

# Under Pressure: Part One

## Five Messages, Five Services

Dr. Jim Garlow & Dr. Jonathan Forester • Skyline Church • March 10 & 11, 2007

### Message 1, Saturday 6pm–Effect Service

#### **Under Pressure: Overcoming Fatigue – Proverbs 14: 30**

1. The Colorado miracle. Psalm 37:4
2. Fatigue . . . physiologic or pathologic
3. Pathologic fatigue . . . physical, mental, spiritual.
4. The caretaker of the body. Daniel 1:8
5. The caretaker of the brain. Psalm 23:2, Proverbs 3:24
6. The caretaker of the spirit. Proverbs 4:23, Proverbs 15:15
7. A patient's story

### Message 2, Saturday 6pm–THE CAUSE Service

#### **Under Pressure: The 6 Characteristics of Spiritual Strongholds (How One Medical Doctor Was Set Free After 25 Years of Bondage), 2 Corinthians 10:3-5**

- A. My testimony.
- B. Warfare in the ministry of Jesus. Luke 4:18-19; Luke 11:20-22
- C. Warfare in the ministry of disciples. Matthew 10:1; Luke 10:17-19
- D. Warfare in the ministry of today's church. 2 Corinthians 10:3-5
- E. Freedom, **the** definition of spirit filled living. 2 Corinthians 3:17
- F. Definition of stronghold
- G. Characteristics of strongholds:
  1. Recurring sin pattern
  2. Addiction–chemical and process
  3. Dark spot in your personality
  4. Exaggerated emotion
  5. Justification of sin pattern
  6. Continual sense of bondage
- H. Examples of powerful deliverances in my ministry



### Message 3, Sunday 8:15am

#### **Under Pressure: Overcoming “Brain Stress,” Proverbs 12:25**

1. Nun on an airplane--a personal story. Proverbs 18:14
2. The psychoneuro-drama Psalm 139:13-14 – The incredible computer between our ears
3. Keeping the viruses out of your computer / Putting Methuselah in Philippians 4:6-8; Proverbs 3:1-2 –The most important predictor of health: How do you handle stress?
4. Connect between health and spirituality. Proverbs 3:5-8; Proverbs 4:20-23 –The scientific studies
5. The **WORD** itself, in us, as health. Jeremiah 15:16; 1 Thessalonians 2:13 (Amp)
6. The safest place you can be in the universe. Psalm 91:1-2 (Surrounded by the Names of God)
7. A balanced view of life and health. Proverbs 18:9; Proverbs 18:14
8. Incredible story of winning the battle of stress, and physical healing.

### Message 4, Sunday 9:30am

#### **Under Pressure: Connecting the Dots: Warfare, Unforgiveness, and Disease, Romans 12:17-21**

- A. Miraculous healing in Brazil
- B. From plantation to prison. Matthew 18:23-35
- C. Further reasons to forgive.
- D. Scriptures related to unforgiveness and warfare. 2 Corinthians 2:10-11; Ephesians 4:26-27
- E. Stories of forgiveness and healing.

### Message 5, Sunday 11am

#### **Under Pressure: What Jeremiah 10:5 Tells Us about Spiritual Strongholds and Our Neuroses (also Proverbs 14:8)**

1. Truth about self-deception Isaiah 53:5; Colossians 3:5
2. Two basic personality types: Jacob and Jesus
3. Jesus, McCranie, and the neurotic process. Matthew 6
4. Neurosis- Its featured star and the others. Proverbs 12:25; Philippians 4:6,7
5. Distracted or delivered/worried or waiting. Luke 10:42-46
6. Biblical concept of self-worth.
7. The most powerful antidote for neurosis/a prescription for health. Numbers 12:3; Deuteronomy 34:6
8. Personal story