

## WINNING THE WAR IN YOUR MIND—4 CALM MY ANXIOUS MIND

*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>... And the God of peace will be with you. Philippians 4:6-9 NIV*

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

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*Philippians 4:6-7 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, *Switch On Your Brain*

- **Worry is the sin of distrusting the promises and power of God.**

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. <sup>6</sup>So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. Romans 8:5-6 NLT*

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

**Write it.  
Think it.  
Confess it.  
Until you believe it.**

## **TALK IT OVER**

**How often would you say you experience worry? What do you do when you're feeling worried?**

**Did your thinking about prayer change at all while listening to this message? If so, how?**

**What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?**

**Start the Winning the War in Your Mind Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)**