



YOU ASKED FOR IT – Part 4
How to Handle Stress & Anxiety – Pt. 4
Take Your Thoughts Captive
New Horizon Church 12-03-2023 Pastor John Raymond

Philippians 4:4-7 (NLT), “Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, **the Lord is coming soon**. ⁶**Don’t worry** about anything; instead, **pray about everything**. Tell God **what you need**, and **thank Him** for all He has done. ⁷**Then you will experience God’s peace**, which exceeds anything we can understand. His **peace will guard your hearts and minds** as you live in Christ Jesus.”

1. Monitor your _____.

Philippians 4:8 (NLT), “**Fix your thoughts** on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. **Think about things** that are excellent and worthy of praise.”

Romans 12:2 (NLT), “²Don’t copy the behavior and customs of this world, but **let God transform you** into a new person by **changing the way you think**. **Then** you will learn to know God’s will for you, which is good and pleasing and perfect.”

Psalms 104:34 (NLT), “May all my **thoughts** be **pleasing** to him, for I **rejoice** in the LORD.”

2. Guard your _____.

Proverbs 4:23 (NLT), “**Guard your heart** above all else, for it determines the course of your life.”

Proverbs 23:7 (NKJV), “For as a man **thinks in his heart**, so is he.”

Psalms 19:8 (NLT), “The commandments of the LORD are right, **bringing joy to the heart**. The commands of the LORD are clear, **giving insight for living**.”

Jeremiah 17:9 (NLT), “The **human heart** is the **most deceitful** of all things, and desperately **wicked**. Who really knows how bad it is?”

Romans 8:5-6 (NLT), “⁵Those who are dominated by the sinful nature think about sinful things, but **those who are controlled by the Holy Spirit think about things that please the Spirit**. ⁶So letting your sinful nature control your mind leads to death. But **letting the Spirit control your mind leads to life and peace**.”

Psalms 19:14 (NLT), “May the words of my mouth and the **meditation of my heart** be pleasing to you, O LORD, my rock and my redeemer.”

3. Prepare for spiritual _____.

1 Peter 1:13 (NLT), “So **prepare your minds for action** and exercise self-control. Put all your **hope** in the gracious **salvation** that will come to you when Jesus Christ is revealed to the world.”

2 Corinthians 10:3-5 (NIV), “³For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**. ⁵We 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.”

Joshua 1:8 (NIV), “Keep this Book of the Law always on your lips; **meditate on it day and night**, so that you may be careful to do everything written in it. **Then** you will be **prosperous and successful**.”

4. Keep your eyes on the _____.

Isaiah 26:3 (NLT), “You Lord, will keep in **perfect peace** all who trust in you, and whose **thoughts are fixed on you!**”

Ephesians 4:21-24 (NLT), “²¹Since you have heard about Jesus and have learned the truth that comes from him, ²²throw off your **old sinful nature** and your former way of life, which is corrupted by lust and **deception**. ²³Instead, let the **Spirit renew your thoughts and attitudes**. ²⁴Put on your **new nature**, created to be like God – truly righteous and holy.”

Hebrews 12:2 (NASB), “Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the **joy set before him endured the cross**, scorning its shame, and sat down at the right hand of the throne of God.”
