

**Calming My Anxious Thoughts**  
**Winning the War in Your Mind – Part 6**  
**New Song Community Church**  
**September 25, 2022**

**Text: Philippians 4:6-9 (NLT)**

**A. Two parts of the brain connected to our emotions.**

1. The Amygdala - the Fight or Flight control on your mind.
2. The Prefrontal Cortex.

**B. The Spiritual side of controlling our thoughts.**

1. God's promise of peace.

**Philippians 4:6-7 (NLT)**

2. Not only does prayer touch the heart of God, but prayer changes the chemistry of your brain.
3. The "Amygdala Hijack".

**C. Worry.**

1. Is the sin of thinking that God's provision is insufficient.

**Romans 8:5-6 (NLT)**

2. Don't let my sinful nature control my mind, let the spirit of God direct my thinking.
3. Let the logical part of my brain choose what is Spiritual.
4. Cast our cares upon God.

**D. God's solution to what worries us.**

1. Do everything I can do: not just trusting God...taking the appropriate action.

2. Give what I can't do to God.
3. Trust God no matter what happens.

**E. Identify the Truth that applies to your situation.**

1. Jesus is first in my life. I exist to serve and glorify Him.
2. I am disciplined. Christ in me is stronger than wrong desires in me.
3. I am growing closer to Jesus every day. Because of Christ.
4. My family is closer, my body is stronger, faith deeper, leadership sharper.
5. I am creative, innovative, driven, focused and blessed beyond measure - because the Holy Spirit dwells within me.

**F. Declare what's true about you.**

**Write it / Think it / Confess it / Believe it**

1. You are not a hostage to your unhealthy thoughts. The weapons you fight with are not the weapons of this world.
2. You have divine power to demolish strongholds. To demolish every pretension that sets itself up against knowledge of God.
3. Worry is not your master. You trust in God. His peace guards your heart, guards your mind, and guards your soul in Christ Jesus.
4. You are not slave to your habits.
5. You are not a prisoner to addiction.
6. You have been rescued from the power darkness brought into kingdom of God's light.

**Next steps: Today I am:**

- 1. Committing my life to Christ.**
- 2. Choosing to walk in the truth.**