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**Sunday, July 19, 2026**

## **Your Mind at Rest**

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**Text: Philippians 4:2–9**

God gives us practical direction for a mind at rest: pursue peace with people, release our burdens to Him in prayer, and intentionally fill our minds with what is true.

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### **1. Resolve Conflict (vv. 2–5)**

- Euodia and Syntyche were faithful believers who had served side by side for the gospel, yet conflict had grown between them.
- Even a small disagreement can become a major division when pride hardens, feelings are hurt, words are spoken, and sides are taken.
- Paul calls them to agree “in the Lord.” They share the same Lord, the same gospel mission, and the same eternal hope.
- Let your reasonableness be known: be gracious, patient, and slow to overreact.
- On major issues, take appropriate action. On minor matters and personal preferences, extend patient acceptance.
- **Ask:** Is there a relationship I need to repair, an apology I need to offer, or a conversation I need to begin?

### **2. Release Burdens (vv. 6–7)**

- We cannot control the future, our health, our family, our finances, or every circumstance. We can act wisely and faithfully, but we cannot carry ultimate control.
- Anxiety can reveal places where our hearts are divided or where we are trying to carry responsibility that belongs to God.
- Prayer gives us something to do with anxiety: name the burden, bring the specific request to God, thank Him for His care, and trust Him with the outcome.
- This is a continual practice. Trust is an act of the will, repeated moment by moment, as we roll our burdens onto God.
- God is not powerless, surprised, or unaware. The God who gave His Son for us can be trusted with the details of our lives. (Romans 8:31–32)
- The result is the peace of God: a calm assurance that He is present, sovereign, and at work. His peace guards our hearts and minds in Christ Jesus.

- “Casting all your anxieties on him, because he cares for you.” — 1 Peter 5:7

### **3. Rewire Your Thoughts (vv. 8–9)**

- The battleground for the believer is often the mind. What repeatedly occupies our thoughts shapes the direction of our lives.
  - Paul tells us to dwell on what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise.
  - When you release a burden to God, replace it with a promise that is true.
  - Renewing the mind requires intention and practice. In Christ, we are immediately forgiven and adopted, but growth is a lifelong process. (Romans 12:2)
  - We tend to go where we are looking. Fix your attention on Christ, follow faithful examples, and practice what God has taught you.
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### **A practical thought filter**

- Is it true, or is it only something I fear might happen?
- Does it reflect the character of God and agree with His Word?
- Is it pure, lovely, commendable, excellent, and worthy of praise?
- Will dwelling on it lead me toward gratitude, obedience, love, and wise action?

### **Promises to hold**

- “Call upon me in the day of trouble; I will deliver you.” (Psalm 50:15)
- “Come to me, all who labor and are heavy laden, and I will give you rest.” (Matthew 11:28)
- “Casting all your anxieties on him, because he cares for you.” (1 Peter 5:7)

### **Response**

- Bring the burden to God: “This is too much for me, but it is not too much for You.”
- Take the courageous step needed to make a relationship right.
- Choose what will occupy your mind, and practice dwelling on what is true.
- “I believe that I shall look upon the goodness of the Lord in the land of the living!” – Psalm 27:13

**A mind at rest is not a life without trouble. It is a life anchored in the character, care, and presence of God.**

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