

Heal My Anxious Mind – Pt 3
Series: Winning the Battle in Your Mind
March 22, 2026

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

King Jehoshaphat was a leader that was dealing with anxiety. (2 Chronicles 20)

We need to see that anxiety is not a sin.

Anxiety, from a spiritual perspective is a signal alerting you...

- **It's time to pray.**

- *Show me what to do – 2 Chronicles 20:3*
- *If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and we will cry out to you in distress, and you will hear us and save us. 2 Chronicles 20:9*
- *For we have no power to face this vast army that's attacking us. 2 Chronicles 20:12*
- *But my eyes are on you. 2 Chronicles 20:12*
- *Cast all your anxiety on him because he cares for you. 1 Peter 5:7*

- **It's time to pause.**

- *We do not know what to do, but our eyes are on you. And all the men of Judah, with their wives and children and little ones, stood there before the Lord. 2 Chronicles 20:12-13.*

- *Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. (v.15)*

- **It's time to praise.**

- *Listen to me...have faith in the Lord your God and you will be upheld...you will be successful. 2 Chronicles 20:20*
- *And the fear of God came on all the surrounding kingdoms when they heard how the Lord had fought against the enemies of Israel." (29)*