

**Thought Warriors
Part 4**

*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 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 and the God of peace will be with you. **Philippians 4:6-9***

Let panic be the trigger to pray

Prayer is never our last line of defense
It's always our first line of offense

*Let us come boldly before the throne of grace and find help in our time of need. **Hebrews 4:16***

*You do not have because you do not ask. **James 4:2***

It's been found that 12 minutes of daily focused prayer over an eight week period can change the brain to such an extent that it can be measured on a brain scan. Dr. Caroline Leaf

Worry is distrusting the power and the promises of God

*Those that are dominated by the sinful nature, think about sinful things. But those who are controlled by the Holy Spirit think about things that please the Spirit. **Romans 8:5-6***

*Cast your cares upon God because He cares for you. **1 Peter 5:7***

Concern is doing what I CAN do
Worry is FEAR over what I CAN'T do

I Define

I Invite God Into

I Will Choose To

**If your life is moving in the direction of your strongest thoughts.
Do you like the direction your thoughts are taking you?**

**We identify the strongholds - the lies we believe
about ourselves, about God and about our future**

**We replace the lie with the truth and the
Truth will set us free**

**You can't control what happens to you
but you can control how you frame it**

**We cover everything we do in prayer and
we're not going to be anxious about
anything, but in everything, with prayer and petition,
We take our request to God, and the peace of God
which transcends all understanding, will guard
your hearts and minds in Christ Jesus!**