

PEACE OF MIND HEAL MY ANXIOUS MIND

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything ... Philippians 4:4-6 NIV

- **In 2019, two out of three Americans said they were anxious or extremely anxious.**
- **91% of high school and college students report consistent and significant levels of anxiety associated with stress.**

It's time to pray.

Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting.

2 Chronicles 20:3 NLT

*... “LORD, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. ... ⁹If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.” **2 Chronicles 20:6, 9 NIV***

“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

Not only does prayer touch the heart of God, but prayer changes the chemistry of your brain.

merimnao: dwelling or pondering on fearful or anxious thoughts

“... For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”

2 Chronicles 20:12 NIV

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 NIV

It's time to pause.

“... We do not know what to do, but our eyes are on you.” ¹³All the men of Judah, with their wives and children and little ones, stood there before the LORD. 2 Chronicles 20:12-13 NIV

... “Be still, and know that I am God ...” Psalm 46:10 NIV

... “Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. ¹⁷... Go out to face them tomorrow, and the LORD will be with you.” 2 Chronicles 20:15, 17 NIV

It's time to praise.

The fear of God came on all the surrounding kingdoms when they heard how the LORD had fought against the enemies of Israel. ³⁰And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side. 2 Chronicles 20:29-30 NIV

TALK IT OVER

Read **1 Peter 5:7**. What would it look like to cast your anxiety on God? How could that impact your mental health?

Share some of the situations or issues that you're currently facing that are causing anxiety. How could you and others pray over those things?

Talk about a time when you felt God with you in the midst of anxiety. What did praising Him look like? How could you praise Him this week?