

A Feeble Mind

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1 Thessalonians 5:14 Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.

Romans 8:5-7 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

I. The word “feeble” means weak, impotent, or sickly.

Webster's 1828 Dictionary

feeble

FEE'BLE, a.

1. Weak; destitute of much physical strength.
2. Infirm; sickly; debilitated by disease.
3. Debilitated by age or decline of life.
4. Not full or loud; as a feeble voice or sound.

- A. The Bible refers many times to the weak, the feeble, those who are not whole, or not able to take care of themselves.
- B. The mind can be feeble, because we are told to comfort the feeble minded.

Mind - The intellectual or intelligent power in man; the understanding; the power that conceives, judges or reasons.

- C. This power to reason, to understand, to perceive properly, to conceive, to judge can be weakened, or completely lost.
- D. We are vulnerable to this because of the effects sin has had on nature and life in this world.
- E. But be sure that Satan takes advantage of our weaknesses here, and we need to be aware of his involvement in trying to weaken or break our mind.
 1. That would certainly be a goal of his.
 - a) It is what he did to the maniac:

Luke 8:35 Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid.

- b) It is what he did to the Prodigal:

Luke 15:17 And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger!

- c) Be sure that he will try to break our minds, also.
 2. If the feebleness of mind comes through some natural cause he will certainly be there to take advantage of the situation.

- II. Weakness comes from sickness, lack of use, old age, exhaustion, and sometimes from unsoundness or defect from birth or something that has happened since birth.
 - A. It is certainly true that there are physical causes for mental weakness.
 - 1. Some are born with something physically wrong that affects their ability to perceive, reason, and conceive things properly.
 - 2. Injuries and illnesses can cause physical damage that does the same thing.
 - 3. Old age weakens the mind, but this is also basically caused by physical deterioration, and the mind is made feeble by lack of physical support. (circulation, constant pain, dulled senses like eyesight, hearing, smell)
 - B. Emotional trauma can also cause a feeble mind.
 - 1. Severe loss, injustice, betrayal, are things that tip some people over the edge and break their mind.
 - C. But there are also causes for a feeble mind that are self-inflicted and avoidable.
 - 1. Exhaustion causes a feeble mind.
 - 2. Lack of use, idleness of mind brings on a feeble mind.

- III. It should be a priority with us to guard our mind.
 - A. Many obsess with physical health, but pay no attention to the health of their mind.
 - B. “Bodily exercise profiteth little...” refers to caring for the body and making sure it is sound.
 - 1. The body is not to be defiled, but it is of little use with a feeble mind.

Mark 12:30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

- C. We are to love the Lord our God with all our MIND, and therefore we should make it a priority to keep our mind sound and healthy in order to love and serve Him as we should.
 - D. If we stop using the body it will grow weak and feeble.
 - E. If we stop using our mind it will do the same.
 - F. To keep the body strong we must give it the nourishment it needs and use it – exercise it.
 - G. To keep the mind strong we must use it, exercise it, and make sure it has the proper things put in it to nourish good thoughts.
 - 1. The mind must have TRUTH; truth in all matters.
 - 2. Lies are what breaks a mind.
 - 3. All insanity is a result of fantasy, and confusion about what is reality and what is fantasy.
 - H. We should read and study and search for knowledge and understanding in all things.
 - I. We should meditate things that are true, honest, just, and pure – deliberately and consciously.
 - J. To sit idle and let our mind run loose, or to sit and allow a TV, or a device guide and control our mind is bound to weaken our mind.
 - 1. It is called “amusement” which literally means “not to think.”
- IV. The battle is in our mind, and for our mind, and we cannot prevail without God’s strength, truth, and grace.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Sound - Perfect, as intellect; not broken or defective; not enfeebled by age or accident; not wild or wandering; not deranged; as a sound mind; a sound understanding or reason.

- A. The Bible tells us clearly here that God has given us a spirit of a sound mind.
 - 1. Our trouble comes when we allow access to our mind by evil, whether it is evil spirits, or other people who are under the influence of evil spirits.
- B. If we walk with God and keep our mind stayed on Him we are assured of a sound mind.
- C. The prescription for a sound mind is very clearly given:

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Philippians 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

- D. This promise of God will suffice in sickness, weakness, and old age.
 - 1. It will also get us through exhaustion and emotional traumas that threaten to cripple our mind.
- E. Exercise! Keep your mind busy thinking, and thinking on the right things.
- F. Refuse access to your thoughts by any and all evil.
- G. Care for your mind and do not leave it unguarded and unprotected.
- H. Feed it with good things.
- I. God has promised a sound mind, love, and power.
- J. Don't trade that for confusion, weakness, and fear.