

HEAL MY ANXIOUS MIND

Peace of Mind Part 2 — Pastor Dwight Dalton

Psalm 94:19 ESV

Phil 4:6 NIV

In 2019, two out of three Americans said they were anxious or extremely anxious.

91% of high school and college students report consistent and significant levels of anxiety associated with stress.

Title: Heal My Anxious Mind

Anxiety isn't a sin.

Anxiety isn't sin—Signal alerting you

It's time to pray.

2 Chronicles 20:3 NLT

2 Chronicles 20:6, 9 NIV

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.” Dr. Caroline Leaf

Not only does prayer touch the heart of God, but prayer changes the chemistry of your brain.

2 Chronicles 20:12 NIV

God cares—If it's on your mind—It's on God's heart!

If it's big enough to worry about—Big enough to pray about!

Anxiety is a signal—It's time to pray—And...It's time to pause

2 Chronicles 20:12-13 NIV

Psalm 46:10a NIV

2 Chronicles 20:15, 17 NIV

Time to Pray—Pause—Time to Praise

2 Chronicles 20:29-30 NIV

Ephesians 6:12 NIV

2 Chronicles 20:15,17 NIV

Pray—Pause—Praise!

Philippians 4:6-7 NIV