



Jeremy White, Lead Pastor  
Valley Church

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Week 2 – Healing for the Anxious Mind

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### Introduction:

Philippians 4:4-8

### Healing for the Anxious Mind: Three Helpful Tools

1. Make a \_\_\_\_\_ to rejoice (vs. 4)
2. Trust \_\_\_\_\_ for the supernatural (vs. 5-7)
  - The promise of His presence (vs. 5b)
  - The promise of answered prayer (vs. 6)
  - The promise of His peace (vs. 7)

The story of Elijah (see 1 Kings 19:11)

3. Set our minds on God's \_\_\_\_\_ (vs. 8)

### The Big Idea:

Re-programming our minds is a journey, but submitting our minds, setting our minds, fixing our minds on God's revealed truth in Jesus and the Bible are indispensable for overcoming and living above the assault of anxiety.

## QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION

### Personal Life:

1. Anxiety has touched the life of every human being in some way. Briefly share about how it has touched your life...

### Ponderings:

2. As Christians, we thank God for science and medicine. However, most also realize that throwing medication at a problem without addressing other core issues of spiritual and emotional health is seldom more than a band-aid. With that in mind, discuss the following...
  - How does caring for each part of us...body, spirit and soul (mind)...impact the specific issue of dealing with anxiety? Try to be detailed and specific in your discussion...
  - Why is it important for the church to be the safest place on the planet for people to find hope and healing from anxiety?
  - How might some religious environments make people feel shamed for admitting their weaknesses, and what can we do to prevent that in the church?
3. Read Matthew 6:25-34 and Philippians 4:4-8 as a group...
  - Why is worry addressed so often in the New Testament? Compare and contrast the kinds of worries faced by the first century church with the worries we face today. What are the similarities and differences?

### Promptings:

4. What might it do to your stress level if you took a few minutes each day to set your mind (focus your thoughts) on things that are true, noble, right, pure, admirable, excellent and praiseworthy?

How might doing so reap positive benefits in your closest relationships?