

Mental Health Goals

Pastor Frank Santora

3 Things Prayer Does For Your Mind
1 Kings 18:41-46 and 1 Kings 19:3-4

1. **REMINDS** Us that God is Near.
2. **CAUSES** Anxiety and Panic to Leave.
3. **PRODUCES** a Peace.

PHILIPPIANS 4:5-7 NKJV *The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*