

MIND WARS | CALMING OUR ANXIOUS MINDS  
WAVE CHURCH SD | OCT. 9, 2022

OUR LIVES ARE ALWAYS MOVING IN THE DIRECTION  
OF OUR STRONGEST THOUGHTS

**Philippians 4:4-9 (ESV)** <sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

ANXIETY IS NOT A SIN; IT'S A SIGNAL TO PRAY

**2 Corinthians 10:3-5 (ESV)** <sup>3</sup> For though we walk in the flesh, we are not waging war according to the flesh. <sup>4</sup> For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

PRAYER IS NEVER OUR LAST LINE OF DEFENSE.  
IT'S ALWAYS OUR FIRST LINE OF OFFENSE.

**Hebrews 4:15-16 (ESV)** <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

WORRY

IS OUR SIN NATURE DISTRUSTING THE  
PROMISES AND POWER OF GOD

YOU CAN'T WORRY AND PRAY AT THE SAME TIME

**Romans 8:5-6 (ESV)** <sup>5</sup> For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

TWO THINGS WORRY REVEALS

1. MY WORRY REVEALS WHAT I VALUE MOST

Matthew 6:19-24 (ESV)

2. MY WORRY REFLECTS MY VIEW OF GOD

Matthew 6:25-34 (ESV)

THREE STATEMENTS TO DEFEAT WORRY

1. I'M GOING TO DO WHAT I CAN DO

2. I'M GOING TO GIVE TO GOD WHAT I CAN'T DO

3. I'M TRUSTING GOD NO MATTER WHAT

**1 Peter 5:6-11 (ESV)** <sup>6</sup> Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you. <sup>8</sup> Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. <sup>9</sup> Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. <sup>10</sup> And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. <sup>11</sup> To him be the dominion forever and ever. Amen.