

Give Us This Day...

Providing for the Mind

Jesus had just preached one of the most powerful messages ever spoken in His sermon on the mount. The crowds were still around and His disciples were witnessing amazing, unbelievable power when Jesus prayed. So, they asked Him to teach them to pray like Him. He said when you pray, “pray like this.” What followed is a model not only for our pray life, but for life in general.

We often live like everything depends on our hustle, but Jesus teaches us to pray for daily bread. This series explores how God sustains our bodies, guards our minds, and feeds our souls twenty-four hours at a time.

Our modern culture is experiencing a mental health epidemic—anxiety, information overload, and decision fatigue run rampant. This week we’ll see how God provides sanity, wisdom, and peace for our minds on a daily basis.

Paul write Philippians from a Roman prison while chained to a guard. If anyone had reasons for situational anxiety...it was Paul. Yet, he writes the most joy-filled letter in the New Testament laying out the roadmap for mental peace.

The Exchange

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7

We give God our worries through prayer; He gives us His peace as a protection over our minds.

The Supply

6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, 7 for God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:6-7

Fear is not a product of the Holy Spirit. God provides a "sound mind" (disciplined, self-controlled thinking) as a daily gift.

The Filter

3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you. 4 Trust in the Lord forever, for the Lord God is an everlasting rock. Isaiah 26:3-4

What our mind "stays" or rests on determines our level of peace. God provides the truth...we must align our thoughts with it.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians 4:8-9

God has provided for me today. I will hand tomorrow back to Him until the sun comes up.

The Second Mile: *Going Beyond Sunday*

Let's dig deeper together to see how God is calling and equipping each of us to reach the lost.

Monday – What is the loudest "rogue thought" or anxiety trying to break into the fortress of your mind today? Name it, and ask God's peace to stand guard against it.

Tuesday – Did you start your morning by filling your mind with the news/social media, or with the Word of God? How did that choice impact your stress level today?

Wednesday – Scripture says God has given us a "sound mind." Where are you letting fear dictate your thoughts or decisions today instead of God's truth?

Thursday – What is one specific promise from Scripture you can "stay" or fix your mind on today to drown out the noise of the world?

Friday – Think about the conversations or media you consumed this week. Did they fill your mind with muddy water or clean truth? What needs to be filtered out this weekend?