



PEACE OF MIND: When Anxiety Attacks

August 27, 2023 | Pastor Kirk Walters
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Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.]

1 Thessalonians 5:23 NLT

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law.

Galatians 5:1 NLT

1. Remember God's faithfulness

⁵ He told them, "Go into the middle of the Jordan, in front of the Ark of the LORD your God. Each of you must pick up one stone and carry it out on your shoulder—twelve stones in all, one for each of the twelve tribes of Israel. ⁶ We will use these stones to build a memorial. In the future your children will ask you, 'What do these stones mean?' ⁷ Then you can tell them, 'They remind us that the Jordan River stopped flowing when the Ark of the LORD's Covenant went across.' These stones will stand as a memorial among the people of Israel forever."

Joshua 4:5-7 NLT

2. Recruit an army to march with you

² But the LORD said to Joshua, "I have given you Jericho, its king, and all its strong warriors.

³ You and your fighting men should march around the town once a day for six days."

Joshua 6:2-3 NLT

3. Release control through prayer and faith

¹⁴ "Neither one," he replied. "I am the commander of the LORD's army." At this, Joshua fell with his face to the ground in reverence. "I am at your command," Joshua said. "What do you want your servant to do?" ¹⁵ The commander of the LORD's army replied, "Take off your sandals, for the place where you are standing is holy." And Joshua did as he was told.

Joshua 5:14-15 NLT

4. Repeat and celebrate how far you've come

On the seventh day the Israelites got up at dawn and marched around the town as they had done before. But this time they went around the town seven times

Joshua 6:15 NLT

When the people heard the sound of the rams' horns, they shouted as loud as they could. Suddenly, the walls of Jericho collapsed, and the Israelites charged straight into the town and captured it.

Joshua 6:20 NLT