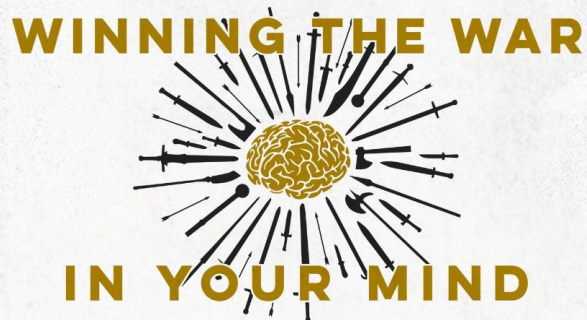


Week 4



6-Day Action Plan to Calm Your Anxious Mind

This six-day guide is designed to help you renew your mind and see life through God's truth. Each day includes a short **Scripture Reading** to start each day in God's Word, saturating your mind in God's truth. Each day also includes a **Prayer Prompt**. The purpose is for this short prayer to be written on your heart and prayed continually throughout your day. Lastly, there is an **Action Activity** to take what we have read and prayed about, and put it into action. Read the day's scripture, take the time to pray and take action to win the fight for your mind. You can write directly on this sheet or in a journal. Don't rush! Take a few quiet minutes each day to let God renew your mind.

Day 1 – God is Near

Scripture Reading: Philippians 4:5-7 - "Let your gentleness be evident to all. **The Lord is near.** 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."

Prayer Prompt: "Lord, in the busyness of my life, allow me to recognize your presence and your nearness. You are the all-powerful God that goes before me and walks with me. I trust in You!"

Action Activity: A Time to Reflect. Turn off all the noise. Turn off your TV, your cell phone, even your dishwasher. You may even want to turn off the baby monitor and take a true moment of silence (up to you on the last one). It was in this level of stillness that Elijah heard the still, small whisper of God's voice (1 Kings 19). In this moment of stillness, recognize, God is with you. He has been all day and will be all night. He will never leave you or forsake you. When you have spent a few minutes in silence, reflect on these questions.

- What "noise" keeps you from recognizing God's nearness throughout your day?
- How can you create silos of peace throughout your day, to help you reconnect with God?
- At what times in your life or daily routine do you feel the nearness of God most?

Day 2 – The God Box

Scripture Reading: 1 Peter 5:6-7 - "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because **he cares for you.**"

Prayer Prompt: "Lord, give me the heart of a child eager to speak to their loving Father. Help me to recognize that in spite of the difficulties and challenges of life, You truly care for me."

Action Activity: The God Box - Get a box, a shoebox or empty tissue box will work great. Take some sticky notes or 3x5 cards and a pen or pencil. Write down your problems and deepest prayer concerns onto the cards or sticky notes. Then pray for those things earnestly before God. After you have prayed, place the card or sticky note into the box. This may seem a little strange; however, there is something about the symbolism and the action of placing your problems in the box, giving them to God. And then, if you choose to worry, take them back out and confess your struggle to God. This simple exercise could change your prayer life and the way you trust God with your prayers and problems.

Day 3 – Who, not What

Scripture Reading: Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

Prayer Prompt: "Gracious Father, I praise You. Though my circumstances change all the time, You never change. Allow me by the power of the Holy Spirit to praise You and rejoice in You in all circumstances."

Action Activity: The God Box part 2 - Take your box from yesterday's God Box exercise (if you don't have it, go back and repeat Day 2). Take the time to reflect on who God is. Reflect on His characteristics. Reflect on God's faithfulness and goodness and the prayers that He has answered. Now write those things on your God Box. While our boxes are still just pieces of cardboard, this action can help us to recognize God's goodness never changes. Who He is never shifts.

Day 4 – Look Through, Not At

Scripture Reading: Acts 16:25-26 - “About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone’s chains came loose.”

Prayer Prompt: “Give me eyes to see your greater purposes, God! So that I can praise you even in the worst of times. Bless me with contentment and hope for tomorrow.”

Action Activity: Reflection Question. Take the time to set up a similar reflection atmosphere as Day 1.

1. What circumstances or relationship in your life right now do you need to stop looking at and instead look through to see what God is doing?
 2. How has changing your perspective helped you, figuratively or physically, in life before?
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Day 5 – Look At What Is Right

Scripture Reading: 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.”

Prayer Prompt: “Thank you, Lord, for the good things in my life. Thank you for the relationships I have that honor you. Help me, God, to see the ways that You are working in my life. Show me the true, noble, right, pure, lovely, and admirable things that You have brought into my life.”

Action Activity: Reflection Question. Take the time to set up a similar reflection atmosphere as Day 1.

1. In what circumstance or relationship in your life right now do you need to look at what’s right instead of seeing only what’s wrong?
 2. How can analyzing the positive aspects of your life lead you to rely on God more fully?
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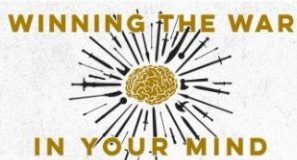
Day 6 – Don’t Drop Your Guard

Scripture Reading: 1 Peter 5:8-9 - “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”

Prayer Prompt: “Guard my heart and my mind, God! You are my refuge, my strength, and my portion. You are my salvation and my deliverance. Thank you, Lord, for your protection.”

Action Activity: Practice Your Guard - Take the time to identify and recognize the lies and deceptions from Satan that threaten to knock you out. Perhaps you know the lies, already, that you most commonly fall for. **Write down the passages of scripture that you know act as a guard for you against the slings and arrows of Satan.**

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May you find peace not in the absence of problems, but in the presence of God—who renews your mind, calms your spirit, and guards your heart with His perfect peace.