

Spiritual Pharmacy

Sermon by Andy Sochor

Text: Matthew 13:14-16

After giving the parable of the sower, Jesus said that some WOULD NOT understand. It was not that they COULD NOT, but they refused to see and hear. This meant they would miss out on the healing the Lord offered. The primary application was about being healed of their sin. Yet there are other ways that God offers help and healing, but many ignore or reject this. In this lesson, we will consider some emotional, mental, or behavioral problems that develop when we forget God and His word. **IMPORTANT:** These conditions do not automatically indicate one's lack of faith or their disobedience, nor is it always wrong to treat them with various pharmaceutical drugs. Instead, the point is that we need to make sure we are spiritually healthy **FIRST** and not skip that step.

Depression

- We need to find JOY IN THE LORD (Nehemiah 8:9-12) – this was immediately after Ezra taught the law (Nehemiah 8:8); they were grieved/mourning because they had not followed God's law as they should; the remedy was to follow God's law; this included celebrating the Feast of Booths (Nehemiah 8:13-18), which was a reminder of God's care
- When we feel depressed, we need to spend time in God's word (Psalm 119:92)
- As we do this, we should remind ourselves of God's ongoing goodness (Lamentations 3:22-23)
- We also must not neglect our worship to God (Job 1:20-21) – this is beneficial for us (Hebrews 4:15-16)

Anxiety

- We need to learn to TRUST IN THE LORD (Philippians 4:6-7) – be anxious for nothing, but how? ... pray with thanksgiving; remember all that God has done (James 1:17); this results in peace
- When we feel anxious (and at all times), we need to make time for prayer (1 Thessalonians 5:17)
- We also need to remember that God is in control and cares for us (Matthew 6:25-33)
- Paul had causes of concern (2 Corinthians 1:8-9; 11:27-29) – but he knew what was coming (2 Corinthians 4:16-18)

Insomnia

- We need to maintain a CLEAR CONSCIENCE (Daniel 6:16-18) – King Darius could not sleep; Daniel had been thrown in the lions' den, and Darius knew he was innocent; God designed our conscience to help keep us on the right track
- To avoid losing sleep due to a guilty conscience, we first need to train it by the word of God (Hebrews 5:14)
- We then need to practice it (James 1:22) – do what God has charged us to do (Ecclesiastes 5:12)
- Remember that when we sin and God forgives us, He does not hold that against us anymore (Hebrews 8:12)

Bad Habits

- We need to exercise SELF-CONTROL (1 Corinthians 9:24-27) – like an athlete competing for a prize; self-control is necessary in order to follow the rules (2 Timothy 2:5); it is also necessary in order to finish the race (1 Corinthians 9:27; Hebrews 12:1)
- If we have bad (sinful) habits, we need to give them up (Romans 6:6)
- We need to develop the habit of doing good (Titus 3:14; 2:14) – do this throughout our lifetime (Philippians 1:22)

Unruliness

- We need to practice DISCIPLINE (Ephesians 6:4) – discipline is necessary in training children; it may not be pleasant in the moment, but it produces good in the end (Hebrews 12:6-11)
- Children need to be trained properly (Proverbs 22:6) – this generally leads to the desired outcome; they must be trained in the word of God
- When children do wrong, they need to be corrected (Proverbs 22:15)
- A child who gets his own way all of the time brings shame (Proverbs 29:15)

Sinfulness

- This is different from the others – it is a SPIRITUAL condition; the Lord's ability to help with PHYSICAL ailments proves He can help with this (Mark 2:9-12)
- Through Christ, we can have FREEDOM FROM SIN (John 8:34, 36) – how can we obtain this? ... we first have to believe in Christ (John 8:31); we then have to continue in His word (John 8:31); the truth makes us free (John 8:32)
- Back to our opening text (Matthew 13:14-16) and Jesus' explanation of the "good soil" (Matthew 13:23) – we must hear the word and understand it, recognizing it as the word of eternal life (John 6:66-68); we must bear fruit by doing the good works the Lord wants us to do (Colossians 1:10; 1 Peter 1:22-23)

Conclusion

- There is a time and place for modern medicines and treatments – but they cannot be a substitute for following the instructions that are found in the word of God
- The world believes that advances in technology and pharmaceuticals mean we do not need God – yet we need to trust in God and follow His will; this is for our good now and in eternity