

Charting Your Course

Part 5: Remove and Replace

GOD'S PLAN TO COUNTER ANXIETY (RECAP) (Philippians 4:4-8 NKJV)

- A. Rejoice
 - 1. Identify as a person who rejoices in the Lord
- B. Be gracious to the people around you
 - 1. Identify as a gracious, kind person
- C. Don't worry, pray
 - 1. Asking the God who loves you to help you
 - 2. Close with thanksgiving
- D. God's peace
 - 1. More of a sensing than a feeling
 - 2. Different from the peace the world offers
- E. Begin to run thoughts through the filter
 - 1. The area that requires the most focus
 - 2. Start with - Is it true?

PULLING DOWN MENTAL STRONGHOLDS

- A. An aggressive approach with our thoughts (**2 Corinthians 10:3-5 NKJV**)
 - 1. Recognize - the thoughts that are limiting/hindering you
 - 2. Replace - with thoughts that are true on a higher level
- B. When an entire nation was limited
 - 1. God had promised Israel the land (**Numbers 13:30-14:1 NKJV**)
 - 2. The ten spies said they were not able to win
 - 3. Saw themselves as grasshoppers
 - 4. The people believed the negative more than the positive
- C. We are not at the mercy of our thoughts
 - 1. God's instructions to Joshua (**Joshua 1:8-9 NKJV**)
 - 2. In our mouth and on our mind
 - 3. Meditation is not emptying your mind - filling your mind with God's thoughts (**Ephesians 2:10 NLT**) (**2 Timothy 1:7 NLT**) (**Romans 8:37 NLT**)