

### PEACE OVER ANXIETY BIBLE VERSES 😌

Play Psalms on the YouVersion Bible app while you sleep really low. You are sleeping but the Holy Spirit is being fed. Your inner man is always awake. When you are sleeping, the Holy Spirit is getting stronger and fighting on your behalf. I am speaking from experience.

#### For my visual learners:

• Shalom Peace from The Bible Project (searchable on YouTube)

Peace is something so needed especially how the world is going into more chaos, the peace of God surpasses our understanding. Read these scriptures and ask the Lord to give you peace through any storm, even the storms in our mind.

#### **Know That Jesus is Your Prince of Peace**

- Read Isaiah 9:6: "For to us a child is born, to us a son is given, and the
  government will be on his shoulders. And he will be called Wonderful Counselor,
  Mighty God, Everlasting Father, Prince of Peace."
- Read Isaiah 26:3: "You will keep in perfect peace those whose minds are steadfast because they trust in you."
- Read John 14:27: "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."
- Read Philippians 4:6-7: "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."
- Read Colossians 3:15: "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."
- Read Romans 15:13: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

#### Questions:

- 1. What does the Bible say about the source of true peace?
- 2. How can one attain and maintain inner peace according to biblical teachings?

- 3. How does having peace with God influence one's relationships with others?
- 4. In times of turmoil or conflict, what guidance does the Bible offer for finding peace?

## Mental Health and God's Peace

Let's look at what God says in His Word about peace and mental health

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- Read John 14:27: "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."
- Read Psalm 23:1-4: "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- Read Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
- Read Psalm 34:17-18: "The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Read Romans 8:6: "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."
- Read 2 Thessalonians 3:16: "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."
- Read Psalm 46:1-3: "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains

fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."

• Read Proverbs 12:25: "Anxiety weighs down the heart, but a kind word cheers it up."

# How Can I Apply the Peace of God Into My Life?

**Seeking Jesus Daily:** Make it a habit to spend time with Jesus every day through prayer, reading the Bible, and meditation. As you draw near to Him, He promises to draw near to you (James 4:8), and in His presence, you'll find peace that transcends understanding (Philippians 4:6-7).

**Trust in His Sovereignty:** Reflect on the truth that Jesus is sovereign over all things (Colossians 1:16-17). Even in the midst of life's storms, trust that He is in control and working all things together for your good (Romans 8:28). Surrender your worries and anxieties to Him, knowing that He cares for you deeply (1 Peter 5:7).

**Walking in Obedience:** Seek to align your life with the teachings and example of Jesus. As you follow His commandments and walk in obedience to His Word, you'll experience the peace that comes from living in harmony with God's will (John 14:27). Allow His peace to guide your decisions and actions each day.

## Reflection

**Reflect on His Promises:** Take time to reflect on the promises of peace that Jesus has given to His followers. Meditate on passages such as John 14:27, where Jesus assures His disciples of the peace He gives, and Philippians 4:6-7, which speaks of the peace that comes through prayer and trust in God.

**Consider His Example:** Reflect on how Jesus modeled peace in His own life, even amidst challenging circumstances. Consider moments such as when He calmed the stormy sea (Mark 4:35-41) or when He prayed in the garden of Gethsemane before His crucifixion (Matthew 26:36-46). Contemplate how His peace can manifest in your own life.

**Examine Your Heart:** Take a moment to examine your heart and identify areas where you may be lacking peace. Are there worries, fears, or anxieties that are weighing you

down? Surrender these burdens to Jesus in prayer, trusting that He is able to grant you His peace that surpasses all understanding (Philippians 4:6-7).

**Practice Gratitude:** Cultivate an attitude of gratitude for the peace that Jesus offers. Reflect on the ways He has brought peace into your life, whether through answered prayers, moments of stillness, or the presence of supportive loved ones. Express thankfulness to Him for His faithfulness and provision.

By applying these principles and reflecting on Jesus' role as the source of peace in your life, you can experience a deeper sense of shalom peace and assurance in Him.

Prayer declaration for God to deliver you out of demonic mental oppression, mental health illnesses, depression, anxiety, suicidal thoughts. Say this prayer out loud and confidently.

#### **Prayer Declaration:**

Heavenly Father, I pray right now in the name of Jesus for the shabbat shalom that comes from you. I am overwhelmed with life's circumstances, my thoughts are overwhelming, preserve my life according to Your Word and lead me in the way everlasting. Father, in the name of Jesus I ask that you remove all false burdens from my life for you say that your yoke is easy and your burden is light. I renounce all negative thoughts and words that came into my mind and mouth in the name of Jesus. I cast out all low thing that tries to make itself high and I know that I am a victor in Christ not a victim to life! Father God, right now I break all spirit of depression, suicidal thoughts and any mental health illnesses that tries to attach itself to me. I break its power now in Jesus name! I am more than a conqueror because Christ loves me, Lord defend my battles and bring me an overwhelming sense of peace right now in the name of Jesus. Fill me up with the Holy Spirit. I am refreshed and renewed. I am full of God's peace. I breathe out all false burdens and inhale now the peace of God. In Jesus name Amen!

# **©** Call to salvation:

Will you accept Jesus as your Lord and Savior today? Or have you known Jesus before and slipped away? He is calling you back! He died for you and me and wiped the slate clean of our sin. We have a second chance. If you want to accept Jesus as your Lord and Savior or recommit your life to him, say this prayer out loud right now:

Heavenly Father, I recognize that I am a sinner and that my sin separates me from you. I repent of all my sins and confess Jesus as my Lord and my Savior. I believe with all my heart that God the Father raised Jesus from the dead. Lord Jesus, come into my heart and come into my life. The day I die, when I open my eyes, I will be in your arms. Amen!

Did you give your life to Jesus today? We want to hear from you! **Text saved to (954) 998-4054** one of the TBG members would like to pray for you and connect you with a community of believers.