

WINNING THE WAR



IN YOUR MIND



Calm My Anxious Mind

NOVEMBER 14, 2021

Philippians 4:6–9

Beware the anxiety _____.

Two types of anxiety: _____ and _____.

"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, Switch On Your Brain

Take every thought _____. (2 Corinthians 10:5; Romans 8:5–6)

Do what I _____.

Give God what I _____.

_____ no matter what.

_____ **what's _____ about you!**

_____ it.

_____ it.

_____ it.

Until you _____ it

Cover everything you do in _____!