



THE Antidote TO Anxiety

Philippians 4:6-8



⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4

8 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.

- Philippians 4

⁶ Do not be anxious about anything!

But...

*In every situation, present your requests to
God.*

How do we present our requests?

- By prayer and petition
- With gratitude

Gratitude also helps turn your heart and mind from a mindset of scarcity and lack to one of blessing and enough.

- Dr. John Delony in *Redefining Anxiety*

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4



⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ **And God will grant your every request and remove all problems from your life.**

- Philippians 4, NRV
(Not Real Version)

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4

Paul gives us another way that we can overcome the grip of anxiety:

Change our thinking.

8 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.*

- Philippians 4

² Do not conform to the pattern of this world, *but be transformed by the renewing of your mind*. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

- Romans 12

8 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.*

- Philippians 4

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

The Anxious Generation





**If you want your anxiety to diminish,
change the things that you think about.**

Ask God to renew your mind.



**Cast all your anxiety on him because *he*
*cares for you!***

- 1 Peter 5:7