

PEACE OF MIND—2 HEAL MY ANXIOUS MIND

(Keys) (Chair) Young pastor—Feeling unusually anxious.

Feeling afraid, weight, overwhelming uneasiness—Old lead admire.
Xians/P shouldn't have anxiety!—Give 2 God—Quoted Phil 4:4

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

Deflated. Hurt. Angry. Don't be anxious anything—Possible? (C)

Bills pay—Kids raise—Relational issues
Health challenges—Job stress—Inflation—Gallon milk?

If you'd say—Plenty be anxious—Not alone.

- **In 2019, two out of three Americans said they were anxious or extremely anxious.**

(Pandemic)—Gotten worse—Younger gens have it worst.

- **91% of high school and college students report consistent and significant levels of anxiety associated with stress.**
-

Complex—All on diff points the Anxiety Spectrum.
Some—Occasional—Uneasiness—Discomfort—Stress.
Test—Presentation—Social situation—(Text Anxiety)

Others—Crushing & debilitating dread, shortness breath, heart rate rises, walls closing, can't function in normal capacity.

Powerful Example—Dealing w/ anxiety **2 Chron 20**

Jehoshaphat—4th king—Judah (S Kingdom of Israel)
One best kings—Faithfully followed God.

Judah enemies—Moabites, Ammonites, Me-unites, Mos-Bites (W?)
3 nations teamed attack Judah—(1—3) (Too much bear)

Multiple—Boss—Car breaks—Finances tight—Marriage
No time take car—Diet—Donuts!
(Young)—Most educate—Least clear path—Postponing—Behind.

Matters worse—Well-mean Xians—Give life J—Shouldn't!

- **Anxiety isn't a sin.**

J—Garden—Suffering—Agony—Other way?

Anxiety isn't a sin—Symptom—Signal

Red light car —(Wrong)—Mechanic (Photo)

Anxiety isn't sin—Signal alerting you ... (It's time to pray)

- **It's time to pray.**

³ *Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting.*

2 Chr 20:3 NLT

⁶ ... *“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...⁹ ‘If 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 Chr 20:6, 9 NIV*

Lord, God of Ancestors—Are you not God in heaven?
Help—He’ll hear the cries of your heart and save you!

Dr. Caroline Leaf—Author—*Switch On Your Brain.* (Book) (Web)

She is a “communication pathologist and cognitive neuroscientist with a Masters and PhD in Communication Pathology and a BSc Logopaedics, specializing in cognitive and metacognitive neuropsychology.” (Shoot straight—No idea!)

“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.**
-

Exciting—Brain is not fixed—Changes—(Neuroplasticity) (Brain)

When something goes wrong—Amygdala sounds alarm!

Problem starts—Dwell on the alarm!

Word most often used—Anxiety—Bible—*Meri-No*

- ***merimnao*—dwelling or pondering on fearful or anxious thoughts.**

Meditating on negative—Train your brain to be anxious.

Natural 2 think on what could go wrong!—Prayer breaks the cycle!

... 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 Chron 20:12

Looking to you! Trusting you!

⁷ Cast all your anxiety on him because he cares for you. 1 Peter 5:7

God cares—If it’s on your mind—It’s on God’s heart!

If it’s big enough to worry about—Big enough to pray about!

Not a sin—Signal—Inviting you—Cry out to the God who saves!

So, you pray—Then what?

Like me—Give it to God—Take it back!

Anxiety is a signal—It's time to pray—And...

- **It's time to pause.** (Look what Jehoshaphat did after prayer)

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

Don't just stand there—Do something!
Don't just do something—Stand there!

¹⁰ *...Be still, and know that I am God.* Psalm 46:10 (Psalmist)

So, Craig—Pray—Wait—Do nothing! (G heals my anxiety)
Possibly—Maybe not—Supernatural healing—Guidance.

Bible verse—Change diet—Prescription normalize brain.
Counselor explores root—Retrains brain Cog Behavior Therapy.

While they waited—Spirit of Lord came on Jahaziel. Said ...

¹⁵ “*...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 Chron 20:15, 17

Do not be afraid—Battle is the Lord's—Face it—He'll be w/ you!
Anxiety not sin—Signal alerting you—**Time to Pray—Pause.**

- **It's time to praise.**

Jehosh—Prayed—Paused—Praised—Sent worshipers ahead army.

Not—John Cena—Dwayne Rock Johnson—Vin Diesel
Matt Redman—Chris Tomlin—Kari Jobe!

Enemy armies turned—Destroyed themselves—All!

Didn't just praise—After victory!—Before!
Easy—Enemies dead—Praise G from whom all dead bodies flow.

Praised G—B4 Blessing—B4 Provision—B4 Anxiety gone!

(Pastor Stephen Cole starts playing guitar on stage—sing)

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

(Chair) Last week—Breakdown—**Pray ... Pause ... Praise ...**
Counseling—Breathing—Memorized Scripture

Pray. Pause. Praise.

God has given me rest on every side—Been fight!

How I fight my battles
May look like I'm surrounded—Surrounded by God.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world.

Do not be afraid or discouraged... For the battle is not yours, but God's. The LORD will be with you.

Pray—Pause—Praise!

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.