

# WINNING THE WAR IN YOUR MIND

## Calm My Anxious Thoughts

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*Most of life's battles are won or lost in the mind*

*It's impossible to have a positive life when you have a negative mind*

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

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

<sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. **Philippians 4:6-9 NIV**

### 2. Prayer is God's answer for anxiety

- Prayer moves God to action
- 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, *Switch On Your Brain*

### 3. Calming my anxious thoughts

- Do what I can do
- Give God what I can't do
- Trust God no matter what

#### Next Steps:

- Name my stronghold and the truth that demolishes it: \_\_\_\_\_
- Commit to pray when I am struggling with worry or anxiety
- Trust in God's goodness for the things in life that are beyond my control: \_\_\_\_\_
- Read Philippians 4:6-9 every day this week
- \_\_\_\_\_