

WELCOME TO HAVEN

January 21, 2024

Welcome

Worship Songs

"Give Us Clean Hands"

"Run to the Father"

Prayer

Scripture for Today

Philippians 4:4-6 (NIV)

Message

"FPOM: High Anxiety"

Jack D. Cohen

Offering/Worship Song

"I Surrender"

*Closing



Finding Peace of Mind
Through the Power of Prayer

FINDING PEACE OF MIND

HIGH ANXIETY

*"Rejoice in the Lord always. I will say it again: Rejoice!"⁵ Let your gentleness be evident to all. The Lord is near.
⁶Do not be anxious about anything...."* – Philippians 4:4-6a

- 2019: _____ out of _____ Americans said they were anxious or extremely anxious
- _____ % of high school & college students report consistent & significant levels of anxiety associated with stress

HEAL MY ANXIOUS MIND

■ Anxiety is not a _____; it is a _____ you...

■ ...it's time to _____

"Jehoshaphat was terrified by this news and begged the Lord for guidance. He also ordered everyone in Judah to begin fasting." – 2 Chronicles 20:3 (NLT)

"... 'Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. ... 'If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.'" – 2 Chronicles 20:6, 9

"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

- Not only does prayer touch the heart of God, but prayer _____ the _____ of your _____

- _____: *dwelling or pondering on fearful or anxious thoughts*

"... For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you." – 2 Chronicles 20:12

"Cast all your anxiety on him because he cares for you."

– 1 Peter 5:7

■ ...it's time to _____

"... We do not know what to do, but our eyes are on you." All the men of Judah, with their wives and children and little ones, stood there before the Lord." – 2 Chronicles 20:12-13

"Be still, and know that I am God ..."

– Psalm 46:10

"Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. ... Go out to face them tomorrow, and the Lord will be with you." – 2 Chronicles 20:15, 17

■ ...it's time to _____

"The fear of God came on all the surrounding kingdoms when they heard how the Lord had fought against the enemies of Israel. And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side." – 2 Chronicles 20:29-30

"The Spirit of the Lord God is upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord, to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness;" – Isaiah 61:1-3 (NKJV)