

# WORTH the FIGHT

## Fight for Your Mind – Clinton Faupel

January 24-25, 2026

### Sermon Recap

Big Idea: The rebuild begins with the battle for the mind. – Nehemiah 4:6

1. The enemy uses mockery from the outside and discouragement on the inside to try to stop the rebuild. – Nehemiah 4:1–3, 8
2. I choose to fight for those I love with fearless faith in God. – Nehemiah 4:14
3. Rebuilding requires diligence because this battle is a marathon, not a sprint. – Nehemiah 4:16
4. To rebuild my life as a Kingdom citizen, I must carry weapons to fight with and tools to build with. – Nehemiah 4:17
5. When the battle intensifies, the trumpet calls us back to community, unity, and the truth that God fights for us. – Nehemiah 4:20
6. Rebuilding means I never give up; I am always called to build. – Nehemiah 4:23

### Life Group Questions

**Opening Question:** What has stood out to you from this weekend's message?

- 1 - When you are feeling stressed or overwhelmed, what is your go-to coping mechanism (healthy or unhealthy)?
- 2 - Our thoughts are powerful. They change our perspective, impact our decisions, and influence our habits. Can you think of a time when your thoughts influenced your perspective, decision, or habit?
- 3 - What specific, recurring, negative thought is the enemy using to "battle" for your mind?
- 4 - Read Philippians 4:6-8. What does it look like to implement this in your daily life?
- 5 - Clinton talked about using "weapons and tools" including Prayer, love, kindness, truth, forgiveness, Scripture, Gratitude, Accountability, Community, Rest and Rhythm. Of the ones mentioned, which do you use most? Which should you use more?
- 6 - How can this group pray for you in your battle for your mind this week?

**Prayer:** "May the peace of God, which transcends all understanding, will guard our hearts and minds in Christ Jesus" (Philippians 4:7)

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