

Prayer Notes

The Mind – Part 2

03-28-23

Pastor Teresa Schutt

Psalm 91:7 KJV

“A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.”

Mental stress, or anguish, might be something that's tried to knock you out. We must keep our mind on the Word not the worry.

The Word says:

Luke 12:22, 29-30 KJV

“And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. [29] And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind. [30] For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.”

The place I want to point out in this passage is “neither is of a doubtful mind.” To be doubtful is to dither, be irresolute, two-minded, teetering, fluctuating, you get the picture.

We do need to think things through. For example, “How will this choice affect me in the future?” We are instructed not to overthink things or worry. The Amplified version says, “Don't be anxious or have an unsettled mind.”

Isaiah 26:3 KJV

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

We follow peace, but if there's no peace how did you lose it? If you're not following peace what or who have you been following? Life isn't a bed of roses, as the saying goes. But when times are rough we still need to seek to find that place of peace.

We do have a sound mind and not a fearful mind.

2 Timothy 1:7 KJV

“ [7] For God has not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Doubt, fear, and worry are all things that come against our minds to keep us from experiencing the peace of God. We can see what God has instructed us to do about those attacks.

1 Peter 1:13, 14a KJV

“Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; As obedient children.”

1 Peter 1:13-14 AMP

“So prepare your minds for action, be completely sober [in spirit-steadfast, self-disciplined, spiritually and morally alert], fix your hope completely on the grace [of God] that is coming to you when Jesus Christ is revealed. [14] [Live] as obedient children [of God]; don't conform to the evil desires which governed you in your ignorance [before you knew the requirements and transforming power of the good news regarding salvation].”

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To “gird” is to surround, enclose, and/or encircle yourself with the Word of peace.

Ephesians 4:23 AMP

“and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude]”

Another really good way to keep your mind on the right track is to be renewed in the spirit of our mind, untarnished, and with a good spiritual attitude. Untarnished is to be unimpaired.

The mind can have an effect on the body and the spirit. Wrong thinking can turn you away from God and lead you mentally and physically to a place that you don't want to be. Praise God, we stand strong in the face of attacks. We renew the spirit of our mind, seek peace and look to God. We fix our hope in God as obedient children. We have a sound mind and we stand. We will not fall.

Amen! Have a great week!

-Pastor Teresa Schutt