



Part 2 ***Heal My Anxious Mind***

Key Scriptures

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

Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting. 2 Chronicles 20:3 NLT

...“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. ... ‘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 Chronicles 20:6, 9 NIV

“... 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.” All the men of Judah, with their wives and children and little ones, stood there before the LORD.
2 Chronicles 20:12-13 NIV

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

... “Be still, and know that I am God ...” Psalm 46:10 NIV

... “Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s. ... Go out to face them tomorrow, and the LORD will be with you.” 2 Chronicles 20:15, 17 NIV

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

Start talking.

- What’s your go-to method of relaxing when you’re feeling stressed or anxious?

Start thinking.

- Which part of this message was most impactful for you and why?
- How do you typically handle anxiety or stressful situations? What’s one thing you’d like to do differently the next time you feel anxious?
- Read **1 Peter 5:7**. What would it look like to cast your anxiety on God? How could that impact your mental health?

Start sharing.

- Share some of the situations or issues that you’re currently facing that are causing anxiety. How could you and others pray over those things?
- Talk about a time when you felt God with you in the midst of anxiety. What did praising Him look like? How could you praise Him this week?

Start praying.

Father, thank You for caring about us. You’re bigger than our anxieties. Remind us that You hear our prayers and that You’re moving, even if we can’t see it yet. We praise You for who You are. Thank You for seeing us. In Jesus’ name, amen.

Start doing. Commit to a step and live it out this week.

- Listen to *7 Ways to Combat Stress on the You’ve Heard It Said* podcast: www.go2.lc/YHIS51
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan