



The Battlefield

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Anxiety defined:

Anxiety, at its core, is a **SPIRITUAL** problem... a *divided mind* and *restless heart* weighed down by fear or worry, instead of trusting God's care and provision

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 ESV

Right Thinking:

- _____ about what I am _____ about
Proverbs 23:7; Isaiah 26:3; 2 Corinthians 10:5
- I must _____ my anxious thoughts with something better
- Requires a "_____"

Disciplined Thought Life	Default Thought Life
TRUE (Gk: <i>Alēthē</i>) [valid, reliable, genuine, authentic]	_____ & _____ [false, unreal, counterfeit]
HONORABLE /Noble (Gk: <i>Semnos</i>) [dignified]	_____ [temporal, mundane, common, earthly]
JUST /Righteous (Gk: <i>Dikaios</i>)	_____ (unjust)
PURE (Gk: <i>Hagnos</i>) [morally clean, holy]	_____
LOVELY (Gk: <i>Prosphilēs</i>) [attractive, gracious]	_____ or critical [harsh]
COMMENDABLE /Admirable (Gk: <i>Euphēmos</i>)	_____ [pitiful, despicable, lousy]
Paul's Summary...	
EXCELLENT (Gk: <i>Aretē</i>) [superior, high-quality]	_____ [bare minimum, inferior, low-grade]
WORTHY OF PRAISE (Gk: <i>Epainos</i>)	_____
The Results...	
_____ and _____	_____ to the culture around me



Online Notes

Follow us for encouragement during the week --->



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KEEP READING

What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.
Philippians 4:9 ESV

Right Living:

- The peace of God is experienced when God's truth moves from _____ to _____
 - **LEARNED** – study God's word, instruction (MIND)
 - **RECEIVED** – welcome and embrace with an open mind and soft heart (HEART)
 - **HEARD** – keep listening to God's Word (EAR)
 - **SEEN** – follow godly examples (EYE)
 - **PRACTICE** – live it every day (_____ life)
- **RESULTS** – experience the God of Peace, and the peace of God

Final Thought:

- Peace isn't just about removing anxious thoughts; it's about...
 - Filling my _____ with God's _____
 - _____ my life God's _____

Memory Verse:

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 10:5 NIV84

My next step today is to...

- Memorize 2 Corinthians 10:5
- Repent and accept Jesus as my Savior and submit to His Lordship for the first time!
- Go public as a follower of Jesus and get **baptized**
- Intentionally practice the following truth that I know _____
- Focus on the quality of _____ (from verse 8) this week
- _____

Recommended Resources:

[Life God's Way](#) series

[Faithfully Stewarding the Truth](#) message

[Psalms for the Anxious](#)



Online Notes

Reflection Questions:

- How does Philippians 4:8-9 connect with the rest of Philippians 4:4-6?
- Which of the qualities in verse 8 are easiest for me to focus on? Which are hardest? Why?
- How is meditating on God's word—filling my mind with God's truth—different from simply trying to “think positively?”
- Why is it important to both think the truth and live God's way?
- Who in my life has modeled godly thinking and living for me the way Paul modeled it for the Philippians?
- What truth have I learned, but not yet put into practice?
- What kind of example am I setting for those around me (spouse, kids, coworker, etc.)?
- When in my life has obedience to God's ways led me to experience His peace?