

Rooted in Peace: Winning the Battle in Your Mind!
Rooted: Standing Strong with Purpose in an Unstable World, Pt. 2

Romans 12:2, Philippians 4:6-8

Sunday, September 14, 2025

Colossians 2:6, So then, just as you received Christ Jesus as Lord, continue to live your lives in him, **7** rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Romans 12:2, Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Jeremiah 6:14, "They dress the wound of my people as though it were not serious. 'Peace, peace,' they say, when there is no peace."

Isaiah 30:10, They say to the seers, "See no more visions!" and to the prophets, "Give us no more visions of what is right! Tell us pleasant things, prophesy illusions."

Galatians 4:16, Have I now become your enemy by telling you the truth?

Philippians 4:6, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Seven Proven Biblical Ways to Win the Battle in Your Mind:

1. Trade Taking for Giving — Giving Rewires the MIND

Hebrews 13:16, And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Acts 20:35, "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the

Lord Jesus himself said: 'It is more blessed to give than to receive.'"

Proverbs 11:25, A generous person will prosper; whoever refreshes others will be refreshed.

2. Don't Build Walls — Build Bridges to More Healthy Social CONNECTIONS

Ecclesiastes 4:9, Two are better than one, because they have a good return for their labor: **10** If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Proverbs 27:6, Wounds from a friend can be trusted, but an enemy multiplies kisses.

Hebrews 10:24, And let us consider how we may spur one another on toward love and good deeds, **25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

3. Collect Memories — Not Just STUFF

Psalms 118:24, The LORD has done it this very day; let us rejoice today and be glad.

Psalms 103:2, Praise the LORD, my soul, and forget not all his benefits—

4. Spotlight the Positive—Don't Camp on the NEGATIVE

Isaiah 26:3, You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Philippians 4:8, Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

5. Celebrate Small Blessings — Gratitude Is God's ANTIDEPRESSANT

1 Thessalonians 5:18, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Colossians 3:15, Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

6. Move Your Body — Your Motion Changes Your EMOTIONS

1 Timothy 4:8, For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

3 John 1:2, Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

1 Corinthians 6:19, Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honor God with your bodies.

7. Get On Your Knees — Prayer Calms the STORMS

Philippians 4:6, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 5:7, Cast all your anxiety on him because he cares for you.