

WIN THE WAR IN YOUR MIND
Andy Deane · 10/23/2022 · Anxiety (Part 2)

Today we'll look at how we can prevent some anxiety and have a plan to use to work towards peace.

PREVENT AS MUCH UNHEALTHY ANXIETY YOU CAN BY:

#1 Limiting our anxious inputs

- Limit: TV, news, social media, app notifications, how often you check emails.
- *Set your minds on things above, not on earthly things. (Colossians 3:2)*
- The science, stats & scripture are in agreement that too much screen time is correlated with increased anxiety.
- Limit: unhealthy friends that fuel your anxiety.
- *The tongue has the power of life and death... (Proverbs 18:21)*

#2 Increasing peaceful inputs

- *...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. (Philippians 4:8)*
- Anxiety is often fear of what might be rather than what is, so concentrate on what is true and positive in Christ.
- Add: rhythms of Bible reading, worship music, Christian podcasts, RightNowMedia, and discipleship groups.

#3 Non-spiritual activity

- Get proper sleep: aim for consistent bedtime/wakeup
- Watch what you eat: sugar/caffeine can affect your mood
- Get outside daily: nature has a way of calming the soul
- Exercise: it releases endorphins and reduces health risks

A PLAN TO WORK TOWARD PEACE ONCE IT BEGINS:

No matter what your past experience has been, peace is possible with God:

I sought the Lord, and he answered me; he delivered me from all my fears. (Psalm 34:4)

The following six steps may help you move toward peace the next time your anxious.

#1 NAME: the pressure you face.

- The very act of naming it is often helpful.
- If the concern is in the past: *Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Philippians 3:13-14)*
- If the concern is in the future: *"...do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34)*

#2 IDENTIFY: how you express anxiety.

- Is it a repetitive thought or a physical feeling? Learn to spot these signs so you're ready to act.
- *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)*

#3 ASK: why am I feeling so anxious?

- Worry always has inner logic that takes over our mind and edges God out of His place in our thoughts.
- Who or what hijacked his rightful place in your mind?
- *So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:18)*

#4 THINK: of a better reason Jesus gives to not worry.

- God is your Father: *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom & his righteousness, & all these things will be given to you as well. (Matthew 6:31-33)*
- God is a provider: *And my God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:19)*
- God is sovereign: *Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. (Psalm 139:16)*

#5 DISCUSS: it with God in prayer & with others in conversation.

- You have good reasons to be concerned, but better reasons to take them to someone who loves you, like God.
- *When anxiety was great within me, your consolation brought me joy. (Psalm 94:19)*
- It also helps to talk about it with supportive friends who can gently remind you of the truth.

#6 CARE: for yourself & for others.

- What can you do practically that has helped you find peace before?
- Who can you support and show love to so you can get your mind off of your overwhelming concerns?

Text "anxiety" to (951)425-4425 for some practical help for anxiety.