

THE MIND FIELD

Part 2: Overcoming Anxious Thoughts

ANXIETY IS A MENTAL MINE FIELD

- A. Anxious thoughts
 - 1. One of the key areas we discuss in our biblical counseling sessions
 - 2. Directly related to health problems
 - 3. Considered the norm as it relates to life in America
- B. Our advantage as believers - the ability to overcome anxious thoughts **(John 14:27 NKJ)**
 - 1. We have a promise of His peace
 - 2. We have a say in the matter of anxious thoughts

NAVIGATING AN ANXIETY EXPLOSION

- A. Coming to Jesus in an extremely anxious situation **(Mark 5:21-24 NKJ)**
 - 1. A powerful man shows genuine humility
 - 2. He asked believing Jesus could do something about his situation
- B. From bad to worse **(Mark 5:35-42 NKJ)**
 - 1. He experienced a delay as Jesus stopped to help a lady
 - 2. He received the worst news ever of his daughter's death
- C. Jesus' instructions - impossible at face value?
 - 1. If impossible, then Jesus would have been out of line asking
 - 2. Jesus' response indicated that Jairus had a choice
- D. Staying with Jesus put Jairus at odds with his culture
 - 1. But Jairus and his wife walked away with results - a daughter who lived

PRINCIPLES BEHIND OVERCOMING ANXIOUS THOUGHTS

- A. Believe you are not alone with your anxious thoughts
 - 1. God has answers and He will help us **(Philippians 4:6-7 NKJ)**
 - 2. So we can ask
- B. Recognize two major stress boosters
 - 1. Time delays and bad news
 - 2. This is why we are encouraged to stay confident and connected **(Hebrews 10:35-36 NKJ)**
- C. You have to have replacement thoughts **(Philippians 4:8 NKJ)**
 - 1. We don't just - not be afraid, we choose to think differently
 - 2. We choose our thoughts just as we choose our actions
- D. As you live with God and practice this type of thinking
 - 1. Will put you at odds with modern culture - may get laughed at
 - 2. But it will put you on the winning side - very different from an anxiety saturated world