

First Baptist Church – Odessa

Pastor Byron McWilliams

Date: _____

“Enemies of the Mind”

“Peace of Mind: Winning the Battle for Your Mind” – Pt. 1

Matthew 6:25-34 and Selected

8 Enemies of Your Mind You Must Learn to Spot:

1. Anxiety

Jesus said, “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

Vs. 25

“Therefore, do not be anxious.” Vs. 31a

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” Vs. 34

2. Satan

“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8

“The thief comes only to steal and kill and destroy.” John 10:10a

3. Prayerlessness

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

“Pray without ceasing.” 1 Thessalonians 5:17

4. People

“Alexander the coppersmith did me great harm; the Lord will repay him according to his deeds.” 2 Timothy 4:14

“See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone.” 1 Thessalonians 5:15

5. Fear

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:10

6. Circumstances

“Now may the Lord of peace Himself continually grant you peace in every circumstance.” 2 Thessalonians 3:16

7. Complaining

“Do everything without complaining or arguing.” Philippians 2:14 NIV

8. Discontentment

“Keep your life free from love of money, and be content with what you have, for he has said ‘I will never leave you nor forsake you.’”

Hebrews 13:5

“I have learned in whatever situation I am to be content.”

Philippians 4:11b

“But seek first the kingdom of God and His righteousness, and all these things will be added to you.” Matthew 6:33