

Romans 8:6 For to be carnally minded is death, but to be spiritually minded is life and peace.

Free life

1. Mind is the location of the conflict
2. Not a single battle, but a WAR (prolonged conflict)

Freelife

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2. Not a single battle, but a WAR (prolonged conflict)
3. If you knew WAR was coming, what would you do to prepare?

Freelife

Exodus 23: ²⁸ I will send the hornet ahead of you to drive the Hivites, Canaanites and Hittites out of your way. ²⁹ But I will not drive them out in a single year, because the land would become desolate and the wild animals too numerous for you. ³⁰ Little by little I will drive them out before you, until you have increased enough to take possession of the land. (NIV)

Free life

Training Your Mind (Education)

School/Work (How to think)

- Thinking in a structured way
- Gaining understanding
- Communicating ideas to others
- Learning to concentrate and focus

Freelife

Training Your Mind (Bible Study)

What to think

- Standards of truth
 - E.g., God's character, your identity, etc.

Free life

Gen 3: 1 Now the serpent was more crafty than any of the wild animals the Lord God had made. (NIV)

“crafty” – subtle

Free life

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“Discernment is not knowing the difference between right and wrong. It is knowing the difference between right and almost right.” (C.H. Spurgeon)

Free life

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- *Could not “demolish arguments . . . that sets itself up against the knowledge of God” (2 Cor 10:5 NIV)*

Free life

“Living rent free in your head”

Freelife

“Living rent free in your head”

“Squatters” need to be removed

Free life

ANXIETY

Apprehensive uneasiness or nervousness usually over an impending or anticipated ill

Free life

ANXIETY

Phil 4: 6 “Be anxious for nothing”

“anxious” – distracting care (worry)

Free life

ANXIETY

*Matt 6: 25 "Therefore I say to you, **DO NOT WORRY** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? . . . ²⁷ Which of you by **WORRYING** can add one cubit to his stature? ²⁸ So why do you **WORRY** about clothing? . . . ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? ³¹ Therefore do not **WORRY**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'*

Free life

ANXIETY

*1 Peter 5: ⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your **CARE** upon Him, for He cares for you.*

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“cares of this world” (Parable of the Sower)

Free life

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Deal with pride (self-serving, self-preserving, self-exalting)

Free life

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Why? Because answer occurs upon his “due time”

Free life

ANXIETY

1 Peter 5: ⁷ casting all your care upon Him, for He cares for you. ⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

“adversary” – opponent in a lawsuit

Free life

ANXIETY

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“adversary” – opponent in a lawsuit

- aims to convince you to take back the “care” upon YOURSELF

Free life

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- aims to convince you to take back the “care” upon YOURSELF*
- Anxiety implies not only some distrust of God's providence, but also some kind of belief that we may be able to manage better for ourselves*

Free life

ANXIETY

Phil 4: ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Free life

ANXIETY

1. *Reject (the anxious thought)*
2. *Resist (self-help)*
3. *Remember (His character)*

Free life