

CHURCH OF THE HIGHLANDS

Study Guide

Win Before You Begin

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Major Points

- 1 **Don't let what you see shake what you know — faith doesn't deny reality but gives confidence in God's faithfulness over visible circumstances.**

Deuteronomy 20:1

- 2 **Let God's Word be louder than your worry — the Word is a weapon, and what you repeat in peace becomes your reflex under pressure.**

Matthew 4:4

- 3 **Order is the antidote to anxiety — when God is in His proper place and life priorities are rightly ordered (God, spouse, family, calling), peace follows.**

Matthew 6:33

- 4 **Fear is contagious and must be removed — surround yourself with faith-filled people and cut ties with influences that breed fear.**

Deuteronomy 20:8

- 5 **You are not getting weaker; you are getting stronger — the battles do not get easier, but through Christ you grow in wisdom and strength.**

Isaiah 40:31

Key Quotes

“Don't let what you see shake what you know.

at 10:22

“What you repeat in peace will become your reflex under pressure.

at 19:26

“Pressure doesn't remove what's inside of you. Pressure reveals what's inside of you.

at 24:18

“Submission will take you further than ambition could ever dream.

at 4:25

“The ride didn't change. You changed.

at 40:24

Discussion Questions

1. What is one area of your life where you tend to let what you see shake what you know about God's faithfulness?

2. How can you practically make God's Word louder than your worry this week — what specific habits or environment changes could help?

3. Rich Wilkerson said 'what you repeat in peace will become your reflex under pressure.' What are you currently repeating in your peaceful moments, and is it building faith or feeding fear?

4. How would you describe the current order of priorities in your life? Where might things be out of alignment with God's design?

5. Think of a past 'Space Mountain' moment — a battle you feared but later conquered. How did that experience change you and strengthen your faith?

Word Studies

phobeo

Greek

To fear, be afraid, be struck with terror. In the Septuagint rendering of Deuteronomy 20:1, the Hebrew 'yare' (to fear, revere) is translated with this word. In the New Testament, it carries a dual meaning: unhealthy terror of circumstances and healthy reverence for God.

Usage: 95 times in the NT

gegraptai

Greek

Perfect passive indicative of 'graph' ὄρ ῥ Ὀῦ æ-ær v—B 7F æG2 w&—GFVââr The perfect tense indicates a past completed action with ongoing results, emphasizing that Scripture was written in the past and remains permanently authoritative. This is the word Jesus used in Matthew 4 to counter every temptation.

Usage: 67 times in the NT

metamorphoo

Greek

To transform, to change in form or nature. Used in Romans 12:2 for the transformation that comes through renewing the mind. This is not an external cosmetic change but an inward, fundamental alteration of character — the same word used for Christ's transfiguration.

Usage: 4 times in the NT

Cross References

Joshua 1:9

God gives Joshua the same command — 'Be strong and courageous, do not be afraid' — as he prepares to lead Israel into the Promised Land, echoing the Deuteronomy 20 battlefield briefing.

Ephesians 6:10-17

Paul's description of the full armor of God parallels Moses' preparation of soldiers, with the 'sword of the Spirit, which is the word of God' directly reflecting the sermon's emphasis on the Word as a weapon.

2 Timothy 1:7

Paul reminds Timothy that God has not given us a spirit of fear but of power, love, and a sound mind — directly supporting the sermon's call to reject fear as something that does not come from God.

Psalms 46:1-3

God is our refuge and strength, an ever-present help in trouble — therefore we will not fear. This psalm embodies the sermon's core message of confidence in God even when circumstances look overwhelming.

Hebrews 4:12

The word of God is alive and active, sharper than any double-edged sword — reinforcing the sermon's point that Scripture is not passive text but an active weapon for spiritual battle.

Further Reading

- **Battlefield of the Mind: Winning the Battle in Your Mind**
by Joyce Meyer
- **Winning the War in Your Mind: Change Your Thinking, Change Your Life**
by Craig Groeschel
- **The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World**
by John Mark Comer

Scripture References

REFERENCE	TYPE	TIME	CONTEXT
Deuteronomy 20:1	Read Aloud	6:15	<i>When you go to war against your enemies and see ho...</i>
Deuteronomy 20:2-4	Read Aloud	16:00	<i>When you are about to go into battle, the priest s...</i>
Deuteronomy 20:5-7	Read Aloud	33:30	<i>Has anyone built a new house and not yet begun to ...</i>
Deuteronomy 20:8	Read Aloud	39:40	<i>Is anyone afraid or fainthearted? Let him go home ...</i>
Romans 12:2	Referenced	8:00	<i>Do not conform to the pattern of this world, but b...</i>
2 Corinthians 5:7	Referenced	11:20	<i>For we walk by faith, not by sight.</i>
Psalms 27:1	Referenced	12:30	<i>The Lord is my light and my salvation — whom shall...</i>
Psalms 23:4	Referenced	12:40	<i>Yea, though I walk through the valley of the shado...</i>
Matthew 3:17	Referenced	18:50	<i>This is my Son, whom I love; with him I am well pl...</i>
Matthew 4:1-11	Referenced	19:10	<i>Then Jesus was led up by the Spirit into the wilde...</i>
Galatians 5:22-23	Referenced	25:50	<i>But the fruit of the Spirit is love, joy, peace, p...</i>
Philippians 4:7	Referenced	25:00	<i>And the peace of God, which transcends all underst...</i>
Romans 10:17	Referenced	29:30	<i>Faith comes by hearing, and hearing by the word of...</i>
Matthew 6:33	Referenced	37:00	<i>But seek first the kingdom of God and his righteou...</i>
1 Corinthians 14:33	Referenced	36:20	<i>For God is not a God of disorder but of peace.</i>
Isaiah 40:31	Referenced	43:20	<i>But those who wait on the Lord shall renew their s...</i>
Matthew 5:6	Referenced	43:40	<i>Blessed are those who hunger and thirst for righte...</i>
Hebrews 13:5	Referenced	42:40	<i>I will never leave you nor forsake you.</i>