

Week 2- Unshakable Women's Bible Study

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'A Sound Disciplined Mind' by Nancy Dufresne

Chapter 5- Free From Worry

Chapter 6- Free From Fear

Chapter 7- Keep Doubt Out

Chapter 8- Freedom From Depression-The Praise Cure

Week 2—Mental Freedom

Main Truth:

What you rehearse, you strengthen

(Week 1 Main Truth: Your life will move in the direction of your dominant thoughts)

Scripture Focus:

Worry:

Matthew 6:25-33 (AMP)- 25 “Therefore I tell you, stop being worried *or* anxious (perpetually uneasy, distracted) about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing?
26 Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? **27** And who of you by worrying can add one [a]hour to [the length of] his life?
28 And why are you worried about clothes? See how the lilies *and* wildflowers of the field grow; they do not labor nor do they spin [wool to make clothing], **29** yet I say to you that not even Solomon in all his glory *and* splendor dressed himself like one of these. **30** But if God so clothes the grass of the field, which is alive *and* green today and tomorrow is [cut and] thrown [as fuel] into the furnace, *will He* not much more *clothe* you? You of little faith! **31** Therefore do not worry *or* be anxious (perpetually uneasy, distracted), saying, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’ **32** For the [pagan] Gentiles eagerly seek all these things; [but do not worry,] for your heavenly Father knows that you need them. **33** But first *and* most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

1 Peter 5:7 (AMP) - casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

Fear:

Isaiah 41:10 (AMP) - Do not fear [anything], for I am with you;

Do not be afraid, for I am your God.

I will strengthen you, be assured I will help you;

I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].’

Psalms 34:4-6 (AMP)-

I sought the Lord [on the authority of His word], and He answered me, And delivered me from all my fears. 5 They looked to Him and were radiant; Their faces will never blush in shame *or* confusion. 6 This poor man cried, and the Lord heard him. And saved him from all his troubles.

Doubt:

Matthew 21:21-22 (ESV)- And Jesus answered them, “Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, ‘Be taken up and thrown into the sea,’ it will happen. 22 And whatever you ask in prayer, you will receive, if you have faith.”

Romans 4:20-21 (AMP) But he did not doubt *or* waver in unbelief concerning the promise of God, but he grew strong *and* empowered by faith, giving glory to God, **21** being fully convinced that God had the power to do what He had promised

Depression:

Psalms 30:11-12 (NLT)- You have turned my mourning into joyful dancing.

You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever!

Psalms 147:3 (AMP)- He heals the brokenhearted. And binds up their wounds [healing their pain and comforting their sorrow].

Lamentations 3:21-24 (NLT)- Yet I still dare to hope when I remember this: The faithful love of the Lord never ends!^[a] His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, “The Lord is my inheritance; therefore, I will hope in him!”

A thought is not harmless just because it is invisible.

Think of it this way: Thoughts are seeds. If received (planted), repeated (watered), and meditated on (air), they begin to shape perspective. You are now giving life to an unwanted thought.

Perspective (outlook or view) affects reactions, emotions, and choices.

Anything sound familiar??

“Maybe God won’t come through.”

“You’re always going to struggle like this.”

“No one really sees what you carry.”

“This is not fair! Why me?!”

“You’re too far behind.”

“Something is going to go wrong.”

“Just stay hurt. They don’t deserve your forgiveness, love, or kindness”

“Just keep replaying it.”

Key Points:

1. Worry is a thought pattern, not just a feeling. Worry steals peace and clouds discernment.
2. Fear often enters through suggestions and thoughts. Fear can also enter in through real and traumatic experiences. **A sound mind refuses partnership with fear.**
3. Doubt is shut out by filling the mind with truth. Making God’s thoughts your thoughts.
4. Praise is not denial of pressure; it is a spiritual response that breaks its hold.

(1.) Chapter 5- Free From Worry // Page 82 “We face the unknown with faith, not worry. We live by faith. We live our lives trusting God to lead, guide, and supply in the face of all that is unknown. Worry and doubt focus on questions, but faith trusts God in the face of the unknown. Don’t be occupied with what you don’t know; rather, be occupied with the Word.

Page 83 “Questions are of the natural realm. Answers are of the faith realm. Answers are of the spirit realm. Answers are of God’s realm. There are no questions in God’s realm. Instead of being occupied with the questions life presents, leave the natural realm and move into the faith realm. Trust the God of ALL ANSWERS to lead you through His Word and by His Spirit.

(2) **Joshua 1:8-10** This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.* **What he commands he empowers you to do!**

(3.) **Isaiah 55:8-9 (AMP)** -For My thoughts are not your thoughts, Nor are your ways My ways,” declares the Lord.“For as the heavens are higher than the earth, So are My ways higher than your ways And My thoughts *higher* than your thoughts.

(3.) Doubt starts as an internal argument against God’s Word.

It questions what God said, whether He will do it, or whether His promise applies to you. We don’t add a question mark where God put a period.

Doubt grows when wrong thoughts are entertained.

If a thought is fed long enough, it can begin to affect confidence and expectation

Faith and doubt cannot be fed equally.

What you meditate on most will become strongest in you.

Keeping doubt out requires agreement with God. It requires trust in God.

The renewed mind learns to side with the Word instead of with circumstances, emotions, or delay.

(4.) Depression and heaviness try to dominate the mind and emotions.

What is the enemy’s outcome? He wants a person inwardly bowed down, hopeless, and mentally oppressed. If you feel stuck he knows most likely you’ll stay stuck.

Praise shifts your attention.

Ive heard Pastor Nancy say how worship holds our attention on God and His Word instead of on the threat.

Praise invites strength and refreshment.

When you praise God, you are no longer magnifying the pressure. You are magnifying His power, faithfulness, and goodness. (READ Psalm 145:4-13)

Praise is an act of discipline, not just emotion.

You do not wait until you feel lighter to praise. You praise as a decision of faith.

Chapter 8 - Freedom From Depression // Page 100 “Even if your praises seem dry and difficult at first, just keep praising, for as you do, you’ll begin to move out of the natural and mental area into the spirit; and when you start operating out of your spirit, things will start changing.”

Joy MUST BE protected and practiced.

A disciplined mind does not keep feeding darkness. It answers heaviness with thanksgiving, worship, and the Word.

