



August 30, 2026

Pastor Stephen Bryant

The God of Peace

Winning the Battle for Your Mind - Part Two

TEXT Philippians 4:4–9

ASK When I reach the end of what I have, where do I turn next — back to the worry, or up to the Father who still has more?

✱ You don't have to solve it with only what you have: hand every anxious thought to God — look up, speak up, remember — and the peace of God will guard your mind while the God of peace Himself walks with you through it.

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Part One in a Glance • Discoveries 1–3

Last week we learned to see the battle before we fight it. (1) Your real enemy is not flesh and blood — not your boss, your spouse, or the person across the room — and the same fight keeps following you until you deal with the root, not the fruit. (2) The battleground is your mind: fear, offense, and worry all work through your thoughts. (3) So before you swing at anything, stand firm in the Lord — and make peace with people, because the enemy loves to turn an ally into an enemy.

Ephesians 6:12 

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

2 Corinthians 10:5 

Take every thought captive to obey Christ.

Philippians 4:1 

Stand firm thus in the Lord.



REMEMBER

You can change your surroundings without changing your struggle. This week we pick up the fight itself.

2

The Lord Is Near

Paul does not say rejoice because everything is good — he says rejoice in the Lord. Circumstances change; the Lord does not. People may change their minds about you; God has not changed His mind about you. And before He ever tells you to stop worrying, He tells you something greater: the Lord is at hand. You are not alone.

Philippians 4:4–5 

Rejoice in the Lord always... The Lord is at hand.

Psalms 46:1 

God is our refuge and strength, a very present help in trouble.



REMEMBER

Not a distant help, not a someday help — a very present help. The Lord is near.

When the Problem Is Bigger Than You

A problem is not measured only by the number attached to it, but by the resources you have to meet it. Five dollars is nothing — until the account reads negative twelve.

When you reach the end of your own money, strength, wisdom, or time, hear this: your resources are not the end of the resources available to you. You have a Father, and you do not have to solve it with only what you have.

Philippians 4:6  Do not be anxious about anything.

Philippians 4:19  My God will supply every need of yours according to His riches in glory in Christ Jesus.



REMEMBER

When you reach the end of what you have, you have not reached the end of what God has.

4

The Formula — Look Up, Speak Up, Remember

Here is what to do with the thought you cannot put down. PRAYER — look up: before you tell God how big the mountain is, remember how big your God is. SUPPLICATION — speak up: get specific; there is nothing spiritual about being vague with God. THANKSGIVING — remember: thank Him while you are still asking, because He has been faithful before. Anxiety turns inward; prayer turns upward.

Philippians 4:6 

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

Hebrews 4:16 

Let us then draw near to the throne of grace... to find mercy and grace in time of need.

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Thessalonians 

5:16–18

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.



REMEMBER

Look up — who is God? Speak up — what do I need? Remember — what has He already done?

5

God Posts Peace at the Gate

The battlefield was the mind — and that is exactly where God stations His peace. Paul does not promise the problem instantly disappears or the answer comes by morning. He promises something happens inside you: the peace of God, which surpasses understanding, standing guard over your heart and mind. The situation may still be there, but you are still standing, still trusting — and you cannot fully explain how.

Philippians 4:7 

The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 26:3 

You keep him in perfect peace whose mind is stayed on you.



REMEMBER

The battle is in the mind, so God posts peace at the gate.

Guard What Lives in Your Mind

God guards the gate — but you decide what you keep inviting back inside. You can pray about something and pick it right back up in the parking lot. So Paul says: think on what is true — not what might happen, not the worst case you built at two in the morning, not the conversation you have replayed fourteen times. Interrogate the thought: is this true, or am I afraid? You cannot stop every thought from knocking, but you do not have to give it a room.

Philippians 4:8 

Whatever is true, whatever is honorable, whatever is pure... think about these things.

Romans 12:2 

Be transformed by the renewal of your mind.



REMEMBER

Knocking is not entering. You do not have to give every thought a room in your house.

The Response

You have learned it, received it, heard it, and seen it. Paul refuses to leave any of this inside your head — now practice these things. Because the promise at the end of the chapter is bigger than a feeling: not just peace from God, but the God of peace Himself, with you.

- ✓ LOOK UP — Turn the problem toward God before you size it up. Remember how big He is.
 - ✓ SPEAK UP — Ask Him for the specific thing. Give the burden a name.
 - ✓ REMEMBER — Thank Him while you are still waiting; He has been faithful before.
 - ✓ LET HIS PEACE GUARD YOU — Stop carrying what belongs in His hands.
 - ✓ THINK ON WHAT IS TRUE — Stop giving lies a room in your house.
 - ✓ PRACTICE WHAT YOU KNOW — Do not just think it. Do it.
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The enemy may attack your mind — but he does not get to own it. Your mind, your heart, and your life belong to Christ.

You may have reached the end of what you have — but not the end of what God has. The Lord is near, the peace of God will guard you, and the God of peace will be with you.