



157 1 87 67 3

resilient **MINDS**

pt. 3
july 15th
phil. 4:6-7

8111 09 11 11867 615 7 1 87 67 3

JAMES 5:16

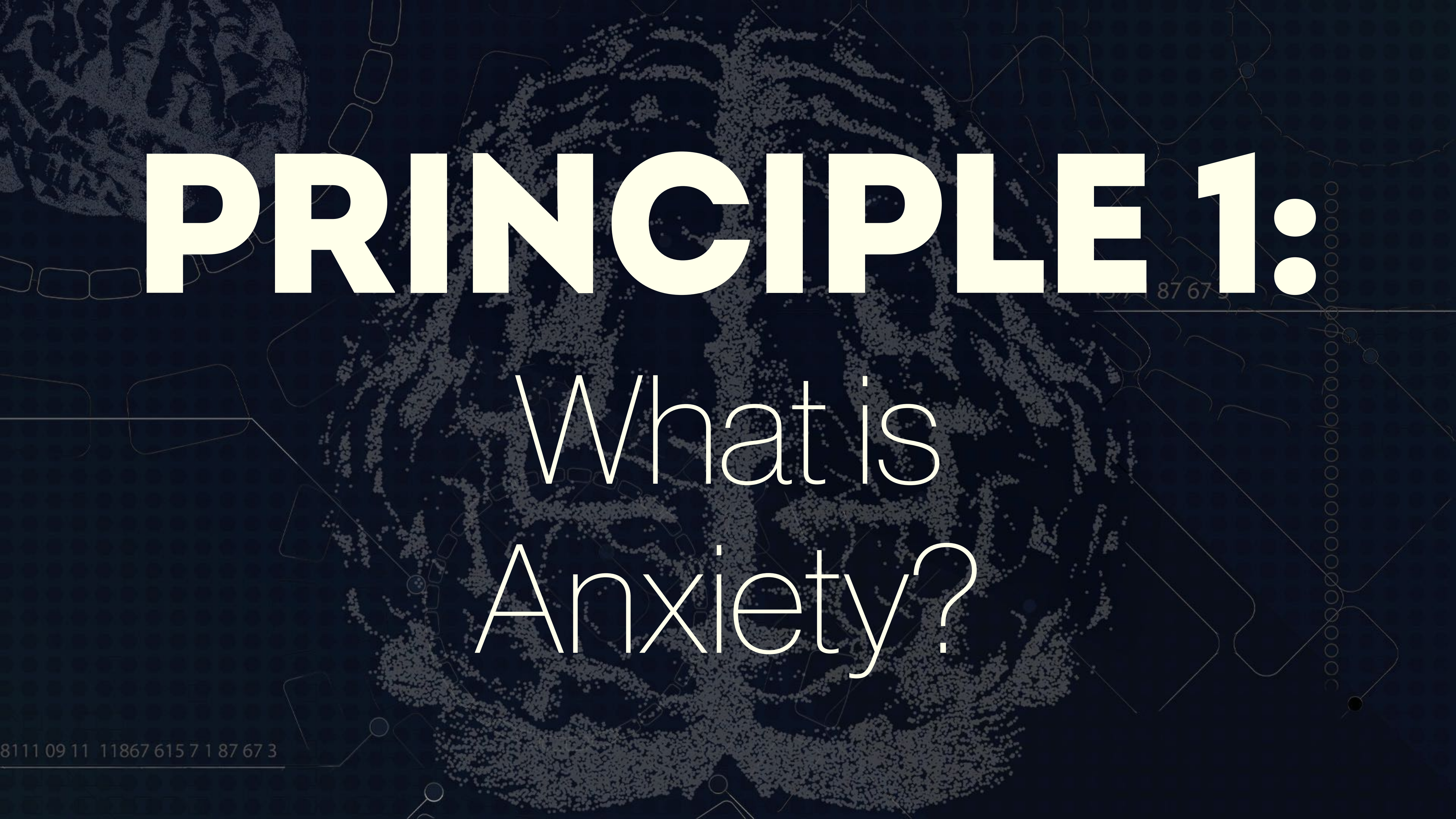
Confess [your] faults one
to another, and pray one
for another, that ye may
be healed



LUKE 8:43-44, 48

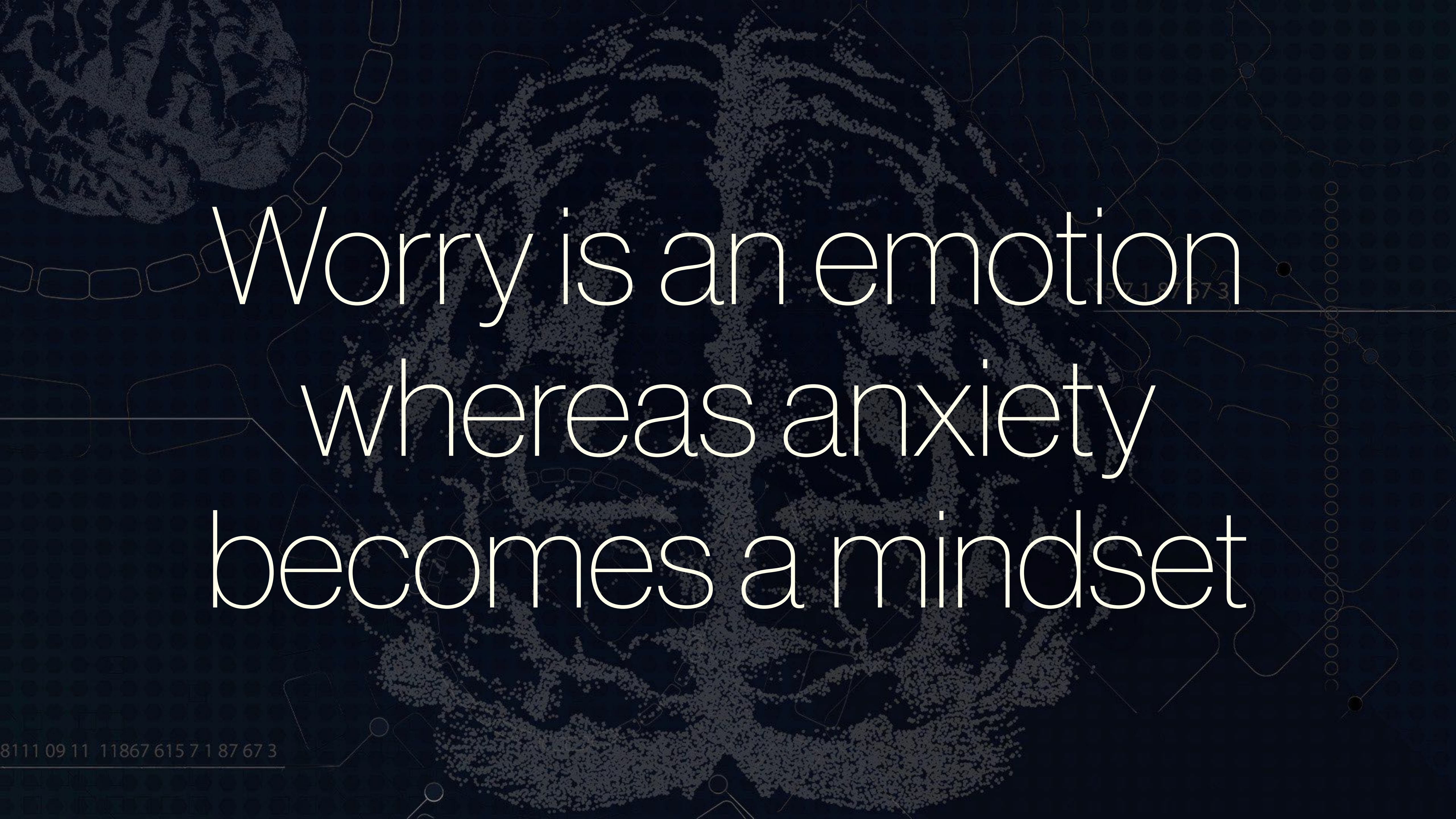
And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, 44 Came behind [him], and touched the border of his garment: and immediately her issue of blood stanchèd. ... 48 And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace



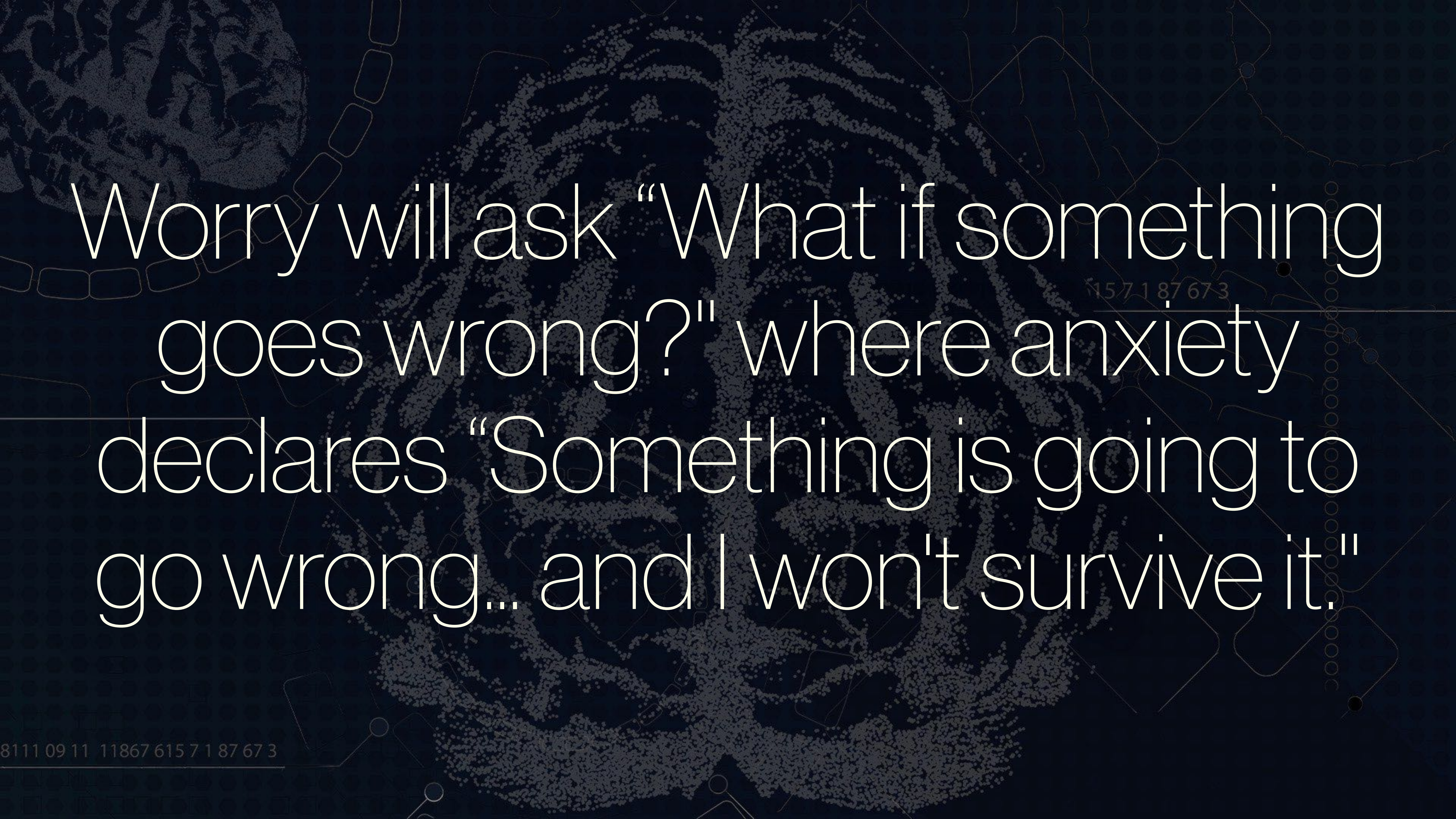


PRINCIPLE 1:

What is
Anxiety?



Worry is an emotion
whereas anxiety
becomes a mindset



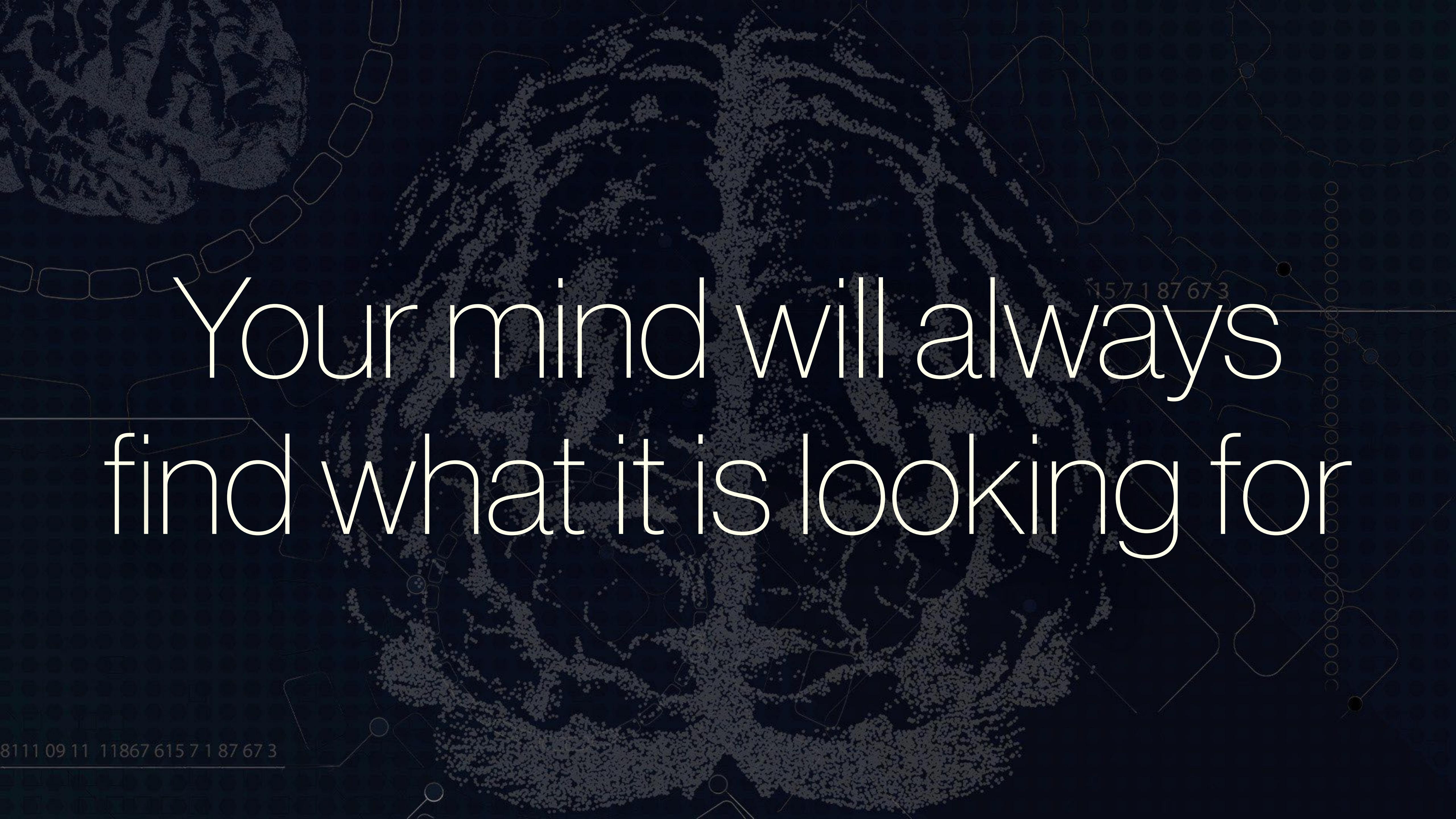
Worry will ask "What if something goes wrong?" where anxiety declares "Something is going to go wrong... and I won't survive it."

There comes a time in which
anxiety does more just affect
your life—it will begin to control
your life

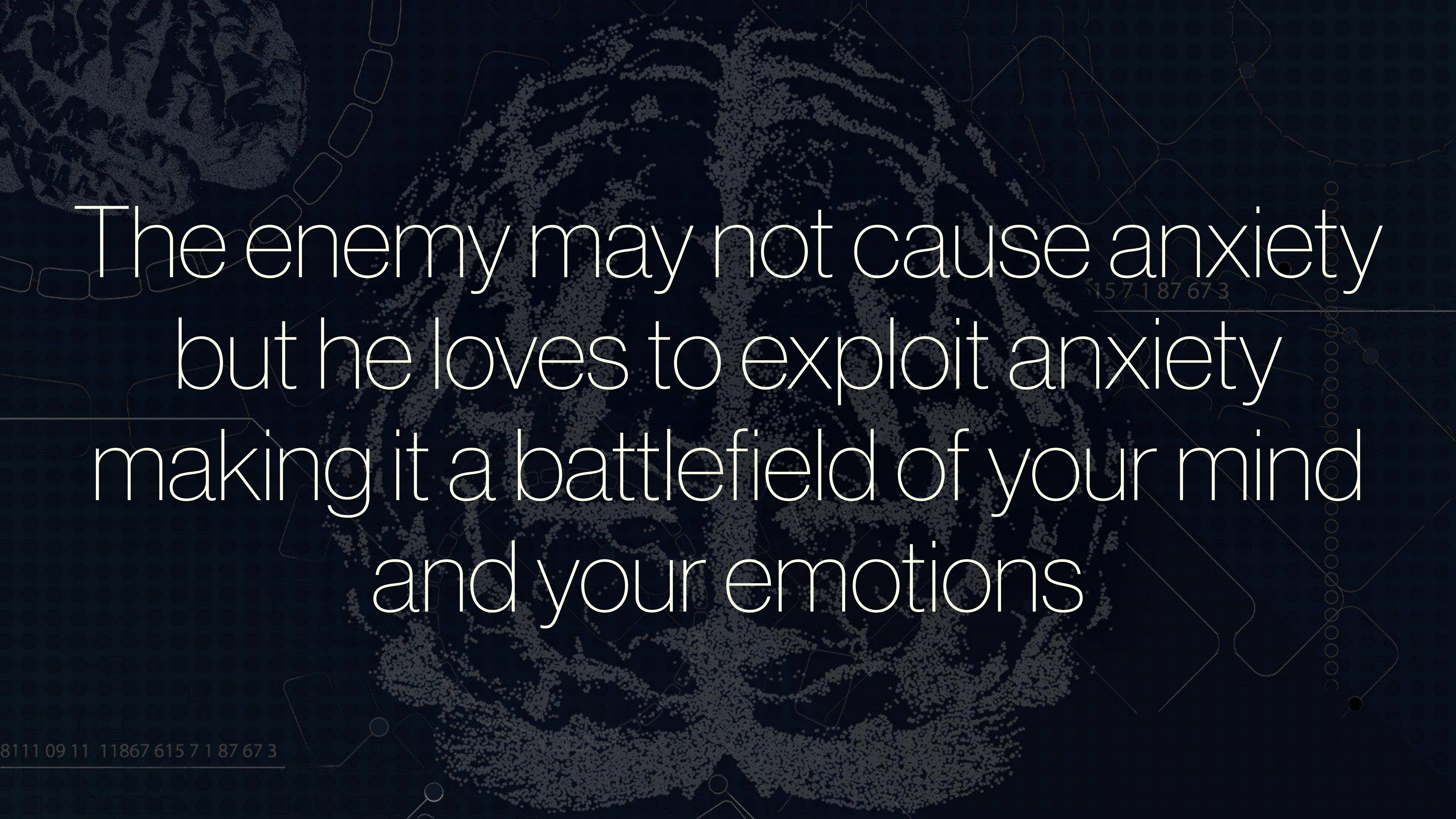
1 THESSALONIANS 5:23

And the very God of peace
sanctify you wholly; and [I pray
God] your whole spirit and soul
and body be preserved
blameless unto the coming of
our Lord Jesus Christ





Your mind will always
find what it is looking for



The enemy may not cause anxiety
but he loves to exploit anxiety
making it a battlefield of your mind
and your emotions

2 CORINTHIANS 10:3-5

For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

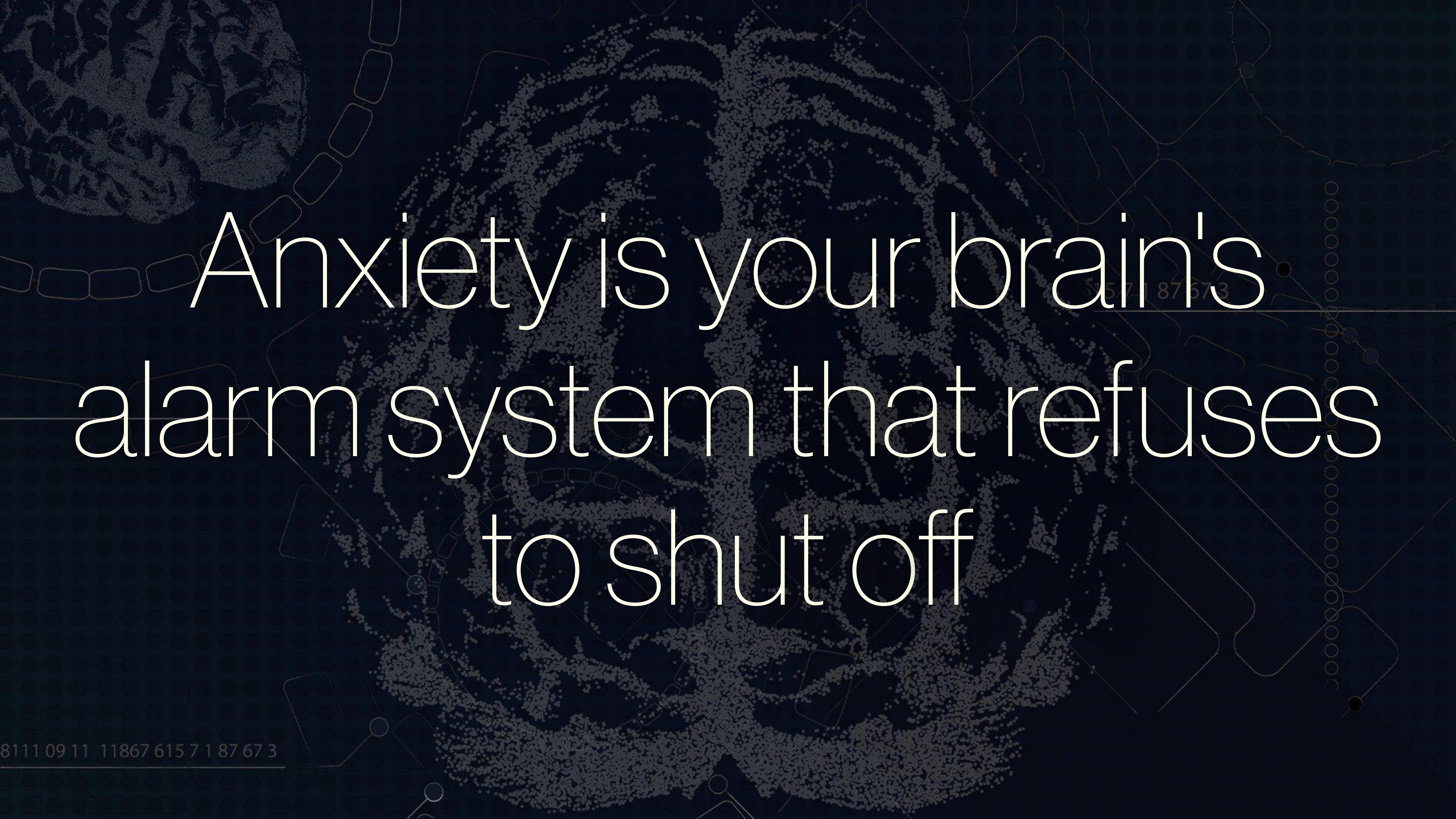
PSALM 55:4-7

My heart is sore pained within me: and the
terrors of death are fallen upon me. 5
Fearfulness and trembling are come upon
me, and horror hath overwhelmed me. 6
And I said, Oh that I had wings like a dove!
[for then] would I fly away, and be at rest. 7
Lo, [then] would I wander far off, [and]
remain in the wilderness. Selah.

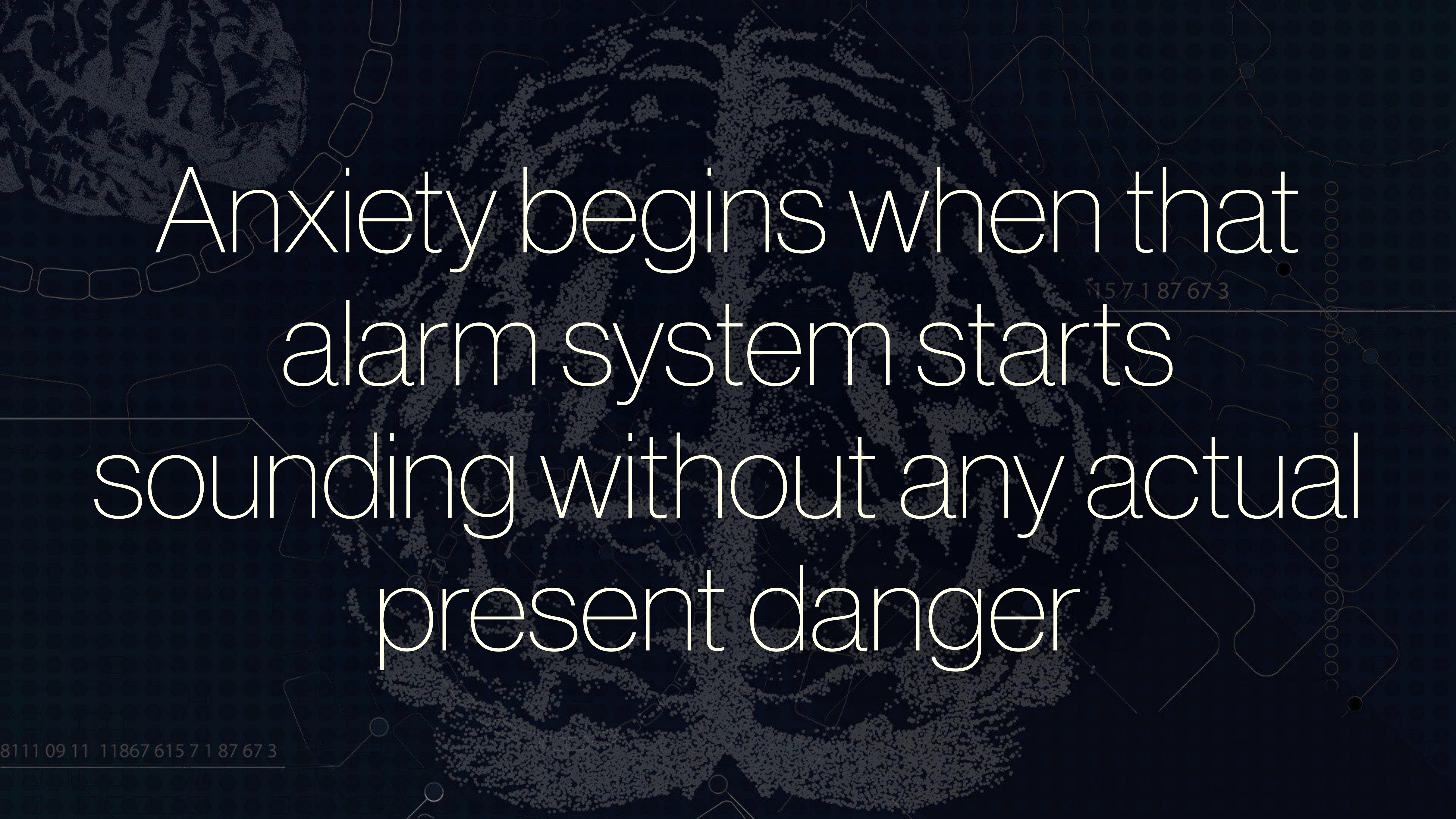


PRINCIPLE 2:

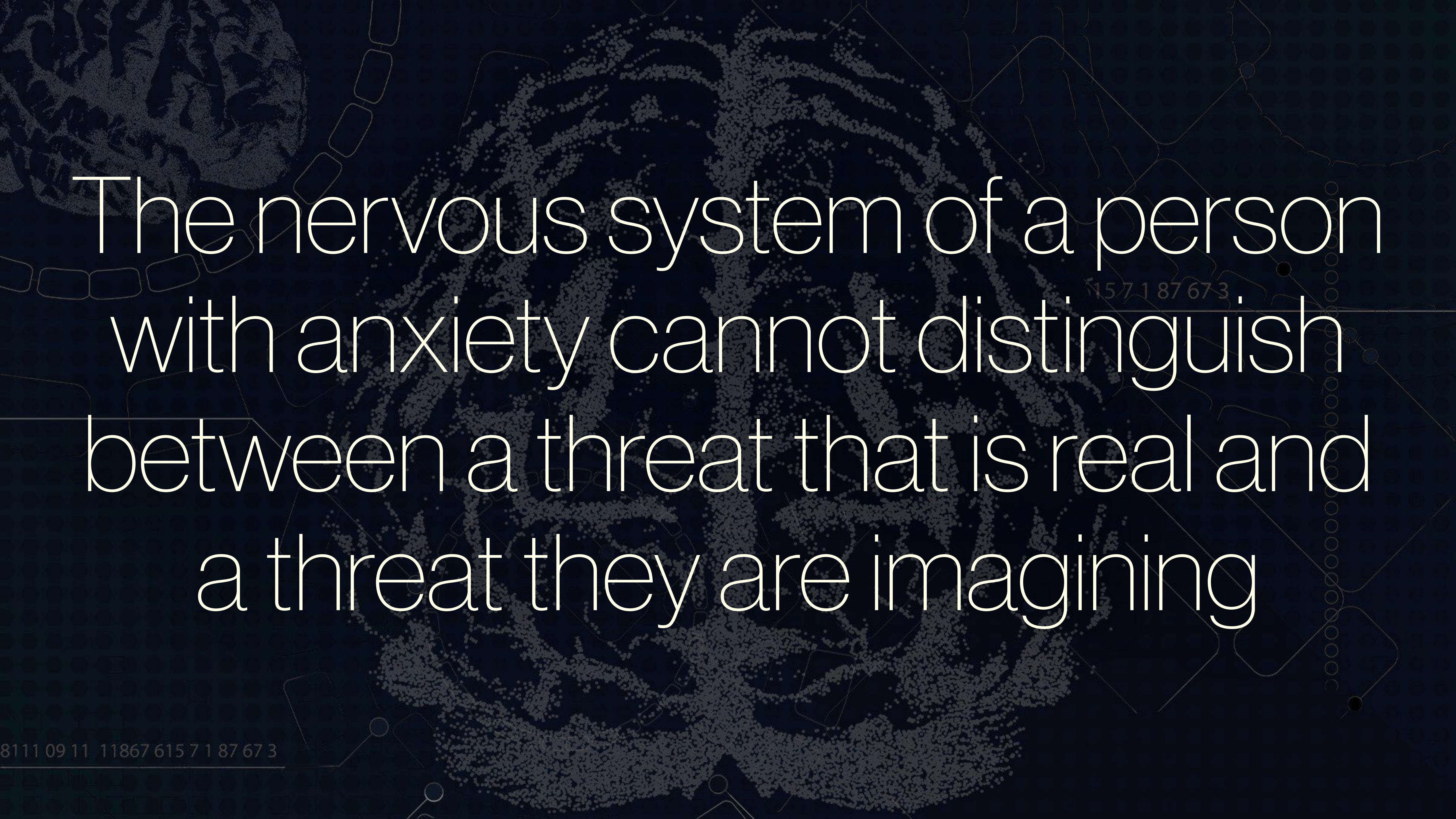
What is Going on
Inside My Head?



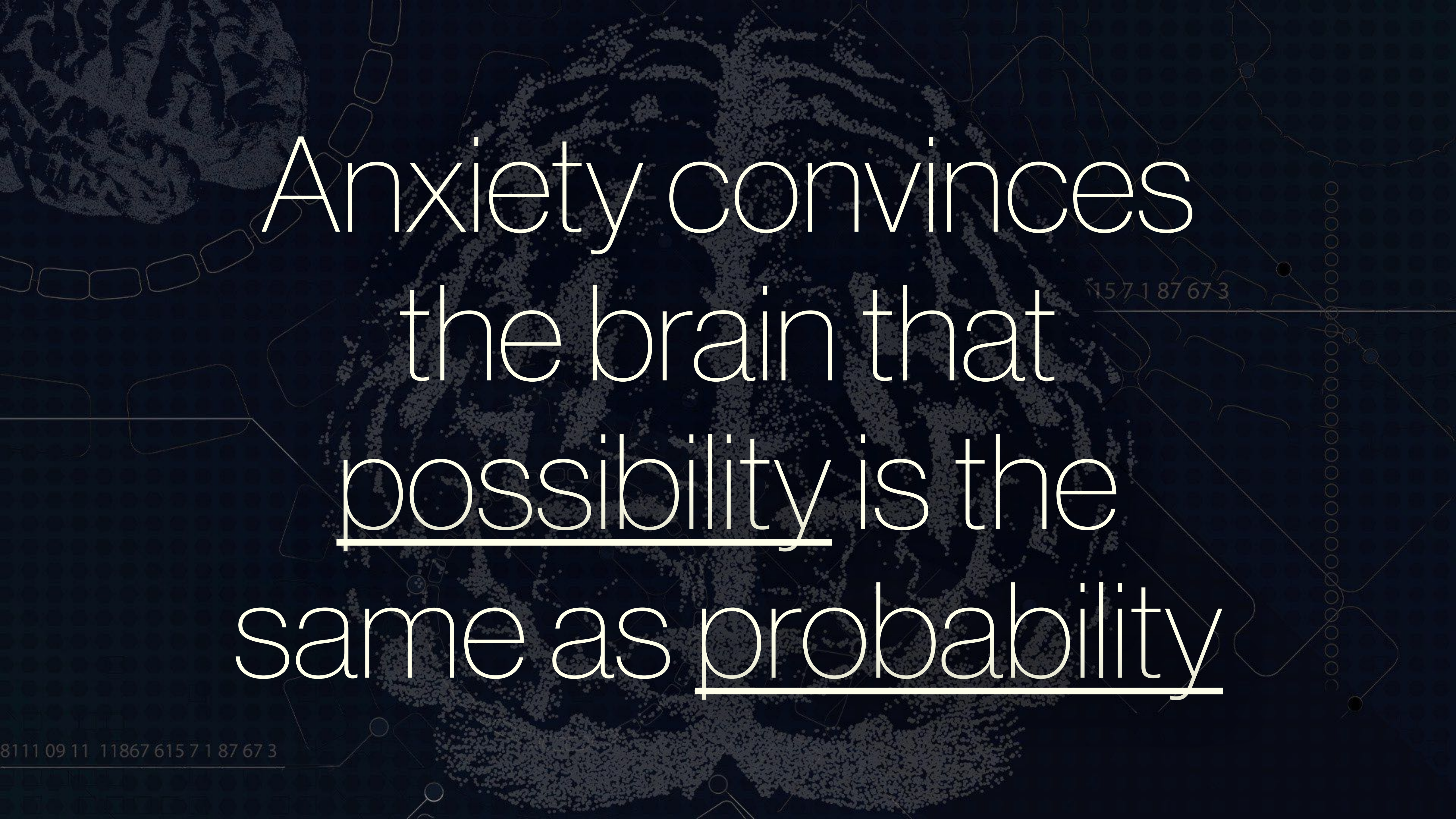
Anxiety is your brain's
alarm system that refuses
to shut off



Anxiety begins when that
alarm system starts
sounding without any actual
present danger

The background of the slide features a dark blue-grey color with a faint, circular brain scan pattern in the center. Overlaid on this are thin, light-colored lines forming a network or circuit-like structure, with some small circles at the nodes.

The nervous system of a person
with anxiety cannot distinguish
between a threat that is real and
a threat they are imagining

The background is a dark blue-grey color. It features a faint, circular brain scan pattern in the center. Overlaid on this are various light-colored geometric shapes and lines, including rectangles, circles, and lines that resemble a circuit board or a network diagram. Some of these shapes are semi-transparent, allowing the brain scan pattern to be seen through them.

Anxiety convinces
the brain that
possibility is the
same as probability

“Worry does not empty
tomorrow of its sorrow; it
empties today of its strength”

-CORRIE TEN BOOM

MATTHEW 6:34

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof.



ISAIAH 26:3

01 54 28 111 09 11 11 867 615 7 1 87 67 3

Thou wilt keep him in
perfect peace, whose
mind is stayed on thee

8111 09 11 11 867 615 7 1 87 67 3



PROVERBS 23:7

For as he thinketh in
his heart, so [is] he



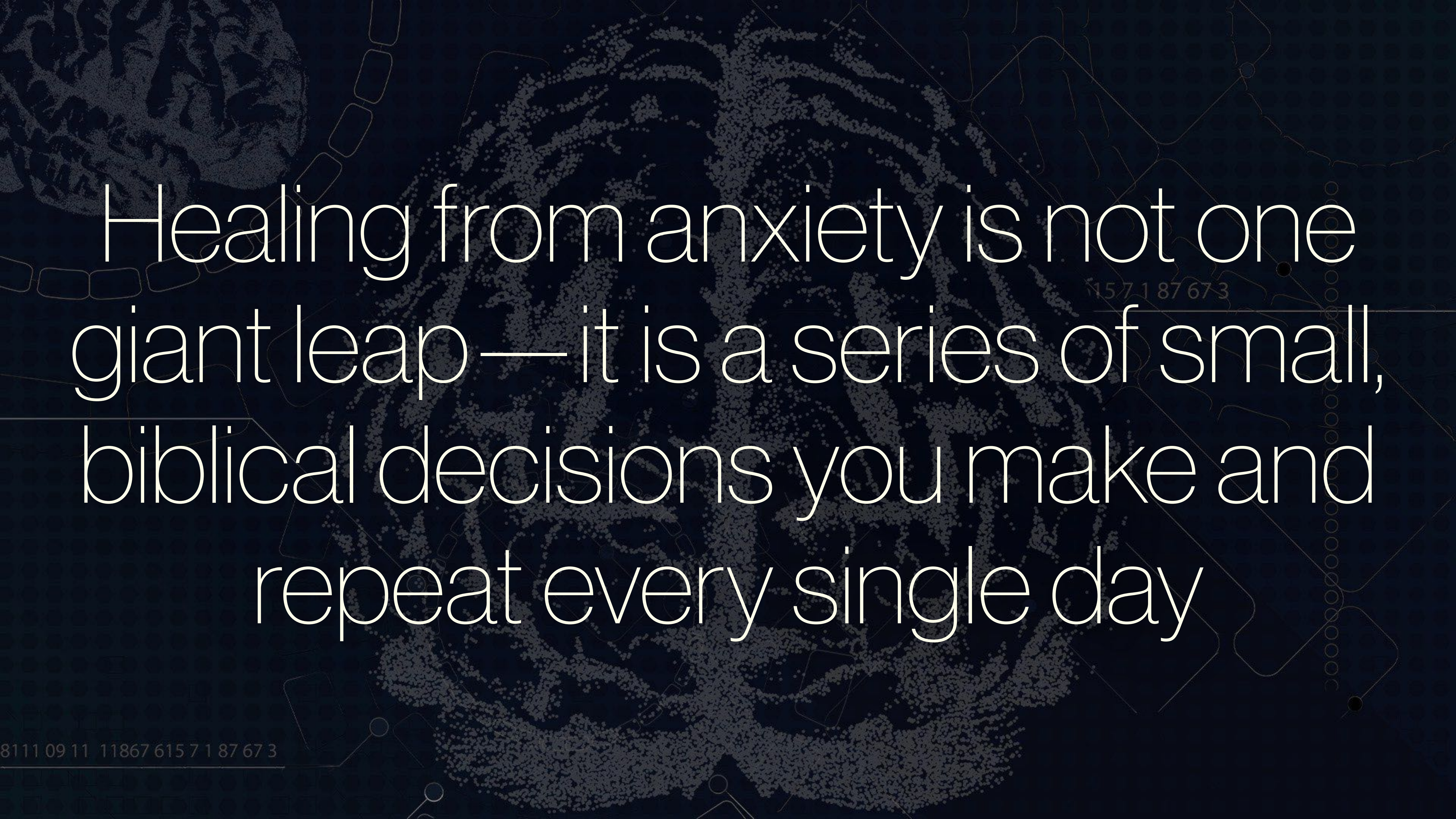
JOHN 10:10

I am come that they
might have life, and
that they might have
[it] more abundantly.



PRINCIPLE 3:

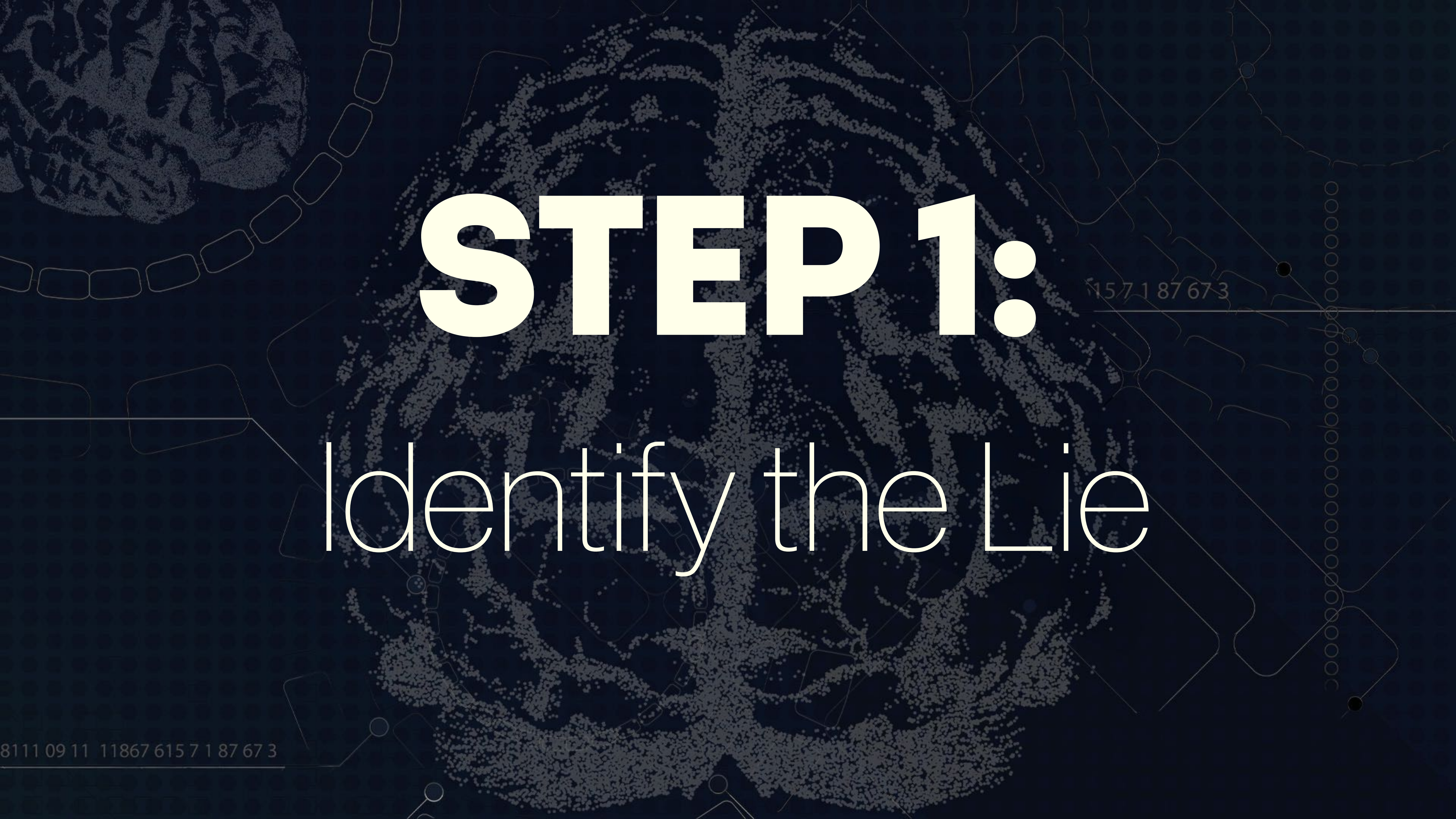
How Do I Heal from
Anxiety?



Healing from anxiety is not one
giant leap—it is a series of small,
biblical decisions you make and
repeat every single day

ROMANS 12:2

And be not conformed to this world:
but be ye transformed by the
renewing of your mind, that ye may
prove what [is] that good, and
acceptable, and perfect, will of God.

The background is a dark blue-grey color. It features a large, faint, circular fingerprint pattern in the center. Overlaid on this are various light-colored circuit-like patterns, including lines, dots, and rectangular shapes, some of which resemble a chain-link fence or a grid. In the top left corner, there is a faint, circular, textured pattern that looks like a close-up of a fingerprint or a similar surface.

STEP 1:

Identify the Lie

JOHN 8:44

He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

You cannot cast
down a thought until
you recognize it as a
simply a thought.

STEP 2:

Challenge the Thought
with Truth

2 CORINTHIANS 10:5

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

The answer is not
simply removing the
thought but rather it is
replacing the thought

PSALM 91:16

01 54 28 111 09 11 11 86 7 61 5 7 1 87 67 3

With long life will I satisfy
him, and shew him my
salvation.

8111 09 11 11 86 7 61 5 7 1 87 67 3



PHILIPPIANS 1:6

Being confident of this very thing, that he which hath begun a good work in you will perform [it] until the day of Jesus Christ:

STEP 3:

Stay in the Moment

MATTHEW 6:34

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof.



STEP 4:

Turn Every Anxious
Thought into a Prayer

PHILIPPIANS 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.



Begin to look at every
anxious thought as an
invitation to pray

PSALM 55:22

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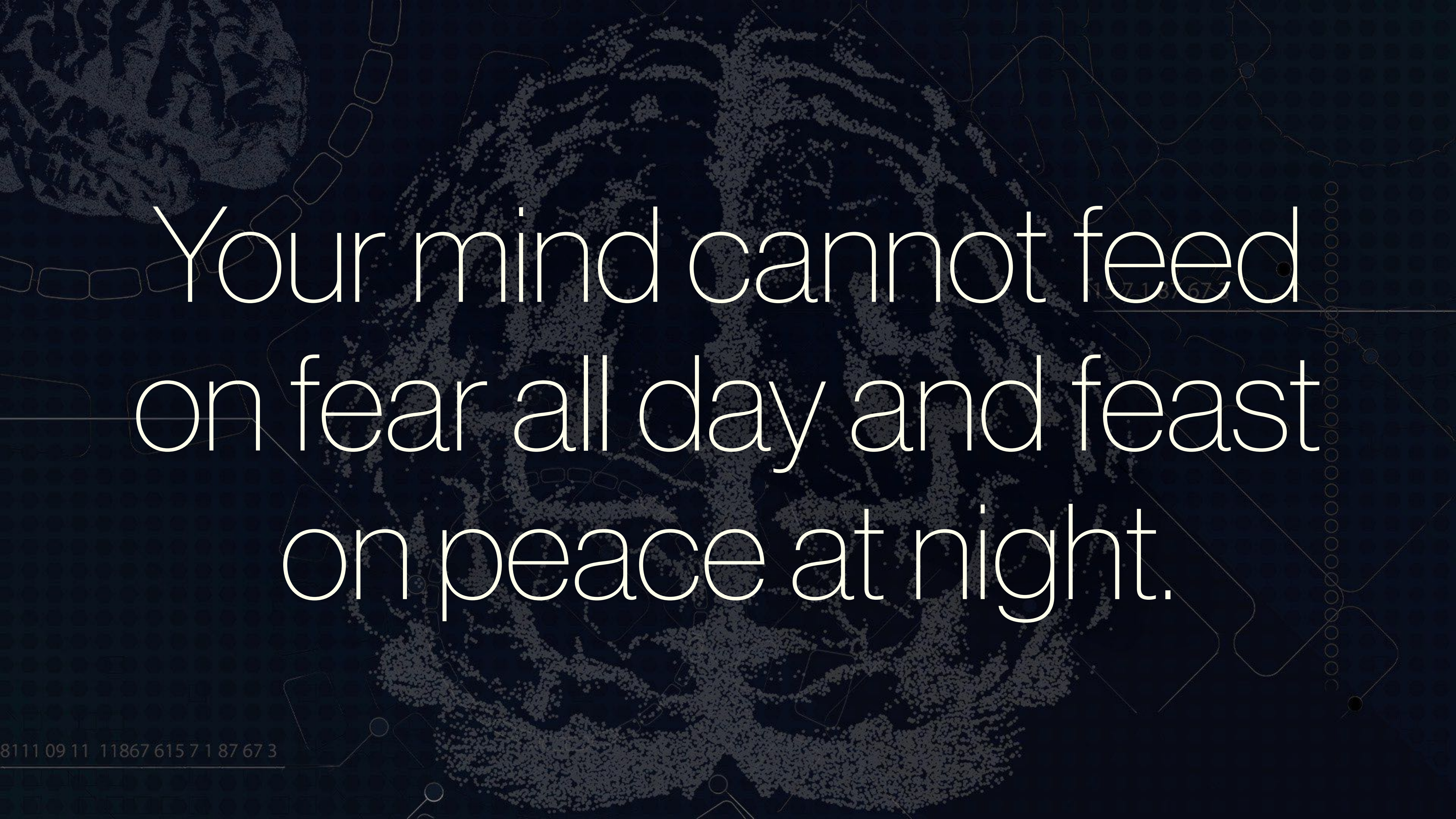
Cast thy burden
upon the Lord, and
he shall sustain thee

8111 09 11 11 867 615 7 1 87 67 3



STEP 5:

Stop Feeding Your
Anxiety



Your mind cannot feed
on fear all day and feast
on peace at night.



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