:4
8. Romans 8:37

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# The Truth About Satan and Demons

*Terrence Harris exposes the growing influence of Satan and the demons in the world today.*

Today we live in a world that gravitates more and more toward demonic influences, particularly what we hear from the entertainment industry: the media, the music, and everything else in between. We see these ritual-like performances and symbolic messages by artists and entertainers showing up everywhere that give antichrist vibes,[{1}](#) encouraging society to live for themselves, worship themselves, and telling people they can “do and live however they want.”[{2}](#)

As Christians, we must ask: why would anyone choose to live in submission to demons and Satan himself?[{3}](#) From Scripture, we clearly see the habits and motives of these fallen and corrupted beings. We learn what they think of humanity,[{4}](#) what their possession of people looks like.[{5}](#) They oppress and seek to destroy anything that reflects God’s image and the work of His hands.[{6}](#) The Bible also tells us where they come from,[{7}](#) their methods,[{8}](#) and that their end is coming—praise be to God.[{9}](#)

So why would anyone make allegiance to something that hates them? The demonic realm hates God, including His creation. They cannot destroy the Living God, so people are the next viable option.

Some may say, *“Well, I have a good life, I have everything I need, never prayed to anyone nor begged for anything. I did the work to get to where I am. That tells me that I never needed God.”* And this is the position the devil wants you in.[{10}](#) Like Peter and Judas, Satan aims to expose and exploit our weaknesses[{11}](#)—to kill, steal, and destroy our lives[{12}](#)—at an opportune time.[{13}](#) God owns the breath in our bodies.[{14}](#) Our pride regarding life can blind us to this truth, taking God’s grace, love, and patience for granted.[{15}](#) Satan banks on us declaring that we are “the masters of our fate and the captains of our own souls”[{16}](#)—minimizing Jesus to a non-essential.

And just like the devil and his angels, the messaging from the

entertainment and media worlds tempts humanity to sin against God—right along with them.[{17}](#) How? Disguising sin and its consequences with things that entice the natural senses.[{18}](#) Some want fame and fortune, some desire success, power, and influence. Having only the natural desires of humanity in mind, they presume to offer people these in exchange for our God-given thoughts, talents, gifts, resources, etc. Everything the Living God gives us, Satan wants for his purposes,[{19}](#) while excluding the One who gave us life from our lives.[{20}](#)

My goal is not to glorify demons but to expose them.[{21}](#) It's time for Christians to pull back the veil and expose the truth: people who want to live in submission to Satan and his demons are literally asking for the same coming judgment of God—a judgment not originally meant for people.[{22}](#)

Every believer must understand these biblical truths concerning Satan and demons in order to navigate a world where demonic influence seems both rampant yet clandestine. But more importantly, I want to point to the greater reality: victory, true life, and authority belong only to those who place their faith in the Lord and Savior, Jesus Christ.[{23}](#) Jesus holds all power and authority over every created being—forever and ever.[{24}](#)

## Notes

1. 1 John 2:18
2. Judges 21:25
3. Ephesians 6:12
4. John 8:44
5. Mark 5:2-5
6. Genesis 1:27; 1 Peter 5:8
7. Isaiah 14:12-15; Revelation 12:7-9
8. 2 Corinthians 11:14; John 10:10
9. Revelation 20:10
10. Luke 12:16-21
11. Luke 22:3-4, 31
12. John 10:10

13. Luke 4:13
14. Acts 17:25
15. Romans 2:4
16. William Ernest Henley, *Invictus*
17. Genesis 3:1-6; Revelation 12:9
18. James 1:14-15; 1 John 2:16
19. Matthew 4:8-10
20. John 1:3-4
21. Ephesians 5:11
22. Matthew 25:41
23. Romans 8:37; 1 John 5:4-5
24. Philippians 2:9-11; Colossians 2:15

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## **“When Did People Start Worshipping Yahweh?”**

**What is the history/origin of belief in Yahweh? I am being told that Yahweh was one of many gods initially believed in by the Canaanites, and eventually the followers were better at presenting Yahweh as the God of Israel?**

First, let's define worship. Worship is the act of expressing reverence, devotion and adoration towards God. Rituals, singing songs, prayers and ceremonies represent the act of worship.

Next, before answering your question, I'm convinced a critical explanation of scripture will suffice to help add credibility. The book of Nehemiah states that God made the heavens and the host of heavens (9:6). The heavens, in this passage, refers to the sky or the expanse that is above the surface of the earth.

The term “heaven of heavens” refers to everything outside of the earth’s atmosphere. These are the planets, galaxies, etc. This passage also mentions the singular word host which means “the stars” or “celestial bodies.” Now, I do not want to confuse you, because the plural word “hosts” apply to God’s angel armies. With that, the passage of scripture concludes, “and the heavenly host bows down before You”[\[1\]](#). Some translations state, “...the heavenly host worship You.” If we take this into account, we could say that according to Genesis 1:1, worship regarding nature started after Yahweh created it. According to Deuteronomy 33:27, the eternal attribution of the God of Israel indicates the worship of Him pre-exists the creation of the earth through the worship of the angels in heaven (Isaiah 40:28, Romans 1:20, Revelation 4:8).

The name YHWH (*Yahweh*) first appears in Exodus 3:14 when God made Himself known to Moses: “I AM WHO I AM. . . . Say to the sons of Israel, ‘I AM has sent me to you.’”[\[3\]](#) This links to “The Real Formal Full Personal Name of God”[\[3\]](#) in Exodus 6:2-3. The name reflects His redeeming acts regarding His chosen people. It parallels the need of the Hebrews during their captivity in Egypt thus largely translated as “I am/will be present.”

Researchers have yet to conclude whether Canaanites worship paralleled the worship YHWH of the Israelites. The suggestions indicate the Canaanites may have used the name Yahweh in worship along with other deities, yet with no evidence of true relationship with the God of Moses—like using the word “god” today in a broad sense rather than using “The LORD God.” We do know that the Yahweh of the Israelites responded to Moses and to the cry of the Israelites. We cannot say the same for the Canaanites. Because no evidence of Yahweh responding to Canaanite worship exists, this could indicate that Canaanite worship lacked value.

## Notes

1. New American Standard Bible: 1995 Update (La Habra, CA: The Lockman Foundation, 1995), Nehemiah 9:6.
2. New American Standard Bible: 1995 Update (La Habra, CA: The Lockman Foundation, 1995), Exodus 3:14.
3. Martin A. Shields and Ralph K. Hawkins, "YHWH," ed. John D. Barry et al., *The Lexham Bible Dictionary* (Bellingham, WA: Lexham Press, 2016).

Posted Oct. 2024

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