

A 7 Day Plan to Heal Your Mind, Day 3

“Do not be anxious about anything...” Philipians 4:6 ESV
The Apostle Paul

Recently, Amazon released a list of the most highlighted Bible verses on Kindle. The most popular verse? Philipians 4:6-7. What does this tell us? Christians experience a lot of anxiety. Unfortunately, we're in the same boat with the rest of the world. According to the Anxiety and Depression Association of America (<https://adaa.org>), anxiety is the most common mental disorder in the world. The ADAA states that 40 million Americans, age 18 and over, suffer from some form of anxiety.

Anxiety goes by other names: worry, nervousness, fearfulness, feeling panicky, but whatever we call it, it makes our lives miserable. America is a fast-paced, hi-tech / low-touch environment that keeps us in a jacked-up state of mind. And, due to the breakdown of the family and a news cycle that keeps us posted on the latest conflicts and tragedies all over the world, we rarely find a moment of peace. Add to that our personal insecurities and fears, and we're a mess.

Many of us are familiar with the current treatment for anxiety disorders: psychotherapy and anti-anxiety medications, and we thank God for these effective interventions because, if anxiety is left untreated, it can lead to depression, suicidal thoughts, addictions, sleep disorders, gastrointestinal disorders, and more. But, is there something more we can do? The writers of the Bible say, “YES!”

“When anxiety was great within me, your consolation brought me joy.” Psalm 94:19 NIV

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10 NIV

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.” Psalm 55:22 NIV

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27 NIV

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” 2 Thessalonians 3:16 NIV

Several important ideas stand out in these verses, and they are critical to overcoming anxiety:

- **Do not fear** – when anxiety appears in the form of fearful thoughts, “just say no.” If you have to slam your fist down on the table and say “No!”, then do it. Don't allow an anxious thought to turn into a “train of thought”, because it's hard to stop a train. Be assertive!

- Know that God is with you – picture Him standing very close to you. He is “your God” who is bringing you consolation, strength, and help. He will sustain you and give you peace.
- Cast your cares upon the Lord – picture yourself putting your cares in a paper bag. Then, wad it up and toss it over to God. Now, He’s got them – they are no longer yours. Rejoice in that.
- Claim peace at all times and in every way – accept His peace. He will never let you be shaken.

For one of the most important ways to be rid of anxiety, depression, and hopelessness, see Day 4...