

**WINNING THE WAR IN YOUR MIND**  
**Part 4: Calm My Anxious Mind**

**Objective:** To help us discover the power focused prayer has on reducing worry, anxiety and fear.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> 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. <sup>9</sup> ...And the God of peace will be with you.*

Philippians 4:6-9

*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. <sup>6</sup> So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

Romans 8:5-6

- Which part of the message was most impactful for you and why?
- How often would you say you experience worry? What do you do when you're feeling worried?
- Did your thinking about prayer change at all while listening to this message? If so, how?
- Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
- What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?

**Consider this week:** Set aside 12 minutes for focused prayer each day. At the end of the week, reflect on how your thought life has been affected.

**Final Thought:** If prayer truly changes how you think and can help you overcome worry and anxiety, why wouldn't you make prayer a key part of your daily life?



**WINNING THE WAR**