

# WELCOME TO HAVEN

May 2, 2021

Welcome

Worship Songs

"Waymaker"

"Blessed Assurance"

Scripture for Today

Philippians 4:6-9 (NIV)

Prayer

Message

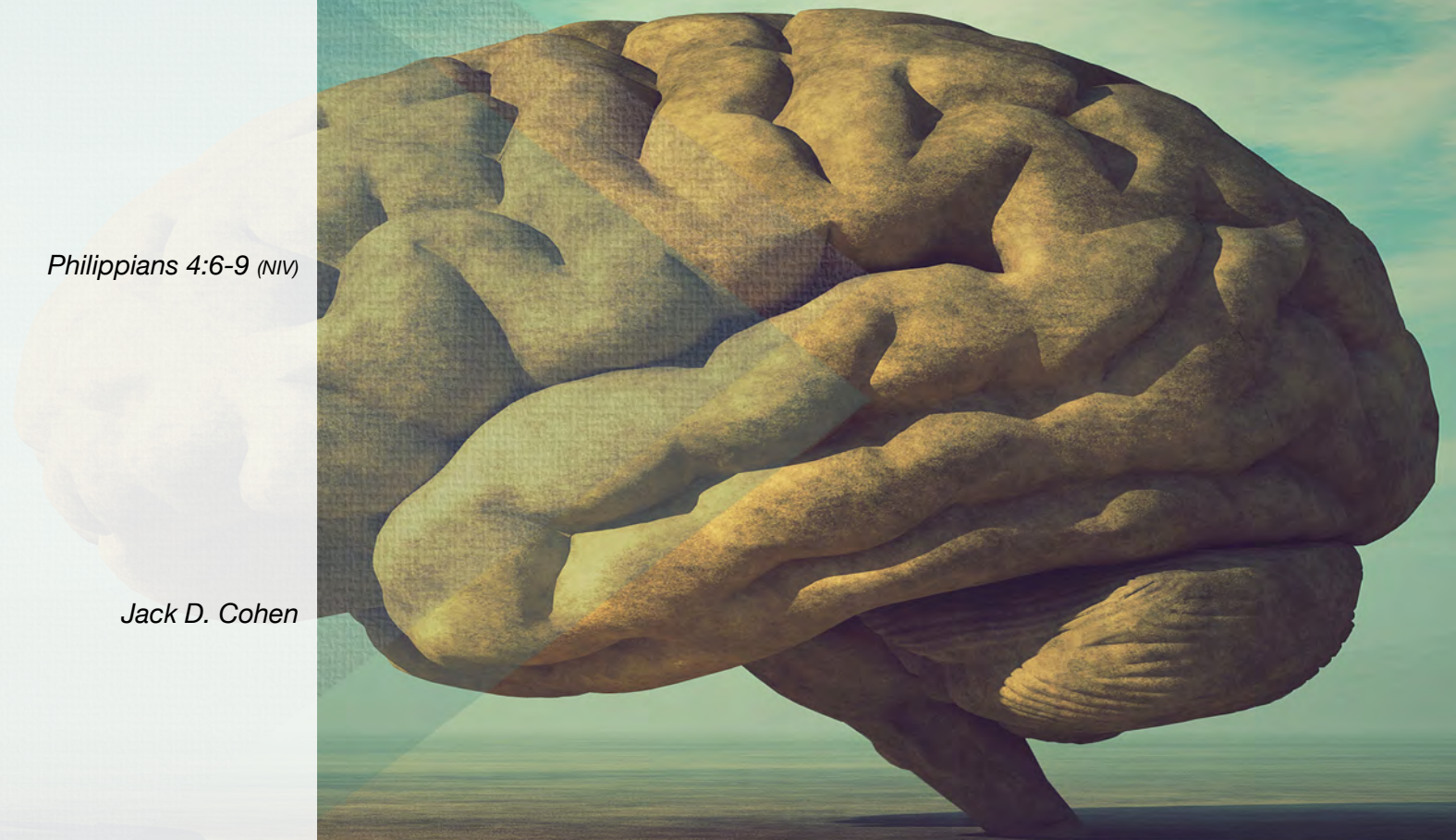
"Calming the Anxious Mind"

Jack D. Cohen

Worship Song

"Goodness of God"

\*Closing



# MIND FIELD

WINNING THE WAR FOR YOUR MIND



MIND FIELD

CALMING THE ANXIOUS MIND

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup>... And the God of peace will be with you.”* – Philippians 4:6-9

✓ Your life is always \_\_\_\_\_ in the direction of your \_\_\_\_\_

- \_\_\_\_\_ → Wired for Survival—Fight or Flight
- \_\_\_\_\_ → logical part of the brain

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“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*

✓ Worry is the sin of \_\_\_\_\_ the \_\_\_\_\_ & \_\_\_\_\_ of God

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. <sup>6</sup>So letting your sinful nature control your mind leads to death, But letting the Spirit control your mind leads to life and peace”.* – Romans 8:5-6 (NLT)

- Do what I \_\_\_\_\_
- Give God what I \_\_\_\_\_
- \_\_\_\_\_ God no matter what

REVIEW OF 4 WEEKS

1. Do you like the \_\_\_\_\_ your thoughts are taking you?

2. If don't control what you \_\_\_\_\_, you will never control what you do

- a. \_\_\_\_\_ it \_\_\_\_\_ it
- b. \_\_\_\_\_ it \_\_\_\_\_ it

3. Can't control what happens to you—Can control how you \_\_\_\_\_