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Pastor Stephen Bryant

The God of Peace

Winning the Battle for Your Mind - Part One

TEXT Philippians 4:1-3

ASK What am I really fighting — the person in front of me, or a root underneath that I have never dealt with?

✱ Before you can win the battle for your mind, you first have to see it clearly: your real enemy is unseen, the same fight will follow you until you deal with the root, and the battlefield is your mind — so stand firm in the Lord.

1 Your Enemy Is Not Who You Think

There is a thief — but he is not flesh and blood. And the same battle keeps following you until you stop fighting the fruit and start dealing with the root.

John 10:10 [↗](#)

The thief comes only to steal and kill and destroy; I came that they may have life and have it abundantly.

Ephesians 6:12 [↗](#)

We do not wrestle against flesh and blood, but against the spiritual forces of evil in the heavenly places.

Hebrews 12:15 [↗](#)

See to it that no 'root of bitterness' springs up and causes trouble.



REMEMBER

You can change your surroundings without changing your struggle. Whatever you allow to take root will eventually produce fruit.

2

The Battlefield Is the Mind

Fear, temptation, offense, worry, and condemnation all work through your thoughts. The enemy may not change your circumstances — he just wants to change how you interpret them.

2 Corinthians

10:5



Take every thought captive to obey Christ.

2 Corinthians

4:18



We look not to the things that are seen but to the things that are unseen.



REMEMBER

If the enemy can control the way you think, he can begin to control the way you live.

3

Before You Fight, Stand Firm

Before Paul says a word about anxiety or peace, he says: stand firm in the Lord. And the very next thing he does is deal with two believers in conflict — because the enemy loves to turn an ally into an enemy.

Philippians 4:1



Stand firm thus in the Lord.

Philippians

4:2–3



I entreat Euodia and Syntyche to agree in the Lord.

Ephesians

4:26–27



Give no opportunity to the devil.



REMEMBER

I am not standing because I am strong enough — I am standing because I know Who I am standing in.

The Response

Maybe today God opened your eyes to something: you have been fighting the wrong battle. The wrong person. The fruit instead of the root. What you can see instead of what you cannot. And maybe you finally see the real battlefield — your mind.

- ✓ NAME THE REAL ENEMY — It is not flesh and blood. Stop fighting the person in front of you.
- ✓ DIG TO THE ROOT — Ask what is underneath the anger, fear, or offense you keep carrying.
- ✓ GUARD THE BATTLEFIELD — The fight is in your mind. Be careful what you let in.
- ✓ STAND FIRM IN THE LORD — Not because you are strong enough, but because of Who you are standing in.
- ✓ MAKE PEACE WITH PEOPLE — Do not let the real enemy turn an ally into an enemy.

The enemy may attack your mind — but he does not get to own it. Your mind belongs to Christ.

NEXT SUNDAY · Part Two — “The Lord Is Near.” We pick up the fight itself: handing every anxious thought to God (Look Up, Speak Up, Remember), the peace that guards your mind, and learning to think on what is true.