

Staying Calm in the Midst of an Anxious World

Recognizing the Problem.

- Anxious thoughts and the Soul-Mind issue, **Mt. 6:25-34, Phil 4:6-7.**
- Almost without fail, over 90% of our problems stem from our soul/mind, **Phil. 4:6-7**
- In Ps. 143 David reveals what happens when the soul is persecuted, it overwhelms our spirit. Our heart becomes distressed, Ps. 143:3-4.
- Radical, uncontrolled thoughts GREATLY contribute to anxiety.
- Typically most people let their emotions, circumstances, events or media tell them what to think about (think Coronavirus or COVID-19.)
- One of humanity's greatest faults, is not thinking about our thinking.
- As Christians, we should be one of the most thoughtful and governed (in our souls) people, **2Tim. 1:7.**
- Developing a transformational thinking process is the only answer, **Ro. 12:2.**

Starting the Process.

- The problem with our thinking: it did not happen overnight.
- All of us have a thinking process that has been corrupted by the world.
- *Our thoughts might not be thoughts of sin, rather our thought process is in line with the world & not in line with God's way of thinking, Is. 55:8.*
- The problem won't be solved overnight. If we are going to line our thinking up with God, it is going to take a concerted life long effort.
- In essence it is a reprogramming of our soul, a constant effort to capture our thoughts, **2Co. 10:3-5.**
- Learn to be patient with the process. Patience can be one of our greatest friends and impatience one of our greatest enemies, **Heb. 10:36-39.**
- Almost everything we learn or do in life **requires a process.**

(Executing) The Procedure.

- Getting God's promises regarding our own mind is step one, **2Tim. 1:7, Is. 26:3, 2Co. 10:3-5.** One of the greatest scriptures is **Phil. 4:6-8.**
- Meditation on God's truth, principles, and laws are key to a peaceful and successful mind.
- How does it work?
 - o Meditation. David gave us a key back in **Psalm 143:5-6.**
 - o Application. Meditation on God's truths or promises is actually an application process. **What it does is builds your faith.**
 - o Proclamation. **The speaking of your faith is vital!!** Enough cannot be said about this last step, **Matt. 12:35-37, Heb. 10:21-23.**