

Heal My Anxious Mind

Peace of Mind: Part 2

Nathaniel Sorensen * June 25, 2023 * New Life Vineyard Church

After this, the Moabites and Ammonites, together with some of the Meunites, came to fight against Jehoshaphat.

2 Chronicles 20:1

Anxiety is not a _____

Then Jesus came with them to a place called Gethsemane, and He told the disciples, “Sit here while I go over there and pray.”

...He began to be sorrowful and deeply distressed. Then He said to them, “My soul is swallowed up in sorrow – to the point of death.”

...Going a little farther, He fell facedown and prayed, “My Father! If it is possible, let this cup pass from Me. Yet not as I will, but as You will.”

Matthew 26:36-39

Being in anguish, He prayed more fervently, and His sweat became like drops of blood falling to the ground.

Luke 22:44

ANXIETY IS A _____...

1. It's time to _____

Jehoshaphat was afraid and he resolved to seek the LORD.

2 Chronicles 20:3

“Yahweh, the God of our ancestors, are You not the God who is in heaven, and do You not rule over all the kingdoms of the nations? Power and might are in Your hand, and no one can stand against You...”

“If disaster comes on us – sword or judgment, pestilence or famine – we will stand before this temple and before You, for Your name is in this temple. We will cry out to You because of our distress, and You will hear and deliver.”

2 Chronicles 20:6, 9

Not only does prayer touch the heart of God,

it _____ your brain.

“For we are powerless before this vast number that comes to fight against us. We do not know what to do, but we look to You.”

2 Chronicles 20:12

Casting all your care on Him, because He cares about you.

1 Peter 5:7

2. It's time to _____

All Judah was standing before the LORD with their infants, their wives, and their children. In the middle of the congregation, the Spirit of the LORD came on Jahaziel... and he said, “Listen carefully... this is what the LORD says: ‘Do not be afraid or discouraged because of this vast number, for the battle is not yours, but God’s....Position yourselves, stand still, and see the salvation of the LORD. He is with you, Judah and Jerusalem. Do not be afraid or discouraged. Tomorrow, go out to face them, for Yahweh is with you.’”

2 Chronicles 20:13-17

3. It's time to _____

In the morning they got up early and went out to the wilderness... Then [Jehoshaphat] consulted with the people and appointed some to sing for the LORD and some to praise the splendor of His holiness. When they went out in front of the armed forces, they kept singing: Give thanks to the LORD, for His faithful love endures forever.

The moment they began their shouts and praises, the LORD set an ambush against the Ammonites, Moabites, and the inhabitants of Mount Seir who came to fight against Judah... they helped destroy each other.

When Judah came to a place overlooking the wilderness, they looked for the large army, but there were only corpses lying on the ground, nobody had escaped.

...The terror of God was on all the kingdoms of the lands when they heard that Yahweh had fought against the enemies of Israel. Then Jehoshaphat’s kingdom was quiet, for his God gave him rest on every side.

2 Chronicles 20:20-30

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

Philippians 4:6-7 NIV

** All scriptures from HCSB unless otherwise noted*