

Peace of Mind

November 8th, 2026

Big Idea: God's peace guards our hearts and minds as we surrender our anxieties to Him and intentionally fill our minds with what is true, good, and life-giving.

LEAN IN

We live in a world full of noise, distractions, and things competing for our attention.

- What tends to occupy your mind the most throughout the week? Is it work, family, responsibilities, worries, social media, or something else?
- When life feels overwhelming or circumstances are outside your control, what is your natural response?

LOOK UP

Read Philippians 4:4–9

Paul writes these words while in prison, yet he encourages the church to rejoice, pray, give thanks, and intentionally direct their thoughts toward what is good.

Observation — What does the text say?

- What words or phrases stand out to you?
- What instructions does Paul give for responding to anxiety?
- What are the things Paul encourages us to think about in verse 8?
- What promises does Paul give to those who put these instructions into practice?

Interpretation — What does the passage mean?

- What does this passage teach us about God's desire for our hearts and minds?
- What do you learn about the relationship between prayer, gratitude, and peace?

- Why do you think Paul emphasizes what we think about, not just what we do?

Application — What's my response?

- How are you encouraged, challenged, or convicted by this passage?
- What is one anxiety or concern you need to bring to God rather than continue carrying on your own?
- **Which of the things Paul describes in verse 8 (true, noble, right, pure, lovely, admirable, excellent, praiseworthy) do you most need to intentionally fill your mind with right now?**

PRAYER

Spend time praying through these areas together:

- **Surrender**: Give God the anxieties, worries, and circumstances you have been trying to control.
- **Gratitude**: Thank God for specific ways He has been faithful and good to you.
- **Renewal**: Ask the Holy Spirit to help you take your thoughts captive and fill your mind with what is true, pure, lovely, and praiseworthy.
- **Community**: Pray for the courage to ask for help and to become people who encourage one another toward peace.
- **Transformation**: Ask God to help you surrender more fully to Jesus and live with His peace ruling your hearts and minds.

STEP OUT

Here are three ways to put this week's message into practice:

1. Pre-Plant Your Thoughts.

This week, practice the PREPLANT filter from Philippians 4:8. Before allowing your mind to dwell on something, ask whether it is Pure, Right, Excellent, Praiseworthy, Lovely, Admirable, Noble, and True. Replace unhealthy thought patterns with Scripture, worship, gratitude, and what is life-giving.

2. Make Mental Space.

Choose one intentional way to create space for God this week. Consider reducing screen time, taking a break from social media, practicing silence, or spending 10 minutes each day reading Scripture and praying.

3. Invite Someone Into Your Journey.

Reach out to a trusted friend, someone in your small group, a serving-team member, or a spiritual coach. Share an area where you are struggling with anxiety or finding peace. Ask them to pray with you and help you grow. Consider connecting with a Gateway spiritual coach or pastor if you need additional support.

Closing Thought: Peace isn't found by controlling everything happening around us. It is found by surrendering what is happening within us to the God of Peace. We don't have to navigate life's challenges alone. Through Jesus, His Spirit, and the community He has given us, we can learn to live with hearts and minds guarded by His peace.