

## Three Reminders to help fight the Battles of 2022

**Basic Christian Principles** to Keep in Mind as we navigate the treacherous waters of life : *No matter if you are saved one year or 50 years –*

( At the Core of this teaching – When we live in God’s will for our lives... it will be rewarding, meaningful – and not full of disappointment, fear, depression and frustration, though at times it will be difficult and challenging.)

**Introduction:** Go over four basic Principles today –

*( I am not a licensed counselor or physiologist – I’m trying to discern the inspiration of the Holy Spirit to help us in these three areas.)*

**a) Live with an attitude of forgiveness:**

Keep steady with a balanced view of who you are and how you give grace to others around you. ( Live in an attitude of :  
“ I’m sorry, With God’s help I’m working on improving. )

**b) Overcoming depression and the enemy’s lies, while welcoming godly discipline and conviction.** (God wants to bring inner healing and maturity, Satan wants to bring obsessive hopelessness and defeat!)

**c) Overcoming Fear and Anxiety:** Building up our “Spiritual Man” to face the stresses of Life. How do I keep a footing when everything around me is seeming to come against me?