

# WINNING THE WAR

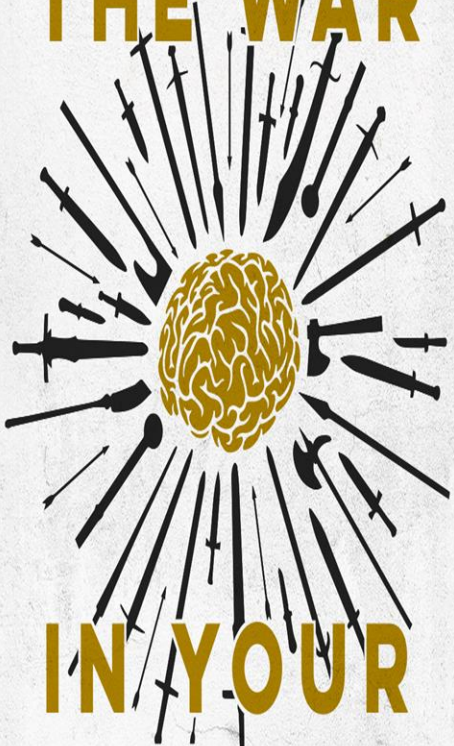
Change Your  
Thinking.



Change Your  
Life.

# IN YOUR MIND

**WINNING  
THE WAR**



**IN YOUR  
MIND**

**Most of life's battles are won or lost in  
your mind.**

For as he thinks in his heart, so is he...



*Proverbs 23:7 (NKJV)*

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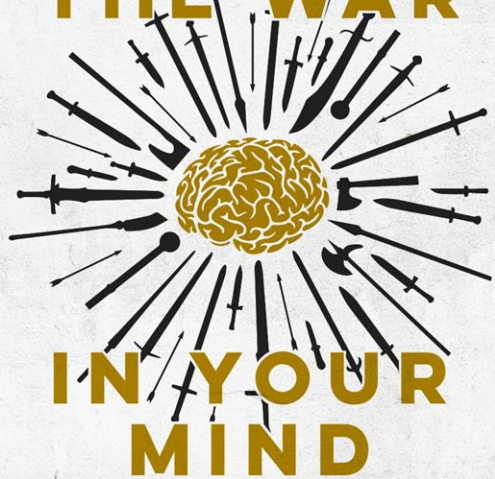
**IN YOUR  
MIND**

**The life you have is often a reflection of  
the thoughts you think.**

**What comes into your mind comes out  
in your life.**

**You cannot have a positive life and a  
negative mind.**

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**IN YOUR  
MIND**

**Change Your  
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**Jesus gets it**

“Come to me, all you who are weary and burdened,  
and I will give you rest. Take my yoke upon you and  
learn from me, for I am gentle and humble in heart,  
and you will find rest for your souls.



*Matthew 11:28–29 (NIV)*

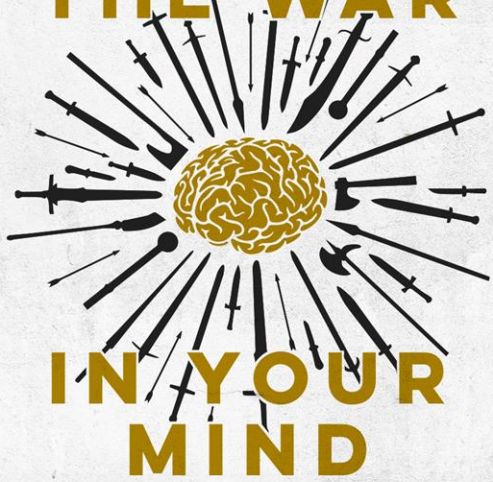
For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are— yet he did not sin.

On hearing this, Jesus said, “It is not the healthy who need a doctor, but the sick.



Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

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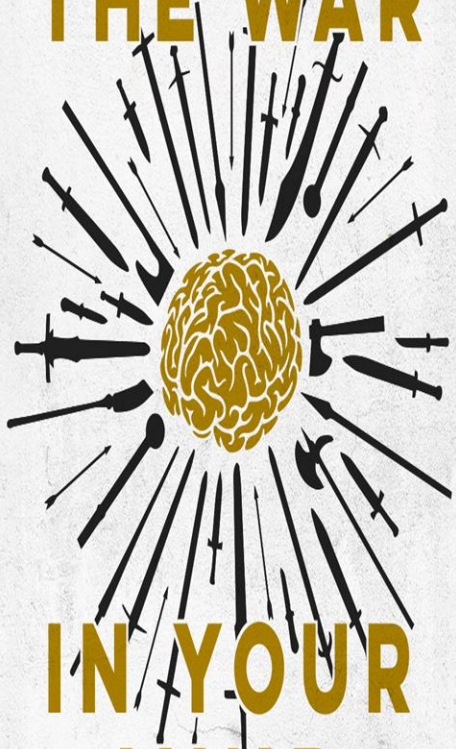
**Change Your  
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- Jesus gets it



**Worry is destructive**

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**IN YOUR  
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**What is worry?**

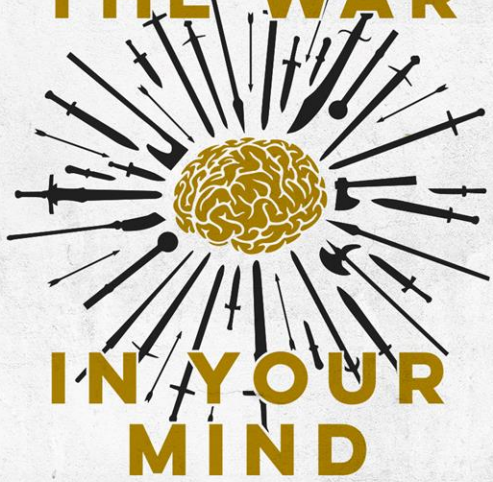
**Worry is the sin of distrusting the  
promises and power of God.**

**(God, I don't trust you...)**

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. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

The seed falling among the thorns refers to someone who hears the word, but **the worries of this life** and the deceitfulness of wealth **choke the word, making it unfruitful.**

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- Jesus gets it
- Worry is destructive



**Worry and faith cannot exist in the same  
place**

“Therefore I tell you, **do not worry about your life,** what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?**”



*Matthew 6:25–34 (NIV)*

...If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all— how will he not also, along with him, graciously give us all things?



Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—**you of little faith?**



*Matthew 6:25–34 (NIV)*

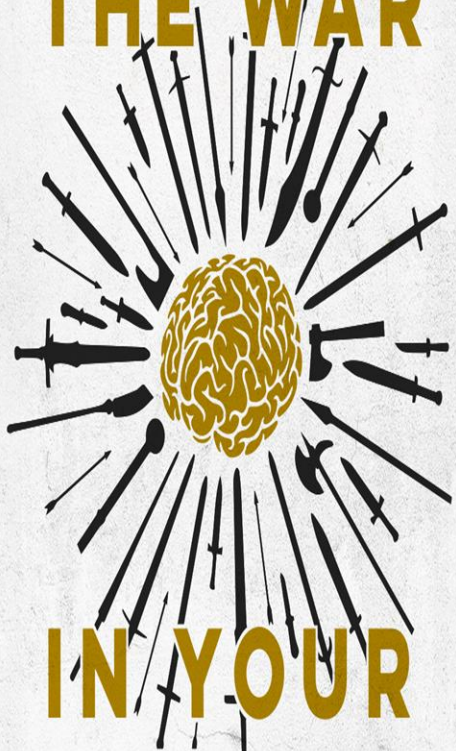
So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.



*Matthew 6:25-34 (NIV)*

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

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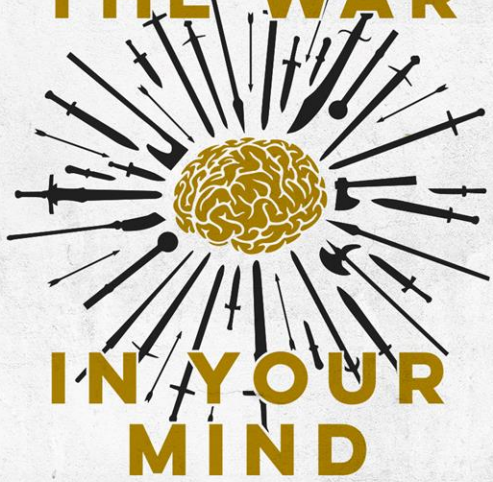


**IN YOUR  
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**Do what you can.**

**Give God what you can't.**

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- Jesus gets it
- Worry is destructive
- Worry and faith cannot exist in the same place



**You CAN get victory over this**

I am not saying this because I am in need, for I **have**  
**learned to be content whatever the circumstances.**



*Philippians 4:11 (NIV)*

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.

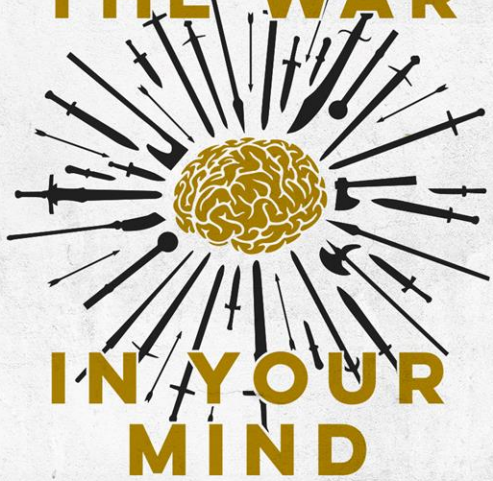


I can do all this through him who gives me strength.



*Philippians 4:12-13 (NIV)*

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- You CAN get victory over this



**Overcoming anxiety begins with prayer**

Do not be anxious about anything,



*Philippians 4:6–9 (NIV)*

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**



*2 Corinthians 10:4–5 (NIV)*

but **in every situation, by prayer** and petition, with thanksgiving, present your requests to God.



*Philippians 4:6–9 (NIV)*

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



*Philippians 4:6–9 (NIV)*

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

“This, then, is how you should pray: “ **Our Father** in heaven, **hallowed be your name**, your kingdom come, **your will be done**, on earth as it is in heaven. Give us today our daily bread.

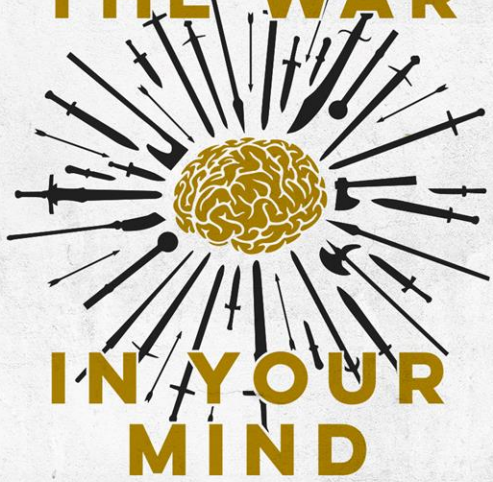


Very early in the morning, while it was still dark, Jesus got up, left the house and **went off to a solitary place, where he prayed.**

But Jesus often withdrew to lonely places and prayed.

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

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**You control your thoughts by replacing  
them**

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 4:8–9 (NIV)*

Worship the Lord with gladness; come before him with joyful songs.



*Psalm 100:2 (NIV)*

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.



*Colossians 3:16-17 (NIV)*

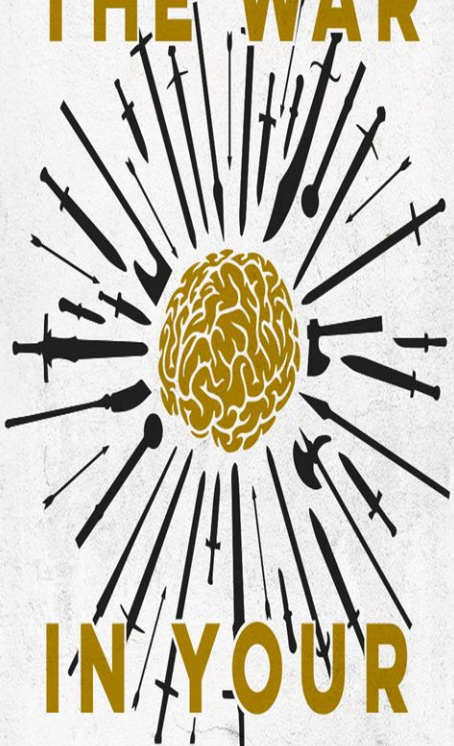
Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



*Philippians 4:8–9 (NIV)*



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