

# Survival 6 of 14

## *Mental Survival*

#0430

Study Given by W. D. Frazee

Turn please to Psalm 91. This is the Psalm of survival, a wonderful psalm. I want you to note that the different experiences through which we are to be kept.

It would be well for everyone who is in training for survival to memorize this psalm. Probably we will not have our Bibles when we're fleeing in the mountains. I'm sure we won't have them when we're in our cell in prison. But if we have the Word of God hidden in our hearts, no one can take it away from us.

"He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in Him will I trust. Surely He shall deliver thee from the snare of the fowler, and from the noisome pestilence. He shall cover thee with His feathers, and under His wings shall thou trust: His truth shall be thy shield and buckler. Thou shall not be afraid for the terror by night; nor for the arrow that flies by day; Nor for the pestilence that walks in darkness; nor for the destruction that wastes at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee" Psalm 91:1-7.

Here indeed is a picture of surviving. Think of it friends. All around is death by pestilence, death by sword, death by fear. But to the one who abides in Jesus, the promise is there is a refuge. Come my people, Jesus says, enter into thy chambers and shut thy doors about thee. He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

Now, we noted last night some of the provisions our Best Friend has made to prepare us to go through the ordeals and survive physically. Tonight I want to especially to note the promises and the plans dealing with survival mentally.

May I tell you friends, we are rapidly approaching the hour when the whole world will be insane except the little remnant who keep the commandments of God and the faith of Jesus. This will be literally true; they will lose their mind through many causes. God wants you and me to have peace and love and a sound mind. And if you keep your mind and don't lose it in these few years between now and the coming of Jesus, you will indeed be a survivor. This Psalm we have just read promises exactly that.

Notice the fifth verse: "Thou shall not be afraid." Then He gives us four things we that we won't be afraid of; these things will be all around us.

“Thou shall not be afraid for the terror by night.” What is a “terror”? It’s the thing that makes people afraid. But you won’t be afraid if you’ve learned the secret.

“Nor for the arrow that flies by day.” Wars alarm will not cause you to quake and quiver and tremble.

“Nor for the pestilence that walks in darkness.” Epidemics may be taking their fearful toll by the millions, but you will not be afraid.

“Nor for the destruction that wastes at noonday.” Whether it comes from some bomb dropped from an overhead plane, or whether it comes from some fierce tornado or hurricane or some earthquake, you won’t be afraid. You have learned to dwell in the secret place of the Most High, under the shadow of the Almighty.

This is very practical. May I tell you how God proposes to teach us these things? He wants to give us certain advantages, and He wants to give us certain problems. We need the advantages, and we need the problems. The problems come to us day by day in the experiences of life.

In the 1880s, the servant of God spent some time in Europe, and among the places she visited were the valleys of the Piedmont in Northern Italy where the Waldenses held the torch of truth through the Dark Ages. As she looked upon those great cliffs and mountain peaks and reviewed in her mind what God had shown her in vision of the trials, the martyrdom, the various experiences of persecution that were so common to those dear people. She gave a talk to the little band of commandment keepers. Among the things she said were these words:

“As I think of those who have yielded their lives rather than the truth, it is plain to me what God has revealed concerning His people. They so walk with Me and fight, for they are worthy. God does not give us the spirit of the martyrs today, for we have not come to the point of martyrdom. He is now testing us by smaller trials and crosses” *Historical Sketches*, page 233.

Isn’t that wonderful friends? Have you had any problems this week? That’s your laboratory course in survival. Have you survived? How have you gotten through the time of trouble since last Sabbath? Or, did any of you have any time of trouble? Oh, I’m sure that many of you or perhaps all of you can say, “Yes, I had some trouble.”

I wasn’t burned at the stake. I wasn’t put in prison. I wasn’t scourged or put on the rack. But sometimes it seems I’ll go all to pieces with the temptations, the trials, the problems, the tensions, the worries, the fears, the anxiety. Yes, we’re in a laboratory course. But I want to tell you something friend, God intends that we shall get all the advantages that He has provided in a way of life that He has revealed to His people. We shall need all the help we can get from that way of life.

Nearly 2,000 years ago, the Son of God left Heaven and came down to this world and took our flesh and lived among us that He might show us how to live. In the book *Ministry of Healing*, this great Physician has communicated to us His wisdom dealing with the problems of this last generation.

Every family that will take that book the *Ministry of Healing*, and study it from beginning to end will find a divinely inspired blueprint for successfully living and successful surviving. There are many facets to life, and so you will find many phases of life covered in this wonderful book. As you study it, think of it as a divinely revealed plan to get you ready for the stirring, stormy times ahead. It was written for this purpose.

One of the things that you will find in that book is instruction concerning the ideal location for those who wish to reach the highest ideal in character building, in health, and in happiness.

When we turn to the Bible, we find that the Creator placed our first parents in a garden. The nearer we come to the natural surroundings that Adam and Eve enjoyed, the more help we shall have in learning these lessons of peace and a sound mind and absence from fear that we must have if we are to survive mentally.

The world today is being brainwashed by the great deceiver. He has taken the multitudes captive. Through his various media of propaganda, he is pouring into the minds of the people his way of thinking. So concerning the nations of this world, it will soon be written:

“These have one mind, and shall give their power and strength unto the beast” Revelation 17:13.

Will you be a part of that mass movement that crowns the Devil king? If you look where they look, if you listen to what they listen to, you will be caught in a hypnotic spell.

You remember last night we read the Savior’s words from Luke 21:25–26 that in this last generation, the nations of earth full of perplexity, would have as the result their hearts failing for fear and for looking after those things which are coming on the earth.

I applied this last night specifically to the nation-wide problem to coronary heart attack. But I pointed out that the Savior’s primary thought in using that expression: “men’s hearts failing them for fear” has to do with the thinking process; the mind, the heart of man, right up here in the cranium.

How is it with your heart, your mind, my friend? Is it holding up or is it going to pieces? Oh, that God may help every one of you to be among the survivors. You can be if you will learn the way of peace.

Turn please to Philippians the fourth chapter and see this wonderful promise. You see, the thing that makes people go to pieces is not the size of the ordeal.

Haven't you ever seen somebody weep over a trifle? Have you ever done it yourself? Go all to pieces?

Someone says, "That's the last straw that breaks the camel's back." Indeed. That's exactly what it is. How much can you stand? How much can you take? Believe me, when all hell breaks loose in the great time of trouble that's just ahead, we're going to need an experience that can take on not ounces or pounds, but tons of pressure and not wilt or break under those tensions.

Look at this wonderful promise in Philippians:

"Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand..."

Notice, this is for the remnant, those who live when Jesus is about to appear. Now watch the sixth verse.

"...Be careful..."

That is be anxious.

"...for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus" Philippians 4:4-7.

If He's keeping your mind, you won't lose your mind. If you haven't learned to let Him keep your mind, you'll lose it just as certain as can be; unless you die first of something else.

This world is headed for wholesale insanity. During the great time of trouble, Satan will have uncontrolled access to the multitudes of this world and full possession of them, for it is written:

"...Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird" Revelation 18:2.

Yes, the devils are taking over, and to be possessed of a devil is the worse and most hopeless kind of insanity.

But you do not need to be afraid of that if you will take the survival training. What is it? Let your moderation be known unto all men. Learn the life of temperance of balance of moderation.

Don't think because this is called the jet age, you're to be called a jet. Oh, no. You may be able to fly from one side of this continent to the other in a few hours, but

it takes just as long to get the physical exercise that comes from beneficial walking and hiking and running as it ever did.

There is no way to speed it up. There is no way to cram into a few minutes all the commercial ads to the contrary, notwithstanding. They were made to make money, not to get you ready for translation. It takes time to build muscle. It takes time to develop physical fitness. It takes time to develop a mental peace, a state of mind that can endure any pressure without wilting.

Do you want it? Will you pay the price? Let your moderation be known unto all men. That's what He said it is. Moderation in eating, don't overeat as we studied last night, that's surfeiting. Don't overwork, that's being overburdened with the cares of this life. Don't oversleep. You need to get up and seek the Lord. Don't overdo anything. Let your moderation be known unto all men.

Now that doesn't mean moderation in drinking whiskey. The only moderation in drinking whiskey is to drink none at all, do you agree with me? And that's so with ten thousand other inventions of the Devil in this last generation.

I'm talking about the good things, the proper things—Moderation. Do you know why we need moderation and why we need it so much? There are two reasons: One is obviously too much is too much. But there's another great reason: the only way you can get time for all the things you need to do is not to spend too much time on any one thing.

This is a very practical course that we're conducting in survival training. I want to say to you that one of the biggest problems that most people have yet to learn is how to live on 24 hours a day. Somebody here is saying, "You're talking about me." Yes, I am, friends.

I suppose that if time could be bought by the yard or by the gallon, or by any other measure, people would be standing in line ready to put down money to buy time. But the best news I know is you don't have to buy it with money—It's free. Somebody has more money than you, but there's not a soul in this world that has any more time than you. And the One who arranged the time cycle, who put 24 hours in a day, and 7 days in a week, is none other than your best Friend, Jesus, the Creator of the universe and the planner of your life, if you will take His plan.

Tell me, friends, do you think Jesus knows His business? Do you think He knows how many hours to put in one day, how many days to put in a week? In that priceless volume that I referred to a few moments ago, *Ministry of Healing*, you'll find this jewel:

"If every moment were valued and rightly employed, we should have time for everything that we need to do for ourselves and for the world" *Ministry of Healing*, page 208.

That's another one of those immense statements that inspiration makes. It takes faith to accept it. But I believe it because God says so. What do you say?

So, you have time for everything?

Oh, my. I see so many things that I want to do.

Yes. Let me tell you something friends, once there was a man that was doing a work for God. As he looked at the sun nearing the western horizon, he was sure that the job couldn't get done before sundown. Mighty in faith he asked God to stop the sun and give him more time. You remember his name? Joshua.

Did God hearken to him? Yes. But do you remember that the Scripture, in telling the record, says that there was no day like that before nor since. And I've concluded that God did it once to show us that He could do it all the time, and He did it only once to show us that it isn't necessary. Twenty-four hours is just right for a day. I know because God did it, and He says what He does is very good. Will you vote with Him on that?

What about seven days in a week. Why, do you know when we the remnant keep the Sabbath we are expressing our faith if we know what we're doing in the fact that six days are enough to do our work in, and that's why we rest the seventh. That's what the commandment says; this is the heart of the law. Repeat those opening phrases with me, will you?

"Remember the sabbath day, to keep it holy. Six days shall thou labour, and do all thy work" Exodus 20:8-9.

Wait a minute, do how much? All of it in six days? Why, I can't. But faith says, I can do what? All things through Christ which strengthens me (Philippians 4:13). But may I tell you part of the secret is this, God never promised you that you'd get done everything you planned to do. So if that's what's worrying you, you've got plenty to worry about. It'll drive you to the madhouse, and then you won't be able to do anything.

Are you willing in a very practical way to set aside your plans and accept God's plans for your life? If you are, you can survive. If you're not, you'll go with the multitudes, and oh, what a sad end awaits you.

"He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty." Friends, you cannot keep up with all the work there is to do. God never intended you to. You cannot keep up with reading all the books that are printed. And someone says, "Oh, I wish I could read this book and that book and the other book, and the other book."

A friend of mine was telling me that just to keep up with the latest discoveries in science, a man would have to read 3,000 printed pages every day. How's that for a rat race? You could see a man who would try that every day would be further behind than when he started. No wonder some people commit suicide. Don't go that road. Go with Jesus out under the olive tree, up the mountainside. The early morning often found Him in some secluded place meditating, searching the Scriptures, or in prayer.

You say, "But this is a modern age." It certainly is. It's going to teach us fast.

"But I have to keep up." Keep up with who? Let's try to keep up with Jesus, What do you say, friends?

He's the one we're going to follow all through eternity. Why not follow Him now? And if that puts us out of step with the world, Amen. If it puts us out of gear with what's going on around us, so be it. "The peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

May I remind you again friends, for this is so important—The only way in Heaven or earth that you can get more time for some things is to put less time into something else. Now, what is it you want to do more of?

Someone says, "Oh, I wish I could have more time for study and prayer." May I see the hands of those who wish they had more time for study and prayer? Quite a section of this audience. I won't keep asking you to raise your hands, but I wonder if there's anyone here that wishes you had more time for sleep? Some of you ought to wish that. I wonder if there's anyone here that wishes you had more time for outdoor, physical exercise? You heard what I gave last night; some of you are wishing it. I wonder if there's anyone here that wishes you had more time for missionary work? Tell me, in the name of common sense, how are you going to get more time for prayer and study, more time for sleep, more time for outdoor, physical exercise, and more time for missionary work unless you take less time for some other things? Turn to Isaiah 33. Here's a suggestion about how some people can save some time, of how some people are saving time. And as you'll see, these are the survivors. These are the happy people. Notice who it is in this picture that are afraid and fearful, worried and anxious. Then notice those who rejoice:

"The sinners in Zion are afraid..."

Who is afraid? Breaking the law brings fear and worry and anxiety.

"...fearfulness hath surprised the hypocrites. Who among us shall dwell with the devouring fire? Who among us shall dwell with everlasting burnings?"

Now watch Heaven's photograph of the survivors.

"He that walks righteously, and speaks uprightly; he that despises the gain of oppressions, that shakes his hands from holding of bribes, that stops his ears from hearing of blood, and shuts his eyes from seeing evil; He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure. Thine eyes shall see the king in His beauty: they shall behold the land that is very far off" Isaiah 33:14–17.

What a beautiful picture of survivors. Will you be among them?

Now notice, how does this man get time to see the King in His beauty? He shuts his eyes to a lot of things that are happening in this world. He shuts his eyes from seeing evil.

Someone says, "Well, that's about all that is going on." Agreed. So you can see how much time you'll save. That's right.

Blessed are the pure in heart for they shall see God. They shall see Him when He comes, and welcome Him with joy. They see Him now by the eye of faith. Thank God, their vision is not marred or blurred or out of focus by gazing hour after hour at these TV screens, with their trash, trouble, and trivia.

Oh friend, if TV will get you ready for the coming of Jesus, let's have more and more of it, what do you say? But if it will only fill your heart with fear and worry and anxiety, part of the time through fiction and part of the time through facts, then let us enter into the experience of this verse. The survivor is the one who shuts his eyes and stops his ears.

Do you know what the national average for viewing TV is? It runs into hours per day per person all over the country. I hope somebody else is getting yours.

Now don't misunderstand me, friends. I'm not here to tell you that nobody should ever look at a TV. I'm here to study with you how to survive. I'm here to study with you how to get an experience to keep your mind instead of losing your mind. Those who have been appointed to look into the reasons for these recent assassinations which have shocked the nation are going to look into the effect of the TV programs on the rising rate of crime. Someone who knows told me that by the time a teenager has reached the age of 16, if he's the average through America, he has already witnessed 20,000 homicides. Twenty thousand lives snuffed out. Of course, I know that most of it is make-believe, but it's just as real to the three-year-old.

Recently in Southern California, an instructor to medical college handed me a newspaper where a three-year-old boy had shot his mother. When the sheriff came to investigate the thing, he couldn't believe that a three-year-old would know how to handle a gun. So he took the gun that had fired the shot at the mother, took all the bullets out of it, and handed it to the little three-year-old, and he at once took it and aimed it at the sheriff.

Where had he learned it? You know where he learned it. He's not getting ready to survive or help anybody else to survive.

What does this text say about the survivors? He stops his ears from hearing of blood, and shuts his eyes from seeing evil; He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure." He'll survive through the time of famine. He'll survive through the seven last plagues. He'll keep his mind when the masses are losing theirs. He has seen the King in his beauty, and his soul is enraptured.



You know dear friends, when Jesus approached those last hours of sacrifice, He took Himself to the garden, and there under the olive trees, He fought the battle through before the mob ever came. As the result, when they appeared, His heart was at peace.

There's a mob ahead. You too must face the riot, the violence. You too must face men fired by demons as they threaten to tear you limb from limb unless you will take the mark of the beast. You too may be tortured in secret chambers, in hidden recesses, or in public. You too, will be grilled at the judgment hall. Will you survive? If you have learned to abide with Jesus in the secret place of prayer, you can stand with Him in the judgment hall and before the howling mob with the same peace that was His.

What is He now testing us with? Little trials and crosses. Somebody burns the toast. Does it upset your digestion? Some baby cries in the night. Are you irritated? The neighbor's chickens get into your garden. Are you ready for a fight? Somebody pushes past you in traffic and takes the place that belongs to you. Somebody says, "Now you're getting pretty close to home. Ah my friends, He is now testing us with little trials and crosses.

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape..."

So you won't have to bear it? What? Isn't that what it says? Do you wish it said that? Fortunately, you and I didn't write it.

"...that ye may be able to bear it" 1 Corinthians 10:13.

Ah my friends, instead of praying for problems equal to our strength, let us pray for grace equal to our problems. Let us accept the assignment. Jesus is the One who is passing out the tests from day to day. Every day we have a five minute paper as it were. Ahead of us is the final examination. Let us learn to look to our Leader and accept His assignments without murmuring, what do you say? Surely if He went through all He did, in Gethsemane, and the judgment hall, and the cross, He will help you and me to be among the remnant who survive today, and flood the earth with the glory of His love, the glory of his peace.

I hope somebody here tonight, maybe it will be you, will take what we've studied this evening into the laboratory of the next six days, and in a very practical way tell your Lord that you will be willing to accept His assignment from day by day. You'll be willing to face whatever problem He allows. And that you're going to make first things first. You're not going to make the newspaper first, nor the TV, nor the radio. There're a lot of other things you're not going to make first.

Come dear ones tell me, how do you pay tithe? Do you pay tithe out of what's left after you've handled all the bills? Did anybody ever make a success of paying tithe that way? You know he didn't. The only way to be successful in tithe paying is

to pay the tithe when? First. That's the way to deal with this problem. Make God first in your life every morning. Seek ye first the kingdom of God.

And as I said the other night, let me repeat it, for it needs repeating. That means getting to bed at a sensible hour so you can wake up refreshed. Meet your Master, down on your knees, let Him talk to you through His Word, and then you talk to Him in prayer. Back and forth, let the conversation deepen into fellowship. Then moment by moment through the day, without murmuring or complaining, accept the assignment, and do what you think is the next thing He wants you to do. When it's time to go to bed—go, friend. Lay the burdens down at the feet of Jesus. Be willing to miss a lot of things that the world is filling up on. Then at the close of the week, remember He has helped you in six days to do all your work. By faith believe that, is that true?

“Here is the patience of the saints: here are they that keep  
the commandments of God and the faith of Jesus”  
Revelation 14:12.

Then next Friday night, as we welcome the Sabbath, while there'll be a lot of things that we will wish we'd gotten done, we can let the Savior make up our deficiencies—He's good at that. But we'll have the peace and joy of knowing that we've made Him happy. That's worth more than keeping up with the Joneses, what do you say?

Heavenly Father, dismiss us with Thy blessing. May the peace of God which passes all understanding keep our hearts and minds through Christ Jesus. Amen.

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W. D. Frazee Sermons  
435 Lifestyle Lane, Wildwood, GA 30757  
1-800-WDF-1840 / 706-820-9755  
[www.WDFSermons.org](http://www.WDFSermons.org)  
[support@WDFsermons.org](mailto:support@WDFsermons.org)