



Winning the War in my Mind

Philippians 4:6-9

1. Anxiety is _____ by consistent prayer.

“If you don’t live with an anchor of faith, you will drift in a sea of anxiety.” Skip Heitzig

- Worry is _____.

“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?” *Matthew 6:25 (NASB)*

“Anxiety in a man’s heart weighs him down, but a good word makes him glad.” Proverbs 12:25 (ESV)

- Worry is _____.

“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” *Matthew 6:26 (ESV)*

- Worry is _____.

“And which of you by being anxious can add a single hour to his span of life?” *Matthew 6:27 (ESV)*

2. Ask God for His _____ to eliminate anxiety.

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” *Isaiah 26:3 (NIV)*

3. Anxious thoughts cannot be _____; they must be _____.

“*We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ,” *2 Corinthians 10:5 (NASB)*