

Sermon Series: Better with our Thinking **Topic:** An undefeated mind in a defeated world **Text:** Phil. 4.6-9 NIV **Big Idea:** By capturing, controlling, and converting our thoughts, we can live out a faith that impacts our lives and the world around us, demonstrating what true victory looks like.

An undefeated mind in a defeated world

May is Mental Health Awareness Month. Millions of people, whether diagnosed or not, face the challenges of mental wellness. These challenges often manifest as anxiety, depression, stress, and other mental disorders. External and internal factors undermine our ability to maintain mental well-being, such as societal pressures, traumatic events, or ongoing stress caused by relationships or career demands. By capturing, controlling, and converting our thoughts towards Christ, we can live out a faith that impacts our lives and the world around us, demonstrating what true victory looks like and expecting better with our thinking.

In what ways is the world defeated? This world in which we live possesses the characteristics of a defeated world.

1. **Separated** from God's design and power (Gen. 1.27).
2. **Spiritually** and **emotionally** broken (Lk. 19.10; Ps. 53.2-3).
3. Devoid of **hope**.
4. Darkness instead of **light** (John 8.12; Lk. 1.79; John 1.5).
5. **Division** instead of unity (Rom. 16.17-18; 1Cor. 1.10-13; Titus 3.9-11).
6. **Bondage** instead of freedom (Rom. 8.15; Gal. 5.1).
7. **Fear** instead of faith.
8. **Self-centeredness** instead of God-centeredness (1Cor. 10.24; Phil. 2.4).
9. **Death** instead of life.
10. Culture of **comparison** and criticism.

The rise in mental health issues, such as anxiety and depression, can be seen as a direct result of the overwhelming pressures and stresses of modern life. In the

news, reports of violence, corruption, and injustice are constant reminders of the brokenness that pervades our society. The pressures that people experience include poverty and disproportionate food access in black and brown communities, creating urban and rural food deserts.

How does a defeated world defeat your mind? If not careful, the brokenness of a defeated world can defeat your mind.

1. When what's outside of you gets inside of you (1 Cor. 9.24-27, 10.1-3).
2. When you adopt the fears, lies, and brokenness as your truth (2 Tim. 1-7; Is. 41.10; Ps. 23.4; John 8.44).
3. When it constantly feeds you distorted messages about your identity, value, and future (Ps. 139.13-15; Lk. 12.6-7; Gen. 1.27; Jer. 29.11).
4. When you normalize toxicity (Eph. 4.31; Is. 5.20; 2 Cor. 10.5).

When a defeated world defeats your mind, you begin to see numbers like this:

- 1 in 5 U.S. adults experiences mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- Suicide is the 2nd leading cause of death among people aged 10-14

In our text today, we parachute in on a letter written by the Apostle Paul to the church at Philippi. Paul emphasizes that joy can be found in all circumstances. He reassures them that the God, who began a great work in you, will complete it until the day of Jesus Christ.

We can become **Better with our Thoughts** by being **in constant communication with the Creator** (vv6-7). The consequences of a defeated world can manifest in

a spirit of anxiousness or a spirit of anxiety. This text shows that this spirit of anxiety is not of God because Paul says, “*Do not be anxious about anything.*” He then gives the practice that should be employed in every situation. The text shows that the movement from anxiety to non-anxiety is enveloped in **praying** (1 Thess. 5.17), making your petition known to God, and with thanksgiving.

There is also a recommended **shifting of the focal point of the believer’s thoughts** (v8).

Here, it is the **refreshing**, **regrouping**, and **recalibrating** of the Christian mind. Focus your mind on these things (Col. 3:2; Rom. 12:2). Paul emphasizes that the believer seeks **Godly life patterns to emulate**, and the God of peace will be with you (v9 Is. 26.3; 2 Thess. 3.16; Phil. 4.7).