

# THOUGHT'S THE ENEMY OF PEACE

## Restores my soul

- Definition

He revives it and reinvigorates (New energy and Strength) it when it is exhausted and weary  
This verse is in the present tense.

## Anxiety

Anxiety is, the opposite of peace. It is the fan that flames of doubt and confusion that leaves us helplessly bundled up in worry and fear. When we cave in to thoughts of anxiety, we have lost our spiritual focus and mindset.

## 1. DESTROY THE STRONGHOLD

### 2 Corinthians 10:3–6 NKJV

For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

### 1 Peter 5:7 NKJV

casting all your care upon Him, for He cares for you.

### Psalm 43:5 NKJV

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

## 2. GET OUT OF YOUR HEAD!

*"Our problem is we spend too much time listening to ourselves and not enough time preaching to our self."*

- Martin Lloyd Jones

### Psalm 19:1–5 NLT

The heavens proclaim the glory of God. The skies display his craftsmanship. 2 Day after day they continue to speak; night after night they make him known. 3 They speak without a sound or word; their voice is never heard. 4 Yet their message has gone throughout the earth, and their words to all the world. God has made a home in the heavens for the sun. 5 It bursts forth like a radiant bridegroom after his wedding.

### Psalm 19:7–10 NLT

The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple. 8 The commandments of the Lord are right, bringing

joy to the heart. The commands of the Lord are clear, giving insight for living. 9 Reverence for the Lord is pure, lasting forever. The laws of the Lord are true; each one is fair. 10 They are more desirable than gold, even the finest gold. They are sweeter than honey, even honey dripping from the comb.

**Psalm 19:12 NLT**

How can I know all the sins lurking in my heart? Cleanse me from these hidden faults.

**Romans 8:3 BSB**

For what the law was powerless to do in that it was weakened by the flesh, God did by sending His own Son in the likeness of sinful man, as an offering for sin. He thus condemned sin in the flesh,

**3. NEW HEAD COACH**

**Psalm 19:14 NKJV**

Let the words of my mouth and the meditation of my heart, Be acceptable in Your sight, O Lord, my strength and my Redeemer.

**Philippians 4:6–9 NKJV**

Be anxious for nothing, 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 minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.