

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8-9 NLT



**Think  
About  
What  
You  
Think  
About!**

Anxious For Nothing

Chapter 9



Luke 10, 38-42

What is one thing that stood out for you from the Scripture?



Luke tells us that Martha was  
'distracted.'

How did her concern lead her to  
treat Jesus and her sister?

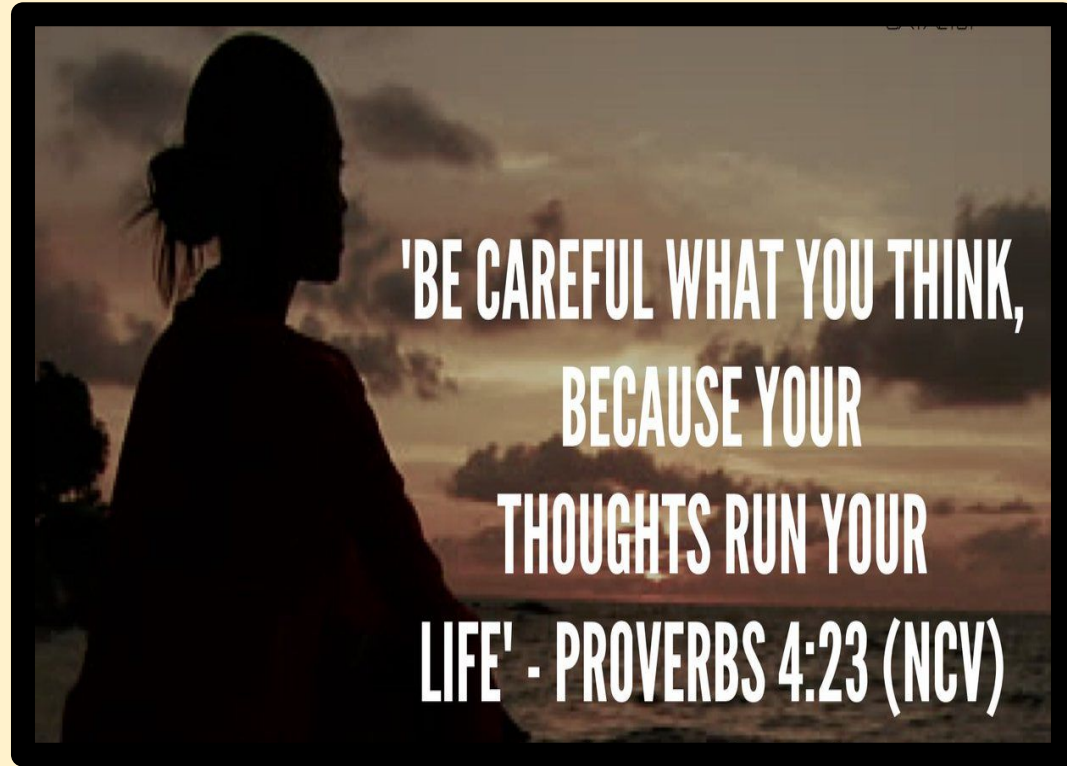
What happens when you focus on  
your concerns?

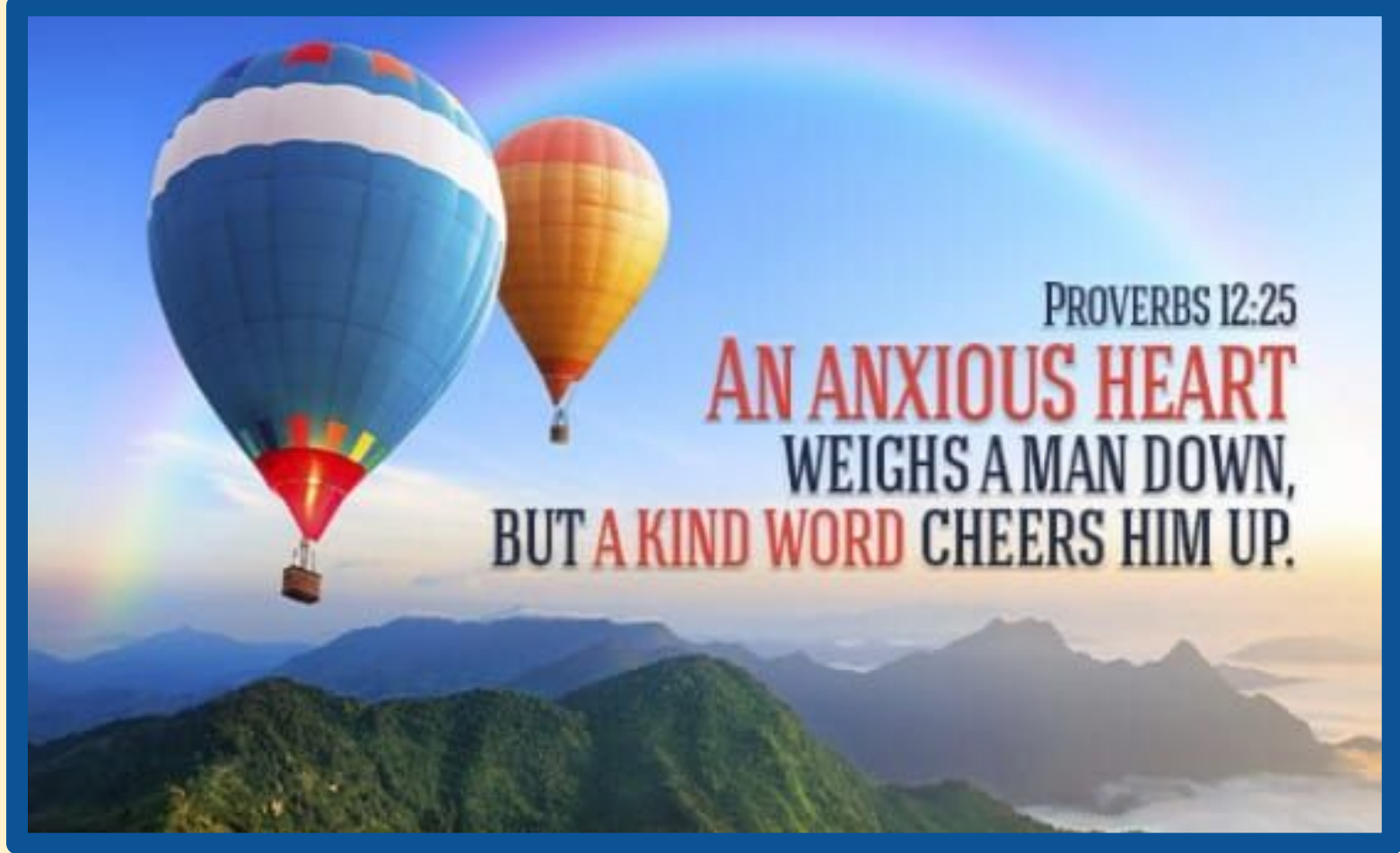
Where may you be distracted?



**Our minds are  
constantly under attack.**

**The good news is that  
we can choose  
what we think about.**





We occupy the control tower of our mental airport.

# Winning <sup>the</sup> Battle

For the weapons of our warfare are not carnal  
but **mighty in God** for pulling down strongholds,  
casting down arguments and every high thing  
that exalts itself against the knowledge of God,  
bringing every thought into captivity  
to the **Obedience of Christ.**

2 Corinthians 10:4,5

**Read aloud:**

**John 8:44**

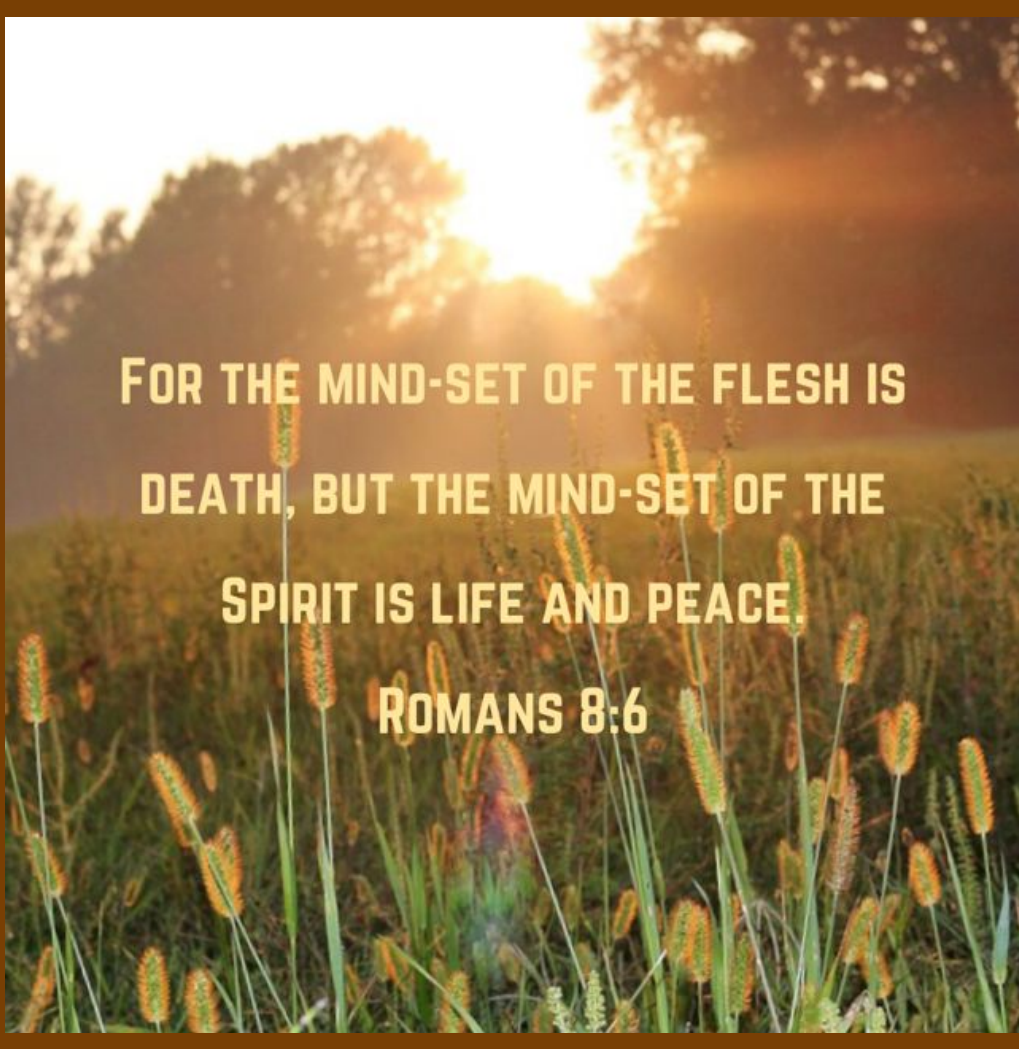
**Ephesians 6:11-12**

**1 Peter 5:8**



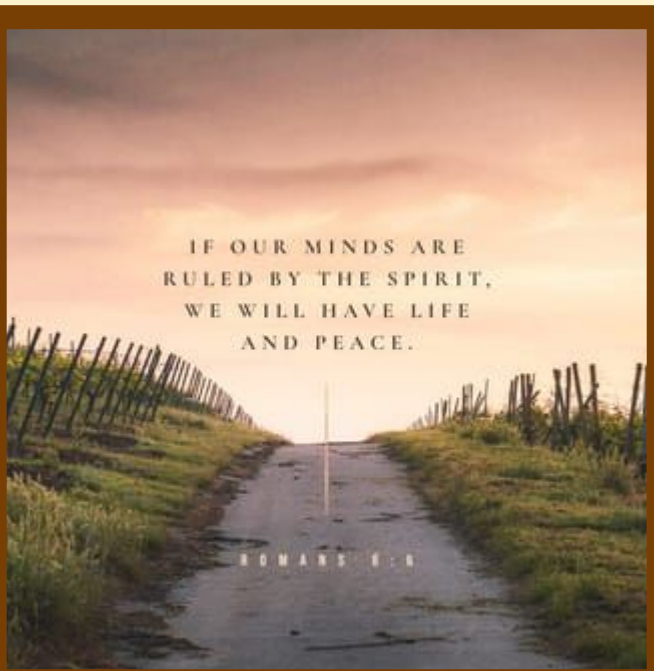
What does each of these verses say about the mission of our enemy?





**FOR THE MIND-SET OF THE FLESH IS  
DEATH, BUT THE MIND-SET OF THE  
SPIRIT IS LIFE AND PEACE.**

**ROMANS 8:6**



**IF OUR MINDS ARE  
RULED BY THE SPIRIT,  
WE WILL HAVE LIFE  
AND PEACE.**

**ROMANS 8:6**

**What does this verse say  
that our minds have the  
power to do?**

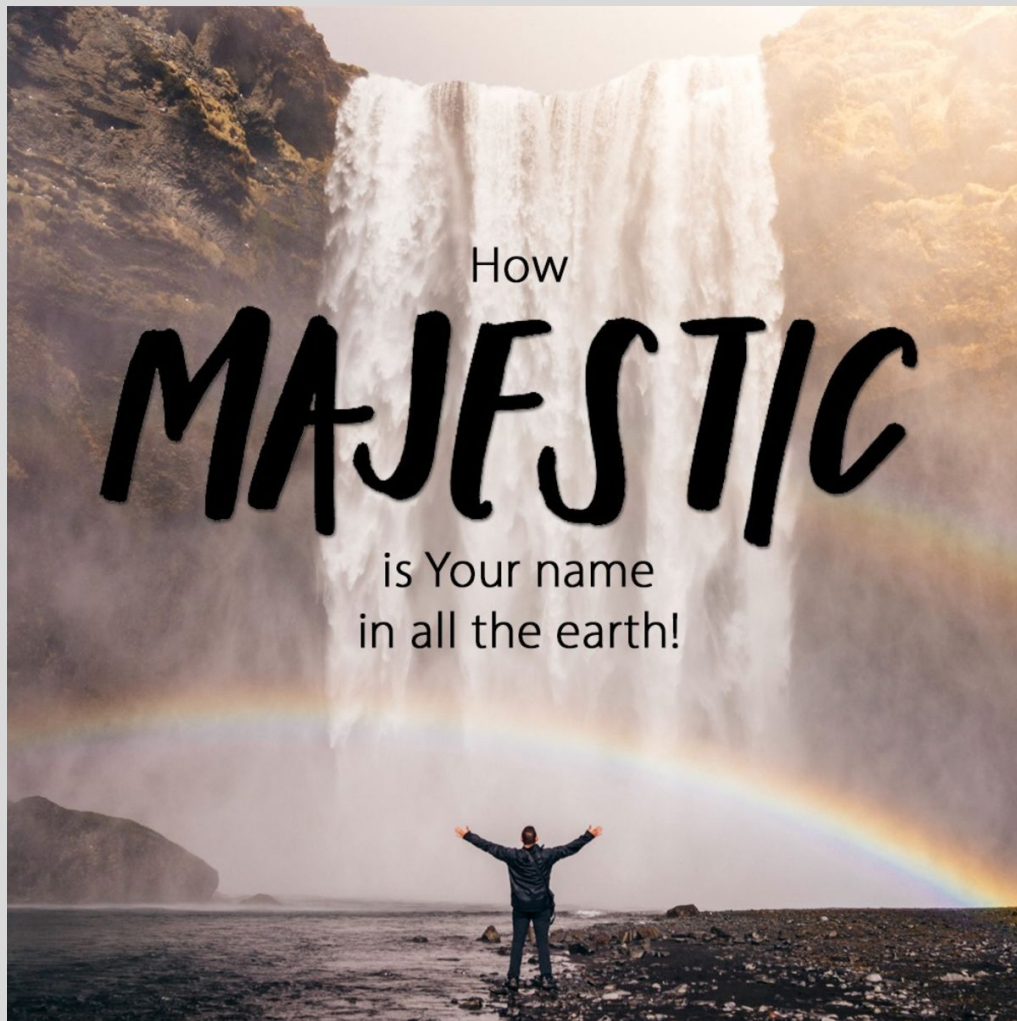


**When the source of your anxiety is a reality, make a list of other truths that are good -  
Lay claim to every biblical promise you can remember and set out to learn a few more**



Let all that I am praise the Lord;  
may I never forget the good things he does for me.  
He forgives all my sins  
and heals all my diseases.  
He redeems me from death  
and crowns me with love and tender mercies.  
He fills my life with good things.  
My youth is renewed like the eagle's!

-Psalm 103:2-5



How  
**MAJESTIC**  
is Your name  
in all the earth!

**What things  
strike you about  
God in Psalm 8?**

## Psalm 8

- <sup>1</sup> O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens.
- <sup>2</sup> You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you.
- <sup>3</sup> When I look at the night sky and see the work of your fingers - the moon and the stars you set in place -
- <sup>4</sup> what are mere mortals that you should think about them, human beings that you should care for them?
- <sup>5</sup> Yet you made them only a little lower than God and crowned them with glory and honor.
- <sup>6</sup> You have them charge of everything you made, putting all things under their authority.
- <sup>7</sup> the flocks and the herds and all the wild animals,
- <sup>8</sup> the birds in the sky, the fish in the sea, and everything that swims the ocean currents.
- <sup>9</sup> O Lord, our Lord, your majestic name fills the earth.





**The LORD will watch over your coming  
and going both now and forevermore.**

**- Psalm 121:8 -**

**What things  
strike you  
about God in  
Psalm 121?**

## Psalm 121

- <sup>1</sup> I lift my eyes to the mountains - where does my help come from?
- <sup>2</sup> My help comes from the Lord, the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip - he who watches over you will not slumber;
- <sup>4</sup> indeed, he who watches over Israel will neither slumber nor sleep.
- <sup>5</sup> The Lord watches over you - the Lord is your shade at your right hand;
- <sup>6</sup> the sun will not harm you by day, nor the moon by night.
- <sup>7</sup> The Lord will keep you from all harm - he will watch over your life;
- <sup>8</sup> The Lord will watch over your coming and going both now and forevermore.

God  
transformed  
worship  
sacrifice  
acceptable  
holy  
may  
appeal  
discern  
bodies  
minds  
renewing  
spiritual  
conformed  
perfect  
mercies  
world  
present  
good  
brothers  
therefore  
sisters

No  
Anxiety!

R  
O  
M  
A  
N  
S

12: 1-2