

Winning The
Battle Of The Mind

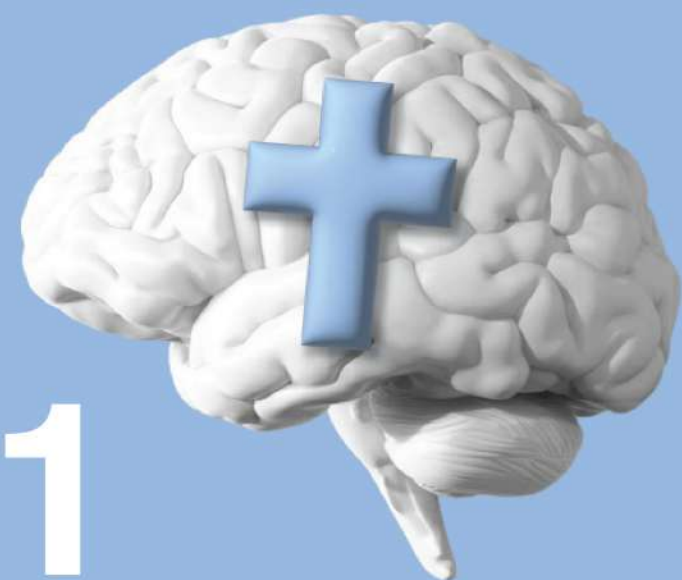
Perfect Peace Of Mind



EVERY NATION
CHURCH • PENANG



#1



The
Promise

#3



The
Love

#2



The
Focus



HOW WE THINK,
WHAT WE FOCUS,
WHAT WE LOVE,
SHAPE OUR
LIVES AND
SPIRITUAL
DIRECTION.

THE **WAR** IN OUR MIND



Recap :

- We live in a world full of *noise, news, notifications, and negativity.*
- *Our minds are constantly pulled in every direction — fear about the future, anxiety about finances, uncertainty about health, and the endless comparisons of social media.*

WE MAY HAVE
FAITH IN OUR
HEARTS,
BUT CHAOS IN
OUR **MINDS.**

We are **not**
just facing an
external
storm —
we face an
internal one.

**GOD IS THE
KEEPER OF
PEACE**

**OUR MIND IS
THE CARRIER OF
PEACE**

*“You **keep** him in **perfect peace** whose **mind** is **stayed on you**, because he **trusts** in you. **Trust** in the Lord forever, for the Lord God is an everlasting rock.”*

Isaiah 26:3-4



The
Promise

**OUR TRUST IS
THE CONDITION
FOR PEACE**

#2



The Focus

HOW DO WE
KEEP OUR
MIND ON GOD?

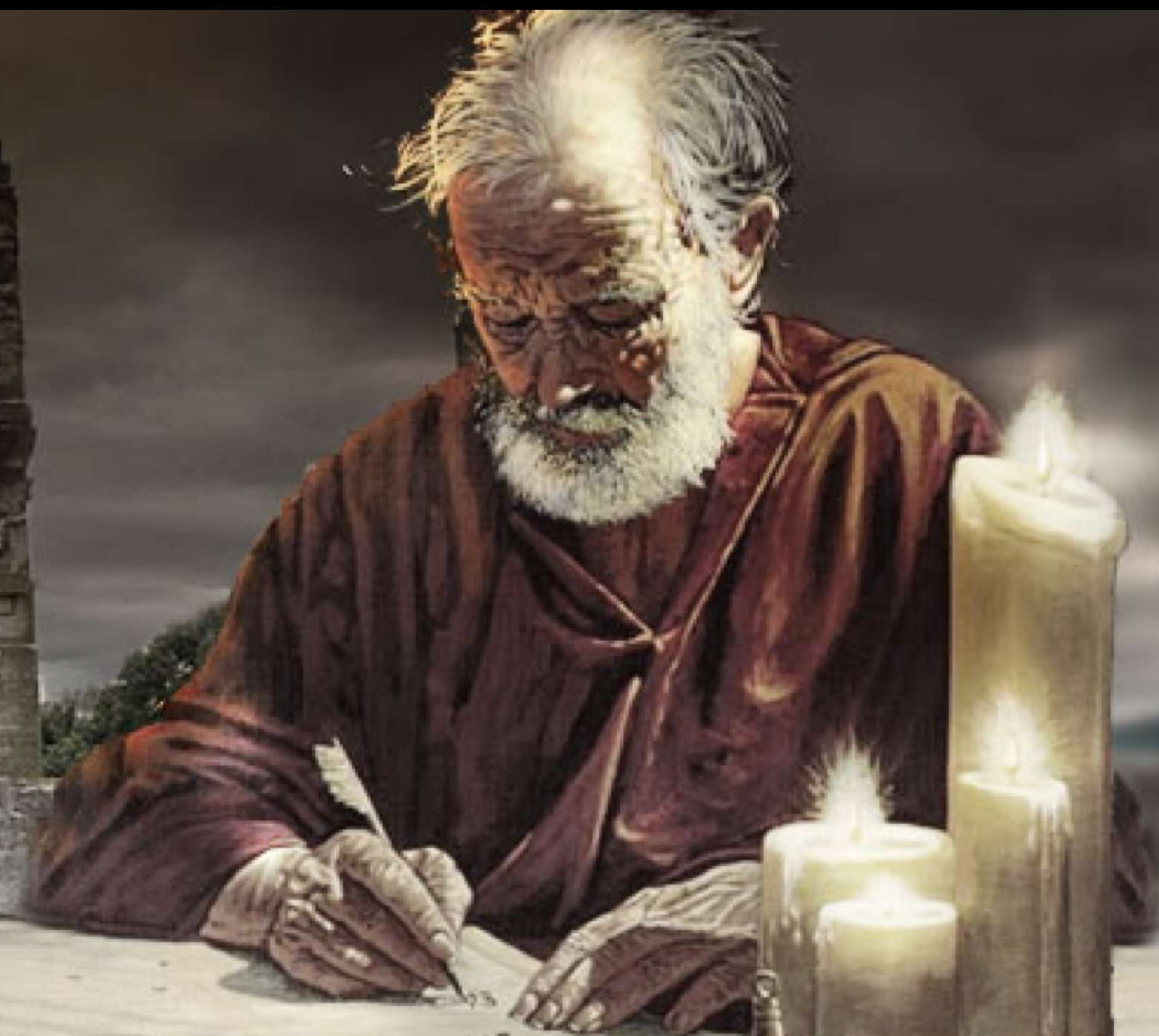
Philippians 4:4-8

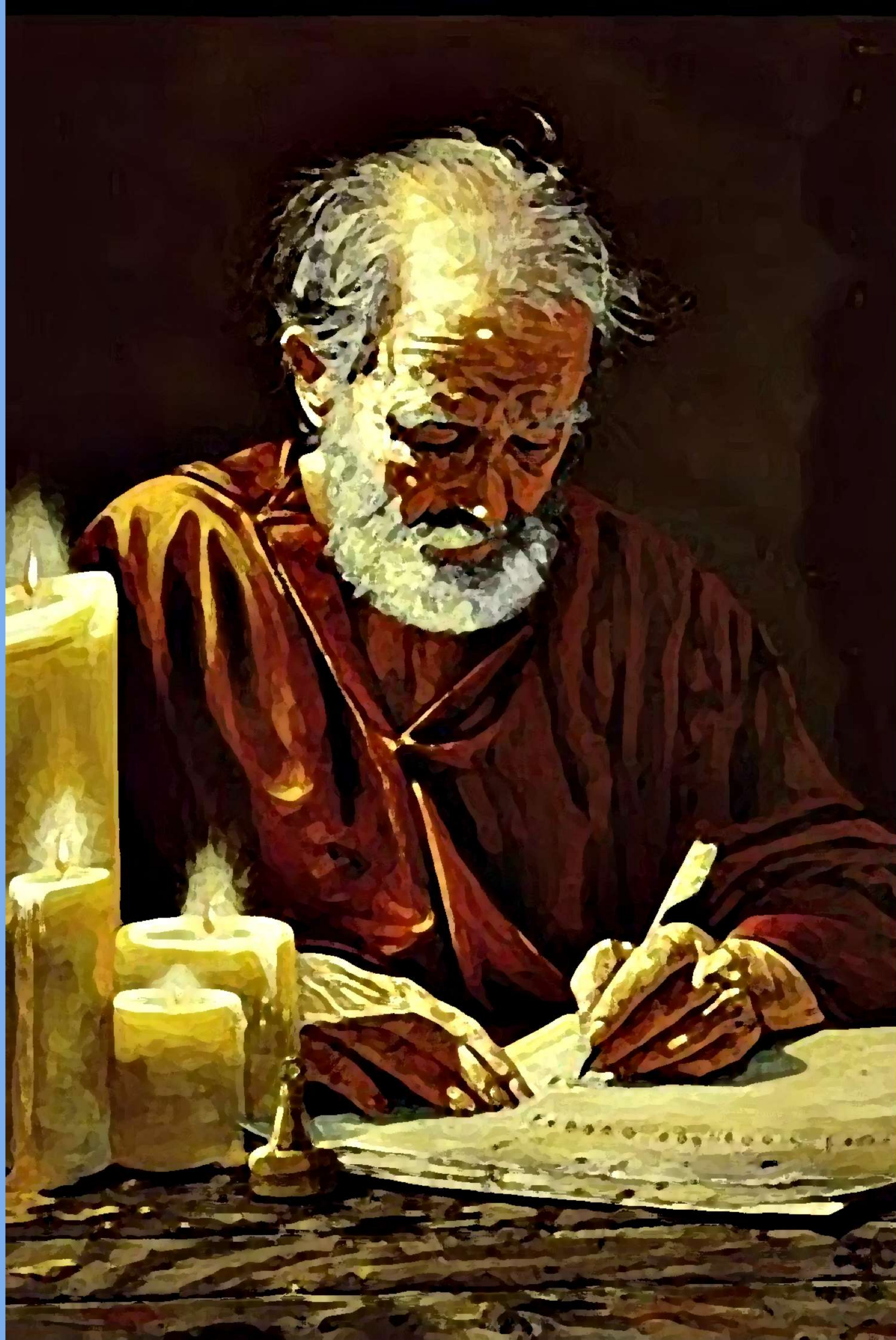
4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-8

8 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.”

APOSTLE PAUL'S LETTER TO PHILIPPIANS





Context :

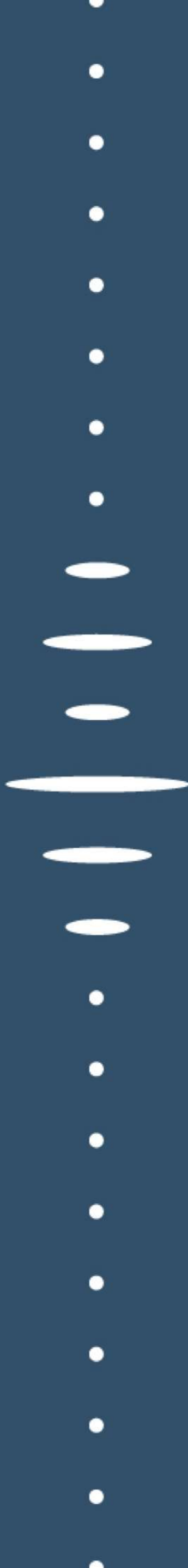
- **Written** in a Roman **cell** not a beautiful **garden**;
- **Yet** his words overflow with peace, joy & contentment;
- In **chains** vs **free**;

Peace of mind isn't the **Absence** of problems **but** it's the **Presence** of God in your thoughts;

- Peace not found in **Circumstances** but in **Christ**;



HOW DO WE
KEEP OUR MIND
ON GOD -
LIVING IN HIS
PEACE EVEN
WHEN LIFE FEELS
UNSTABLE/
UNCERTAIN?



#1- CHOOSE JOY

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

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always; again I will
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“**Rejoice**” (in Gk : “chairō”) means to take **delight** *in* God’s *unchanging goodness/grace* — **not** our ever-changing circumstances.

“**Always**” : (in Gk : “pantote”) means *at all times*;

“**Again**” : (in Gk : “palin”) mean *once more (time), back, anew (place)*;

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

Joy is not a *feeling*; it's a *focus*. Joy is a decision to see God's hand even when you can't see His plan.

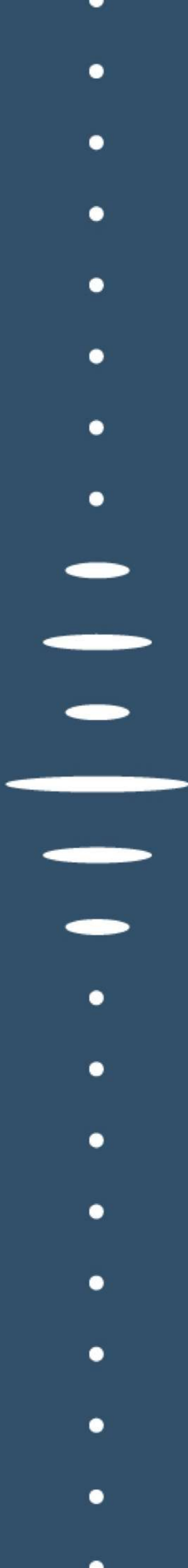
- It means to look beyond what's wrong and focus on what's right.
- Paul repeats it twice — “/ will say it again: rejoice!” — because he knows joy is a choice we must keep making.



A sunflower **always**
turns toward the sun,
even on cloudy days.

HOW TO CHOOSE JOY/ REJOICE?

- BEGIN each day with one thing to thank God;
- TELL yourselves to Rejoice in the Lord;
- STILL I WILL REJOICE, Come what may, even if the result doesn't show,



#2- LIVE CALM

Philippians 4:5
*Let your **reasonableness** be
known to everyone. **The Lord is at
hand;***

Philippians 4:5

NKJV : *Let your
gentleness be known to
all men. The Lord is at
hand.*

Gentleness (in Gk : epieikes) :
gentle, reasonable, moderate,
patient;

- means **calmness** under pressure,
a steady spirit that doesn't
overreact because God is close.
- When we **truly** believe “***the Lord
is near***” — both in presence and in
return — **we don't need to over-**
react, panic, or fight for control.
- It's the **peace** that comes from
knowing — the Lord is near.

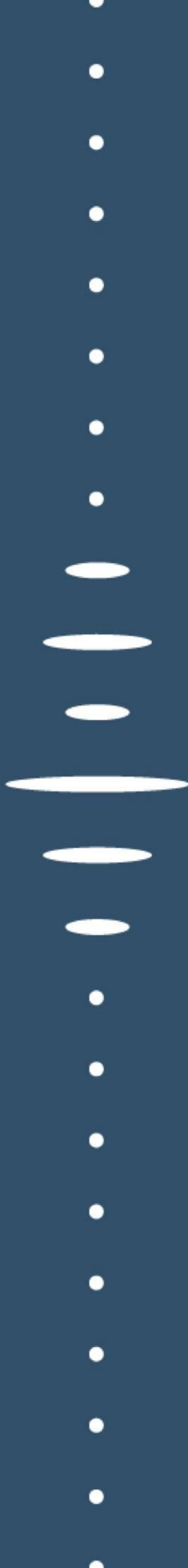




Imagine a child who
sleeps peacefully during
a **thunderstorm** : The
storm doesn't stop —
but the nearness of the
father brings **calm**.

HOW TO LIVE CALM?

- REMIND yourself daily :
“*God is near*” Or “*God is with me*”;
- LEARN to **PAUSE** before reacting : eg. breath before you speak;
- **INVITE** God into your moment and **not** ruled by the moment;



#3-

PRAY DEEPLY

Philippians 4:6-7

*6 do not be anxious about anything, 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 understanding, will **guard** your hearts and your minds in Christ Jesus.*

Philippians 4:6-7

*6 do not be **anxious** about anything, 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 understanding, will **guard** your hearts and your minds in Christ Jesus.*

- **Anxious** = (in Gk : merimnao) : *distracted, opposed to whole/direction, divided into parts, to go to pieces, because pulled apart (in different directions);*
- **Prayer** = (in Gk : proseuche) : *it is your personal and corporate communion with the living God - your adoration, confession, thanksgiving, intercession, petition/request and surrender.*
- **Supplication** = (in GK : de-e-sis) : *(to be in want, lack) : a felt need that is personal and urgent; need, seeking, asking; a specific request places before God, whether for oneself or for others.*

Paul draws a **contrast**:
*Anxiety and peace
cannot coexist.*

- When **worry** enters,
peace leaves;
- When **prayer** enters,
peace returns.

The word **Anxious** =
(in Gk : merimnao) :
*distracted, opposed to
whole/direction, divided
into parts, to go to
pieces, because pulled
apart (in different
directions);*

- **Anxiety** pulls you apart
BUT Prayer pulls you
together.
- *Prayer is the way we hand
the torn pieces of our mind
to God so He can make us
whole again.*
- **Prayer** shifts your burden
from *your shoulders* to
God's hands.

1 Thessalonians 5:16-18

16 Rejoice always,
17 pray without ceasing,
18 give thanks in all
circumstances; for this is the
will of God in Christ Jesus
for you.

Thanksgiving is what
keeps our **prayer** from
becoming complaint.

- We give no room in our
mind and heart for what is
not of the Lord.



A person is seen from behind, wearing a black jacket and a black cap. They are standing in front of a blue metal fence. The word "SECURITY" is printed in large white letters on the back of the jacket. The background shows a residential area with houses and trees.

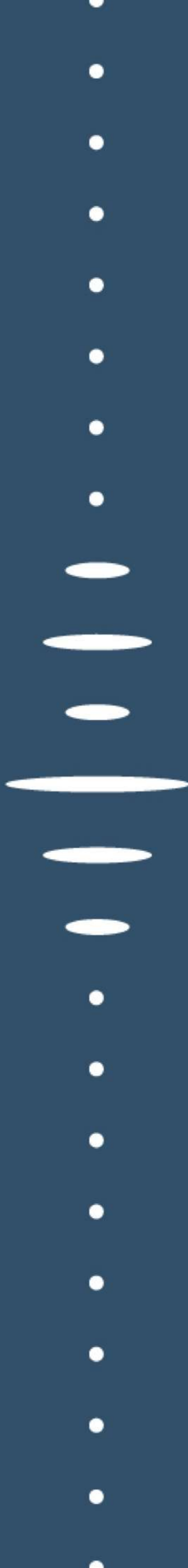
Philippians 4:7
*7 And the peace of God,
which surpasses all
understanding, will guard
your hearts and your
minds in Christ Jesus.*

SECURITY



HOW TO PRAY DEEPLY?

- TURN every worry into a prayer immediately;
- ADD Thanksgiving to every request
- TRUST when you can't understand, God's peace is working;



#4-

FOCUS WELL

Philippians 4:8

8 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.”

Philippians 4:8

*Finally, brothers,
whatever is true,
whatever is honorable,
whatever is just, whatever
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lovely, whatever is
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any excellence, if there is
anything worthy of
praise, think about these
things.”*

Paul now **moves**
from **prayer** to **mind/thinking**.

- **Because** peace is not only received through prayer - remember it is maintained through what we **focus** on.

Our mind like a **garden**.

- You **can't** have a peaceful mind with toxic thoughts. Peaceful thinking **starts** with ***intentional focus***.

Philippians 4:8

*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.”*

Paul gives us a mental filter
— **not** everything deserves your
attention.

The word: “*whatever*” (in Gk :
hoso) : *as many/much as, all
that, whoever, whatever;*
=everything that is ;

- **If it's not true, noble, right, pure, lovely, or praiseworthy, it's not worth** your mental space. It **doesn't** belong in your mind.

**Your mind is like
a camera — it
magnifies what
you focus on.**

**You can't control
every thought,
but you can
control what you
focus on.**



HOW TO FOCUS WELL?

- START and END your day with scripture, not social media;
- REPLACE what's not biblical with truth from God's word
- **WATCH** your mental diet : what are your watching, reading and listening each day;



**The NATURE of the sunflower
The REASON behind the turning
The MATURITY of the sunflower**



The Focus

HOW DO WE
KEEP OUR
MIND ON GOD?



When you **Choose** Joy,

- you turn your eyes to the Lord.

When you **Live** Calm,

- you rest in His nearness.

When you **Pray** Deeply,

- you surrender your anxieties.

When you **Focus** Well,

- you fill your mind with truth.

Just like the **sunflower**
that always turns toward
the sun — even when
clouds cover the sky —
we too must **keep turning**
our **hearts** and **mind**
toward Christ.

Application Questions

For Group
discussion

1-What robs your mind of peace the most — worry, distraction, or fear? **What helps** you to “rejoice in the Lord” even in **hard** seasons?

2-How can you **practice** “living calm” this week knowing that the Lord is near?

3-What practical **step** can you take to ***filter*** your thoughts and ***focus*** well?