

## **Protected Mind: Anxiety You Don't Have a Chance!**

**Pastor's Desk – July 23, 2017**



Anxiety is like a worm that will eat away the best of our lives, set minds in panic mode and cause us to miss great opportunities God has set for us, because of the fear and in many cases the sense of mediocrity it brings with it. The Apostle Paul tells us how to properly deal with anxiety when he wrote: Phil.4:6-7: “Do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

According to the apostle the best way to fight anxiety is to make our requests known to our God along with some serious prayers, supplications and thanksgiving. I believe that following this advice will bring our minds at ease because the peace of God that comes through prayer, supplications and thanksgiving will flood our minds and, therefore, anxiety does not stand a chance!

So, I declare we are going to become all God wants us to be. We will live in victory, we will be healed and successful, and mediocrity is not part of our vocabulary! Average life will become a thing of the past because we will starve anxiety to death. We will set our hearts to believe in God's promises that are true for each day of our lives. We will tell anxiety to go to hell because our hearts and minds are set on God and His promises. Our best days are certainly ahead, therefore anxiety, beat it, you don't have a chance!

Pr. Paul