

Week 4

# WINNING THE WAR



# IN YOUR MIND

## Calm My Anxious Mind

February 2nd, 2025



## Calm My Anxious Mind - Week 4 Sermon Notes

**Philippians 4:6-9 NIV** 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. 8 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. 9... And the God of peace will be with you.

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

**Philippians 4:6-7 NIV** 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.

“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

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

**Romans 8:5-6 NLT** 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. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

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

Questions with Mrs. Alicia Dewitt -

How can you differentiate between everyday fear, anxiety, and a mental health disorder?

How can we support someone struggling with mental health who refuses to seek help?

How can someone cope with the mental health effects of grooming, human trafficking, and PTSD?

How to empower your partner to join you in elevating your home life, without diminishing their mental health & pride?

How long should I expect to be in mental health counseling?

How can you recognize signs of mental health struggles in your child, and at what age should you start to be concerned?

How can family and friends offer support to someone dealing with gender dysphoria or navigating their gender identity?

How can you effectively communicate with a partner who is constantly distracted by multiple electronic devices?

How long do mental health records affect you and your future employment