

# To Live Is Christ

**Week 5: The Battle for the Mind – the Antidote for Anxiety**

*Philippians 4:4-9*

**Senior Teaching Pastor Jim Supp - Reston Bible Church - March 3rd, 2024**





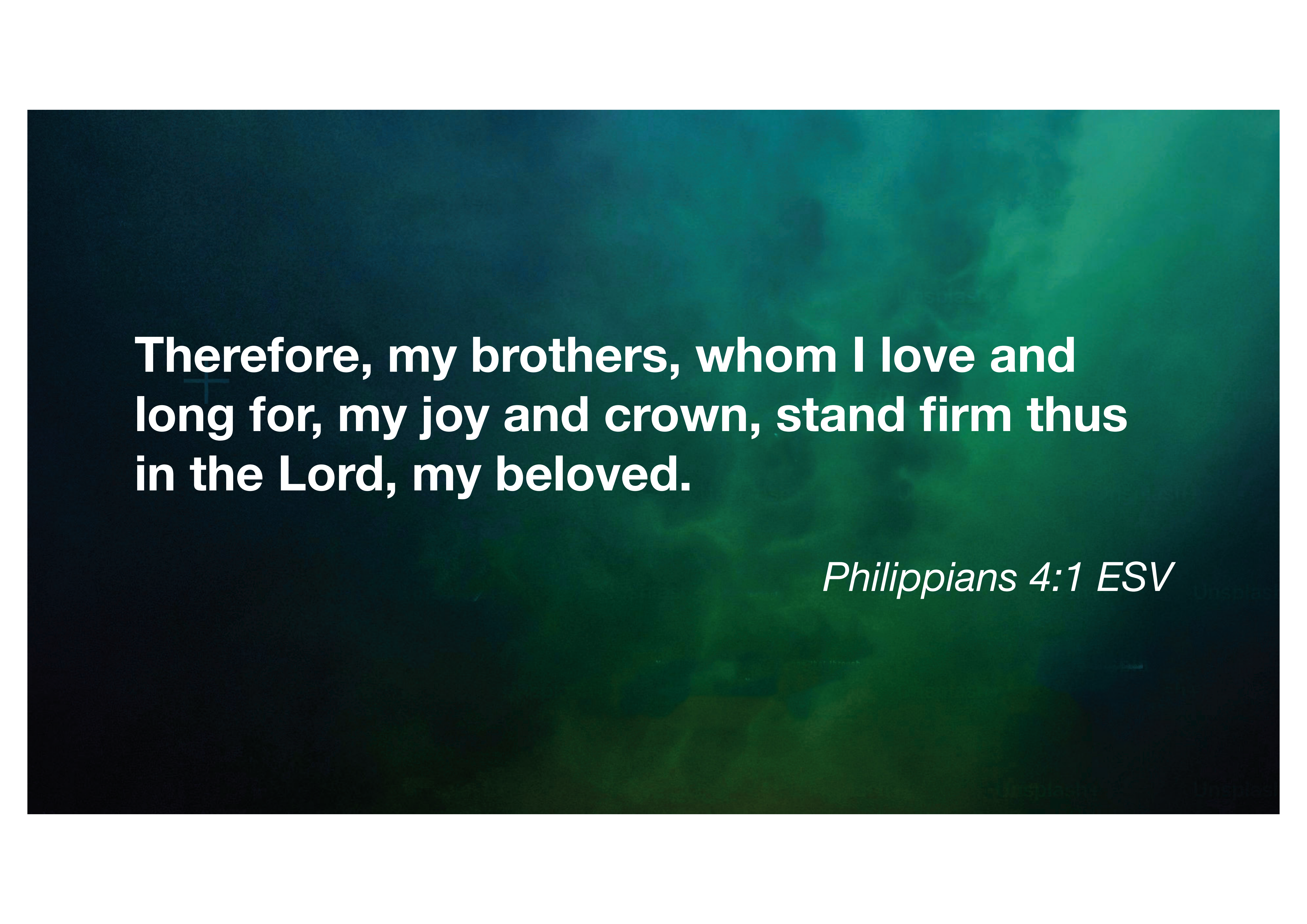
**For to Me to Live is Christ...**

*Philippians 1:21 ESV*



**The Battle for the Mind –  
The Antidote for Anxiety**



The background is a dark teal and green abstract image with a subtle cross icon. The text is white and bold, centered on the left side of the image.

**Therefore, my brothers, whom I love and  
long for, my joy and crown, stand firm thus  
in the Lord, my beloved.**

*Philippians 4:1 ESV*



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

*Philippians 4:4-7 ESV*



**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. 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 4:8-9 ESV*





# **The Battle for the Mind – The Antidote for Anxiety**





+ ...do not be anxious about anything...

*Philippians 4:6 ESV*



**“Anxiety is not a disorder that afflicts the weak, the fragile and the delicate. Often there is not the slightest hint of previous anxiety. This is the disorder of presidents, CEO’s, VP’s, ladder-climbers, powerhouses, dynamos, live wires, and go-getters. Reason?”**



**Anxiety is a disease of stress. High-pressure jobs take their toll more than low-key jobs. People who are caught up in the pursuit of excellence are particularly vulnerable because they can't see the danger signs early enough."**

*Dr. Archibald Hart  
The Anxiety Cure*



**“Your mind and body were designed for camel speed. Your life is moving at the speed of a cheetah. No wonder you’re having anxiety attacks.”**

*Dr. Archibald Hart  
The Anxiety Cure*



For we do not want you to be unaware,  
brothers, of the **affliction** we experienced in  
Asia. For we were so utterly **burdened** beyond  
our strength that we **despaired** of life itself.

*2 Corinthians 1:8 ESV*



And being in **agony** he prayed more earnestly;  
and his sweat became like great drops of  
blood falling down to the ground.

*Luke 22:44 ESV*



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

*Philippians 4:4 ESV*





1. Rejoice

In the Lord

**Always** – it means always



## 2. The Lord is at Hand



**Let your reasonableness be known to everyone. The Lord is at hand.**

*Philippians 4:5 ESV*



**Near** – close in time, place or relationship

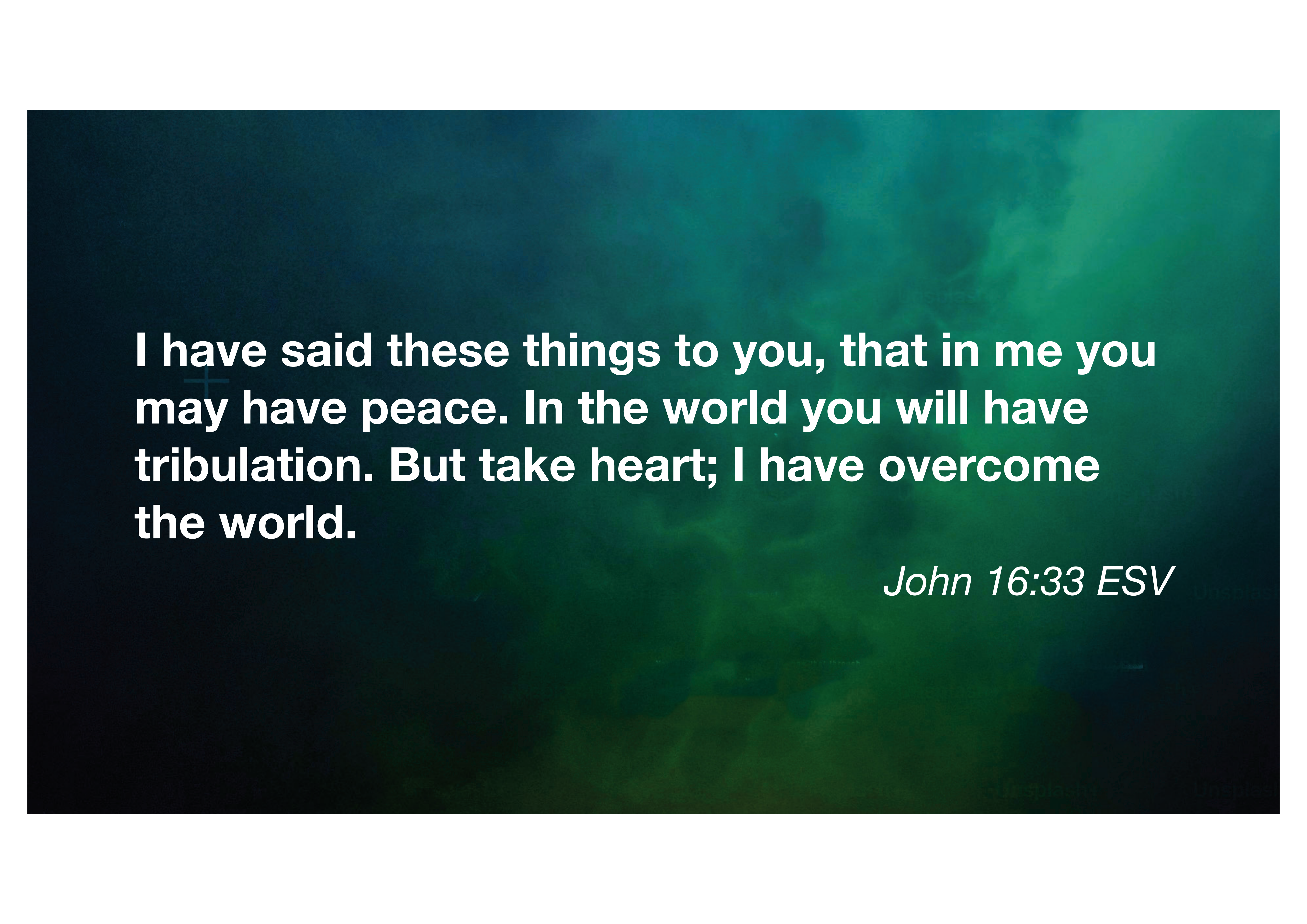
But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he himself is our peace...

*Ephesians 2:13-14a ESV*

And behold, I am with you always, to the end of the age.

*Matthew 28:20 ESV*





**I have said these things to you, that in me you  
may have peace. In the world you will have  
tribulation. But take heart; I have overcome  
the world.**

*John 16:33 ESV*



### 3. Pray



**...in everything by prayer and supplication  
with thanksgiving let your requests be made  
known to God.**

*Philippians 4:6 ESV*



**Prayer:** denotes a mind of worship

+

**Supplication:** Petition, earnest sharing of needs & problems

**Thanksgiving:** Expression of a grateful heart



## 4. Win the Battle for Your Mind

**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. 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 4:8-9 ESV*



The background is a dark, abstract composition with a teal-to-black gradient. A faint, light-colored cross symbol is visible in the upper left quadrant. The text is centered and written in a bold, white, sans-serif font.

**Think about these things - ponder, reflect on,  
reason about, bear in mind.**



**We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...**



*2 Corinthians 10:5 ESV*

**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 NIV*





**True:** Consistent with Fact or  
Reality – Not False





*Winston Churchill*




An abstract background with a gradient of dark teal and green. A faint, ethereal skull-like shape is visible in the upper right quadrant, blending into the background. The overall texture is soft and painterly.

**“The great thing is to get the true picture,  
whatever it is.”**

*Winston Churchill*





**Honorable:** Noble, worthy of Respect,  
Dignified





*Rembrandt Harmenszoon van Rijn*





**“A godly mind prizes honor above worldly  
good.”**

*Rembrandt Harmenszoon van Rijn*



The background is an abstract, textured image with shades of dark green, teal, and blue. A faint plus sign icon is visible on the left side of the text.


+ **Just:** In Conformity to Justice,  
Law or Morality



**Acquitting the guilty and condemning the  
innocent - the Lord detests them both.**

*Proverbs 17:15 NIV*



The background is an abstract, textured image with shades of dark green, teal, and blue. A faint, light-colored cross icon is visible in the upper left quadrant, partially overlapping the word 'Pure'.

**Pure:** Having the Characteristics of Moral  
Purity and Innocence



**Lovely: Pleasing and Agreeable**



**Commendable: Worthy of Being Praised  
or Approved**



**A good name is to be chosen rather than  
great riches, and favor is better than silver  
or gold.**

*Proverbs 22:1 ESV*



**Excellence:** Mental Virtue that Enables  
+ on to Achieve the End or Purpose

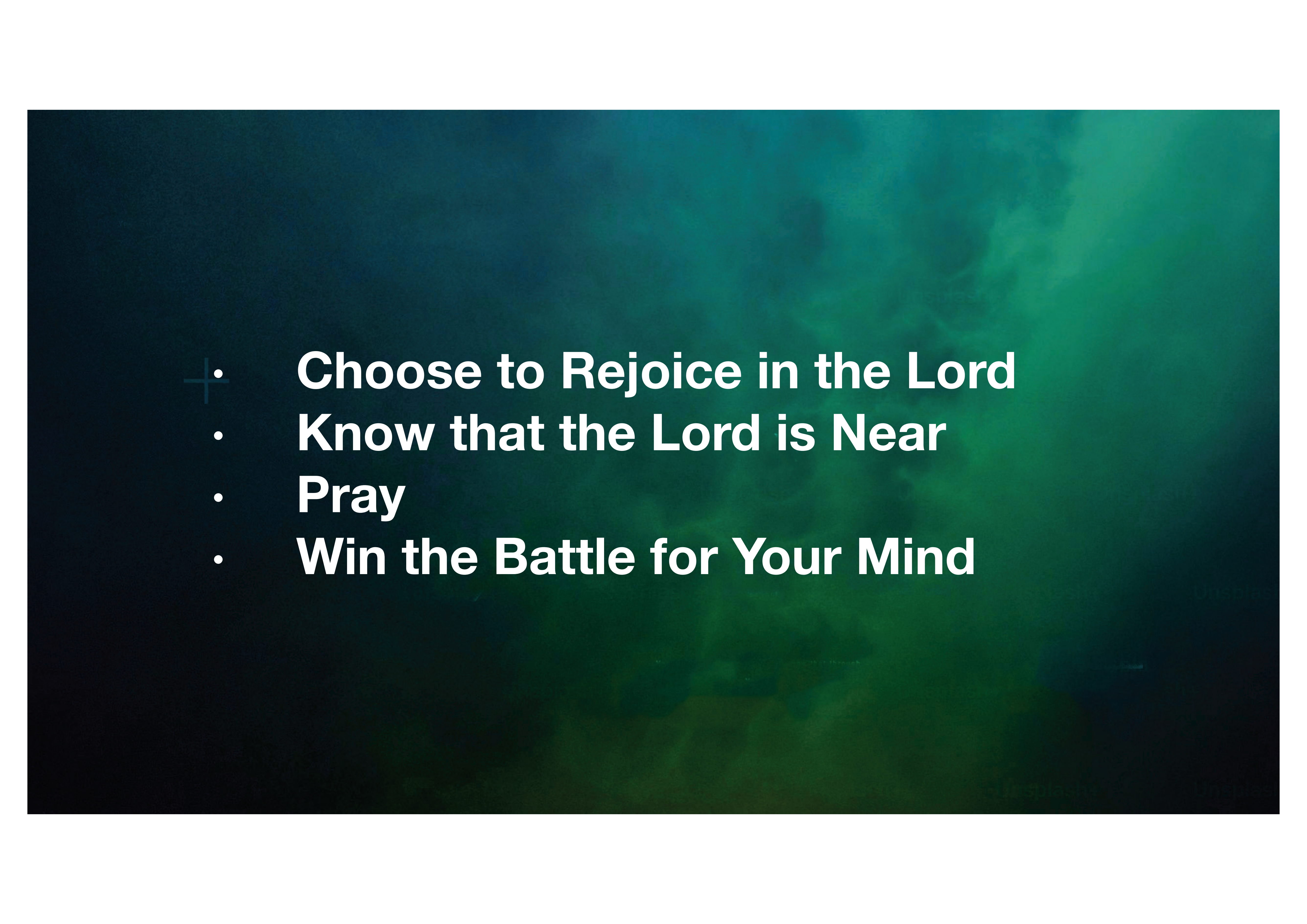
**Worthy of Praise:** That Which Deserves  
High Commendation





**True  
Honorable  
Just  
Pure  
Lovely  
Commendable  
Excellent  
Worthy of Praise**



- 
- **Choose to Rejoice in the Lord**
  - **Know that the Lord is Near**
  - **Pray**
  - **Win the Battle for Your Mind**