



NEW WAY TO BE HUMAN

FROM ANXIETY TO PEACE

Philippians 4:4-8, 12

6/26/2022

Is there Hope?

There is so much _____ for overcoming anxiety and living with great peace. (*Phil. 4:7*)

Myths about Anxiety:

- Other people don't _____ with anxiety. It's just _____ for me.
- My _____ is the cause of my anxiety.
- My _____ is the cause of my anxiety.
- I have no _____ over my anxiety.

The Reality:

The way you _____ literally changes your brain. (*Romans 12:2*)

3 New Pills to take you from Anxiety to Peace:

1. _____ in the Lord. (*Phil. 4:4*)
2. _____ anxious thoughts with healthy thoughts. (*Phil. 4:8*)
 - Long Term: Practice Healing Prayer
 - Short term: Repent and take the next step of obedience
3. Present _____ to God. (*Phil. 4:6*)

The Promise

The _____ of God will guard your heart. (*Phil. 4:7*)

PHILIPPIANS 4:4-8, 12

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 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...

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

ROMANS 12:2

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

PSALM 118:24

This is the day that the LORD has made. I will rejoice and be glad in it.

COLOSSIANS 1:20

and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.