

In The Multitude Of My Thoughts...

I. Introduction:

- A. Do you hate vain [divided] thoughts (**Psalms 119:113**)?
 - 1. Do you hate it when your mind brings upon you troubling thoughts (i.e. **Psalms 55:1-5**)?
 - 2. When you are about to face something, have you ever found yourself in agony of mind that seemingly cannot be comforted (i.e. **Luke 22:39-46**)?
- B. When Peter erred, it happened because he exercised his mind in the wrong way (**Mark 8:31-33**).
 - 1. We know we do not want to “mind the things of the flesh” (**Romans 8:5-8**).
 - 2. We know the impact our minds can have on our bodies (**Proverbs 12:25**).
 - 3. At the same time, we know that the faithful do get troubled about some things (**John 13:21** and **II Corinthians 11:28**). Let’s think on that some more...

II. Body: **Psalms 94:19**

- A. What the Psalmist knew and where his mind went did not align.
 - 1. He knew the thoughts of man was vanity (**Psalms 94:11**).
 - 2. He knew the corrected man would have rest (**Psalms 94:12-13**).
 - 3. He knew the Lord would not cast off His people (**Psalms 94:14**).
 - 4. He knew the upright follows the judgment of the Lord (**Psalms 94:15**).
 - 5. He knew to trust in the Lord for deliverance and mercy (**Psalms 94:16-18; 94:20-23**).
 - 6. Yet, He still had a multitude of “thoughts”. That word means: “disquieting thoughts” (Strong’s # 8312).
- B. Let’s think about a Greek word for a bit. The word we are going to look at is this “μεριμνάω” [merimnaō]. It means: “to be anxious about: — (be, have) care(-ful), take thought. To be anxious; to be troubled with cares; to care for, look out for (a thing) to seek to promote one's interests; caring or providing for” (Strong’s # 3309). Here are some (not all - excluding repetitive or similar contexts) passages wherein we can find this term, think about the lessons within.
 - 1. **Matthew 6:19-34** [verses; 25; 27; 28; 31; 34] translated, “thought”.
 - 2. **Matthew 10:16-20** [verse 19] translated, “thought”.
 - 3. **Luke 10:38-42** [verse 41] translated, “careful”.
 - 4. **I Corinthians 7:25-35** [verses 32; 33; 34] translated, “careth”.
 - 5. **I Corinthians 12:18-27** [verse 25] translated, “care”.
 - 6. **Philippians 2:19-24** [verse 20] translated, “care”.
 - 7. **Philippians 4:6-9** [verse 6] translated, “careful”.

C. Think about how we can work through these troubling thoughts that we may rightly or wrongly have (**II Corinthians 4:8-5:1**)?

1. **I Samuel 30:1-6**
2. **John 14:1-3; 14:27-29**
3. **I Thessalonians 5:11**

III. Conclusion: Don't think it uncommon or strange that you have to work through things in your mind. Sometimes, people have to work their mind through vain thoughts (**Psalms 77:1-20**).