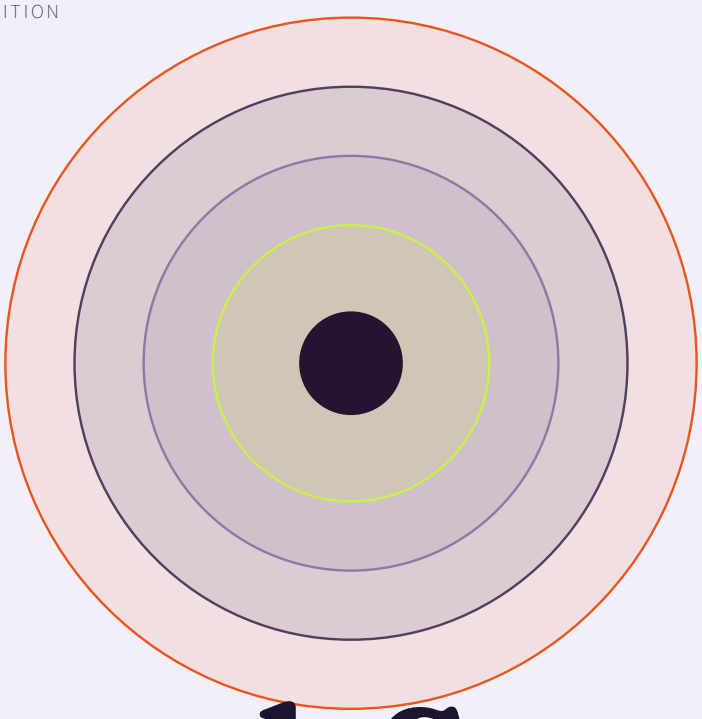


Contend: Standing Boldly for Biblical Truth While Winning the War Within

A reading of the book by Philip Anthony Mitchell (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Contend: Standing Boldly for Biblical Truth While Winning the War Within, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Philip Anthony Mitchell is the founder and lead pastor of 2819 Church in Atlanta. Contend is built on the short New Testament letter of Jude, which warned an early church about false teachers, compromise and spiritual laziness, and it takes its title from the call in Jude 3 to contend for the faith. Mitchell argues that the same dangers face believers now and that passive, casual faith is no longer enough. He describes a fight on two fronts: standing for biblical truth in public, and overcoming sin, doubt, insecurity and unforgiveness in private, while sharing the gospel with grace and preparing the next generation. He draws on a trip through the ruins of the seven churches of Revelation in Turkey and writes openly about his own struggle with depression. Each chapter ends with a Takeaway Truth and a Contender's Charge, and Matt Chandler wrote the introduction.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Contend is a command, not a mood.

Mitchell took the title from Jude 3, keeping the one strongest word from the call to contend for the faith. He reads it as an order given to every believer, not a job reserved for pastors or apologists. The rest of the book asks what obeying it looks like on an ordinary week.

2 HOURLIFE TAKEAWAY

Coasting is how a church loses ground without noticing.

Jude wrote to believers worn down from the inside by false teachers, compromise and spiritual laziness. Mitchell argues those pressures are at work again, and that the believer who plans to get serious about faith later is already losing. His answer is to stop treating faith as passive belief.

3 HOURLIFE TAKEAWAY

Ruins can warn you better than a sermon.

The book grew out of a trip to Turkey in January 2024, where Mitchell walked the ruins of the seven churches named in Revelation. What stayed with him was that the faith's influence had faded there, not only the buildings. He carries that picture to churches in the West as a warning.

4 HOURLIFE TAKEAWAY

There are two fronts, and losing the inner one weakens the outer one.

The subtitle pairs standing for truth in public with winning the war within. Mitchell treats sin, doubt, insecurity and unforgiveness as part of the same fight, because a believer who is losing in private has little strength to stand in public.

5 HOURLIFE TAKEAWAY

A leader who admits the struggle helps more than one who hides it.

Mitchell writes openly about his own depression. He argues that church leaders who project spiritual perfection do harm, because they teach people to hide exactly what they need help with. Honesty about the war within is part of contending, not a break from it.

6 HOURLIFE TAKEAWAY

Hold the truth firmly and hand it over gently.

The book asks readers to share the gospel with love and grace. On HourLife's reading, contending is not the same as picking fights: conviction about what is true and care for the person in front of you are meant to travel together.

7 HOURLIFE TAKEAWAY

Faith is handed down, or it is lost.

Jude 3 describes the faith as something delivered once, whole, to the saints. Mitchell gives part of the book to preparing the next generation to stand firm, and asks what the young people around a reader will actually receive from them.

8 HOURLIFE TAKEAWAY

Every lesson should end with something to do.

Each chapter closes with a Takeaway Truth to hold and a Contender's Charge to act on. The format makes the book's point by itself: belief that never turns into a step this week is the passive faith Mitchell warns against.

9 HOURLIFE TAKEAWAY

Experience does not end the war within.

Mitchell has said that he describes in the book how often he leaves the platform sure he has botched a sermon. Years in ministry have not made the fear go away. The point is to keep fighting it honestly rather than wait to feel ready.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Read Jude in one sitting
- [ ] Write down what you believe
- [ ] Name your inner front
- [ ] Ask one person to ask you
- [ ] Pick one person from the next generation

KEEP UP DAILY

- ◯ End each reading with a charge
- ◯ Check the verse before you share
- ◯ Pray by name for someone you resent

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Read Jude in one sitting

The whole letter is 25 verses and takes about five minutes.

Read it twice this week: once straight through, then once with a pen, marking every instruction it gives.

MY VERSION

DONE ON

- [ ] SETUP 2

Write down what you believe

On one page, set out the core of your faith in your own words.

Then compare it with an old creed or your church's statement of faith, and note anything you could not explain to a friend.

MY VERSION

DONE ON

- [ ] SETUP 3

Name your inner front

Of sin, doubt, insecurity and unforgiveness, pick the one costing you most right now.

Write it down in a sentence, plainly, so you know what you are fighting.

MY VERSION

DONE ON

- [ ] SETUP 4

Ask one person to ask you

Choose one trusted friend, tell them the struggle you named, and agree on a short weekly check-in.

Put it on both your calendars before the week ends.

MY VERSION

DONE ON

- [ ] SETUP 5

Pick one person from the next generation

Name one child, student or young believer you can invest in.

Set a regular time to read or talk with them, even twenty minutes a fortnight.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

End each reading with a charge

After you read Scripture, write one sentence of truth you want to hold and one thing you will do today.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Check the verse before you share

When a teaching online catches your attention, open the passage it quotes and read the chapter around it before you pass it on.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Pray by name for someone you resent

Once a week, pray for one person you find hard to forgive, by name and for their good.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

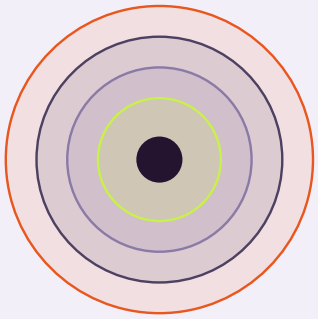
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Hold the truth in the open, fight for your heart in private, and hand both on.

HOURLIFE NOTE AFTER PHILIP ANTHONY MITCHELL