

# Message Notes

February 8, 2026

*A Renewed Mind  
A Non-Anxious Mind (Philippians 4:4-9)  
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■ A \_\_\_\_\_ mind is a \_\_\_\_\_ - \_\_\_\_\_ mind. (Rom 12:2; Mark 4:35-41)

## Understanding Anxiety

■ At its \_\_\_\_\_ anxiety is \_\_\_\_\_ & it is \_\_\_\_\_ to feel it. (Prv 12:25)

■ What we \_\_\_\_\_ with \_\_\_\_\_ is the key to \_\_\_\_\_ our \_\_\_\_\_.

■ Anxiety means "to be \_\_\_\_\_ in \_\_\_\_\_ different directions."

■ Anxiety is the \_\_\_\_\_ of our \_\_\_\_\_ to be in \_\_\_\_\_. (Mt 6:34)

■ Jesus \_\_\_\_\_ reminds us: while we are \_\_\_\_\_ in \_\_\_\_\_, He \_\_\_\_\_.

But seek first His kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

■ Jesus invites us to let \_\_\_\_\_ of our desire to \_\_\_\_\_ & \_\_\_\_\_ Him.

■ As we do, we learn to live in the \_\_\_\_\_ instead of the \_\_\_\_\_.

## Cultivating a Non-Anxious Mind

① \_\_\_\_\_ is *not* a \_\_\_\_\_ of anxiety; it is a \_\_\_\_\_ of it.

② *Gentleness* is \_\_\_\_\_ w/o \_\_\_\_\_ & the \_\_\_\_\_ of the \_\_\_\_\_.

■ It results in having a \_\_\_\_\_ - \_\_\_\_\_ around others.

③ Remembering the Lord is \_\_\_\_\_ can dispel the \_\_\_\_\_ that I am \_\_\_\_\_.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

④ We're invited to \_\_\_\_\_ it \_\_\_\_\_ it & \_\_\_\_\_ God for His \_\_\_\_\_.

■ Jesus promises His \_\_\_\_\_ & future \_\_\_\_\_ in anxious times.

⑤ We \_\_\_\_\_ our \_\_\_\_\_ with \_\_\_\_\_ thoughts. (Phil 4:8)

⑥ We then \_\_\_\_\_ into life \_\_\_\_\_ Jesus is \_\_\_\_\_ me & in \_\_\_\_\_.