

## Winning the War in Your Mind – Overcoming Anxiety

Philippians 4:4-9 Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle *spirit* be known to all men. The Lord is near. 6 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 comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

This passage is presenting two options: \_\_\_\_\_

- The Peace of God
- Surpasses all Comprehension
- Guards your hearts
- Guards your minds

1. \_\_\_\_\_ **in the Lord.**

Philippians 4:4 Rejoice in the Lord always; again I will say, rejoice!

2. **Exhibit** \_\_\_\_\_.

Philippians 4:5 Let your gentle *spirit* be known to all men. The Lord is near.

- Don't react. \_\_\_\_\_.
- 2 Corinthians 10:4-5 The weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ.

3. **Don't** \_\_\_\_\_ **about anything.**

Philippians 4:6 Be anxious for nothing.

Corrie Ten Boom: "Worry does not empty tomorrow of its sorrow, it empties today of its strength."

- Psalm 27:4 One thing I have asked from the LORD, that I shall seek: that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD and to meditate in His temple.

4. \_\_\_\_\_ **about everything.**

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- 1 Peter 5:7 “Cast all your anxiety on him because he cares for you.”
- Rick Warren says, “Worry is the warning light that God is really not first in my life at this particular moment.”
- Matthew 7:7-8 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

5. \_\_\_\_\_ **on these things.**

Philippians 4:8-9 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

- Eight-Layer Filter: True; Honorable; Right; Pure; Lovely; Good repute (something commendable); Excellent; Worthy of Praise

**Further Thought:**

1. How will you make rejoicing in the Lord your first thought?
2. What would it take for you to be a person who responds instead of reacts?
3. Has worry ever emptied today of its strength? What steps would you need to take to turn worry into faith?
4. Do you pray about everything? What is the difference between reciting words and really turning everything over to God in prayer?
5. What will you do to filter wrong thinking with the 8-layer filter?