



Over It | Peace Over Anxiety

Ethan Vanse

1 Kings 19:2-3 CEV

She sent a message to Elijah: “You killed my prophets. Now I’m going to kill you! I pray that the gods will punish me even more severely if I don’t do it by this time tomorrow.” **Elijah was afraid when he got her message, and he ran...**

1 Samuel 17:26 NIV

David asked the men standing near him, “**What will be done** for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

Philippians 4:4-9 NIV

Rejoice in the Lord always. I will say it again: Rejoice! 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.

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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Start Thankfully

Philippians 4:4-6 NIV

Rejoice in the Lord always. I will say it again: Rejoice! 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.

Luke 17:14-17 BLB

And it came to pass in their going, **they were cleansed.**

And one of them, having seen that he was healed, turned back, glorifying God with a loud voice, and he fell on *his* face at His feet, **giving thanks to Him**. And he was a Samaritan.

And Jesus, having answered, said, “Were not ten cleansed? But where are the nine? Was there found none having returned to give glory to God, except this foreigner?” And He said to him, “Rise up and go; your faith has **cured you!**”

Thankfulness changes the direction of my mind and heart.

Pray Specifically

Philippians 4:6 NIV

Do not be anxious about anything, but in every situation, by **prayer and petition**, with thanksgiving, **present your requests to God**.

Psalms 139:23 KJV

Search me, O God, and know my heart; Try me, and know my anxieties.

1 Peter 5:7 NIV

Cast all your anxiety on him because he cares for you.

Specific prayers create clarity and confidence.

Meditate Intentionally

Philippians 4:8-9 NIV

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**. Whatever you have learned or received or heard from me, or seen in me—**put it into practice**. And the God of peace will be with you.

Isaiah 31:4 NLT

But this is what the LORD has told me: “When a strong young lion **stands growling** over a sheep it has killed, **it is not frightened by the shouts and noise**

of a whole crowd of shepherds. In the same way, the LORD of Heaven's Armies will come down and fight on Mount Zion.

Psalm 19:14 NKJV

Let the words of my mouth and the **meditation of my heart**

Be acceptable in Your sight,

O Lord, my strength and my Redeemer.

2 Kings 6:17-18 NIV

And Elisha prayed, “**Open his eyes**, Lord, so that he may see.” Then the Lord opened the servant's eyes, and **he looked and saw the hills full of horses and chariots of fire** all around Elisha. As the enemy came down toward him, Elisha prayed to the Lord, “**Strike this army with blindness.**” So he struck them with blindness, as Elisha had asked.

Isaiah 61:3 NKJV

“The garment of praise for the spirit of heaviness;
That they may be called trees of righteousness,

The planting of the Lord, that He may be glorified.”

John 14:27 NIV

Peace I leave with you; **my peace** I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

1 Peter 5:6-7 NIV

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. **7** Cast all your anxiety on him because he cares for you.

Psalms 91:1 NKJV

He who **dwells** in the secret place of the Most High,
Shall abide under the shadow of the Almighty.

Isaiah 26:3 ESV

You keep him in perfect peace **whose mind is stayed on you**, because he trusts in you.

Meditation is changing where my mind “stays” and my heart “dwells”.

Church on the Move

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