

Replacing a Mind of Anxiety with a Mind of Peace

Sam McVay, Jr.
08.29.10



Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Paul wrote this positive letter while in chains in prison.

Review:

The mind is the organ for the perception of reality

The mind is really the central seat of our consciousness and awareness.

The mind is where you think and imagine about your life, past and future.

The mind is where you decide what is truth and priority in life.

The Bible says that your mind is the target of the enemy:

2 Corinthians 4:4

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.

2 Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 11:3

But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.

The mind's role in hearing the Lord or being led by the Spirit:

Romans 8:5-6

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;

Your mind is the processing center for both realities: physical and spiritual.

It is vital to have our minds in the right place, so we can hear the Holy Spirit.

Clutter and static in the mind leads to missing the Holy Spirit's leadings and speakings.

Anxiety is the static of the mind.

The root of the Greek word for anxiety means "pulled in multiple directions and distracted."

The enemy is all about confusion; anxiety in its multiple flavors provides that confusion.

Peace is the state of a mind that can hear the Holy Spirit.

Philippians 4:6-7 says the peace of God will guard, protect, set up a protective wall around our minds.

The Greek word for peace means "harmonizing wholeness that is in a state of rested stillness."

How do we get this peace?

1. We commit to acknowledge and attack anxiety. We decide that anxiety is off limits for our minds.
2. We commit to diligent presentation of "everything" to God.
3. We present anxious issues to God by prayer and petition.

1 Peter 5:6-7 (ESV)

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷casting all your anxieties on him, because he cares for you.

4. We present our prayers and petitions with faith-filled thanksgiving.
5. We do not produce peace; we receive peace.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

The Holy Spirit is speaking way more than we are listening. We just cannot process it because our processor is jammed up with anxiety (pulled in multiple directions, distracted).

When we get into a state of peace (harmonizing wholeness in rested stillness) in our minds, then we can begin to process and fully hear the Holy Spirit's personal speaking and leading in our lives. Then faith and power will begin to break out in our lives.