

Calm My Anxious Mind

Winning the War in Your Mind – Part 4

October 17, 2021

Your life is always moving in the direction of your strongest thoughts.

Anxiety - The anticipation of the worst-case scenario accompanied with overwhelming heartache.

None of us fake having depression or anxiety. What we fake is being ok.

*“**Don’t worry about anything**, but in everything, **through prayer** and petition with thanksgiving, present your requests to God. **And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.**” Philippians 4:6-7 (CSB)*

If you worry about things you can’t control, worry is controlling you.

Not only does prayer move the heart of God. Prayer also changes the chemistry in your brain.

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan” - Dr. Caroline Leaf

Can you imagine if we matched the number of hours we worry with the same amount of hours in prayer?

*“**Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — if there is any moral excellence and if there is anything praiseworthy — dwell on these things. Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.**” Philippians 4:8-9 (CSB)*

- 1. Get control of the things you can control.**
- 2. Get clear on whose opinion of you matters.**
- 3. Get honest about the things that matter.**
- 4. Get help for the things you cannot control.**
- 5. Get to Praying.**