

Shall Guard Your Hearts and Minds

And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus. - Philippians 4:7 (American Standard Version)

Which of us has perfect control over his heart and his mind? Who is there among us who can always concentrate upon the matters of which he desires to think, without having other thoughts and problems crowd themselves in upon his attention? It is difficult indeed to shut out distractions and cares and worries, and to protect our hearts and minds so that they may be devoted entirely to what is good and beneficial.

In recent years we have seen great increases in the number of people in our insane asylums. Many minds seem unable to stand the crushing weight of the attack of the responsibilities of modern civilization. Nervousness and worry and anxiety are common interferences with the happiness of mankind. How can we protect our minds in order that these things shall not injure them. The verse which we have taken for our meditation this morning gives us an answer to this problem. Although we cannot guard our minds as they should be guarded, the peace of our God is able to accomplish this. God promises this peace to those who believe on the Lord Jesus Christ and look to Him for salvation, and then constantly pray to Him for their needs and trust Him for the perfect doing of His will. What a wonderful thing it is to have a mind which is preserved from worry and trouble because it is kept by the peace of God that passeth understanding!