



Series: Winning The War In Your Mind

Sermon: Part 4: Calm My Worried Mind

Date: Sunday, October 8th, 2023

_____ is killing our joy, it is stealing our peace, and it is stunting our relationship with God.

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. (Romans 8:5 NLT)

Our lives follow the direction of our greatest thoughts which means that we need to learn to control our thoughts or else our thoughts will control us.

Even though Paul's body was captive behind bars, his _____ was free.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. (Philippians 4:4-5)

Everytime we worry, we are creating neural pathways in our brain that say: "God, I don't trust You."

"God, I am going to trust that You are the Master and the Lord and that You will take care of it, which means, I don't have to keep worrying about it."

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Calming Our Worried Mind:

1. Do not worry about anything

2. Pray about everything

If it is worth worrying about, then it is worth _____ about.

3. Give thanks in all things

...give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

4. Fix your minds on good things



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

Thinking fearful thoughts? Fix your thoughts on: Isaiah 41:13

Thinking that you are inadequate? Fix your thoughts on: 2 Corinthians 12:9-10

Feeling like you are losing hope? Fix your thoughts on: Habakkuk 3:17-18

Thinking about your past sins and feeling unlovable? Fix your thoughts on: Romans 8:38-39

5. Practice this throughout all things

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:9)

I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength. (Philippians 4:12-13)

“Come to Me all who are weary and I will give you rest.” (Matthew 11:28)

The rest only comes to us when we _____ to Him.

Bottom Line: *Don't worry about anything, pray about everything, give thanks in all things, fix your mind on good things, and practice this throughout all things.*

Questions to reflect on this week or with others:

1. What worried thoughts are plaguing you today?
2. How is your worry an invitation for you to surrender your control over to God?
3. This week, how can you turn each of your worries into prayers?

Songs used in service: Too Good To Not Believe (Cody Carnes & Brandon Lake), Lord, I Need You (Matt Maher), Stand In Your Love (Josh Baldwin), No Longer Slaves (Jonathan David & Melissa Helser)

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Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?