

CONQUER

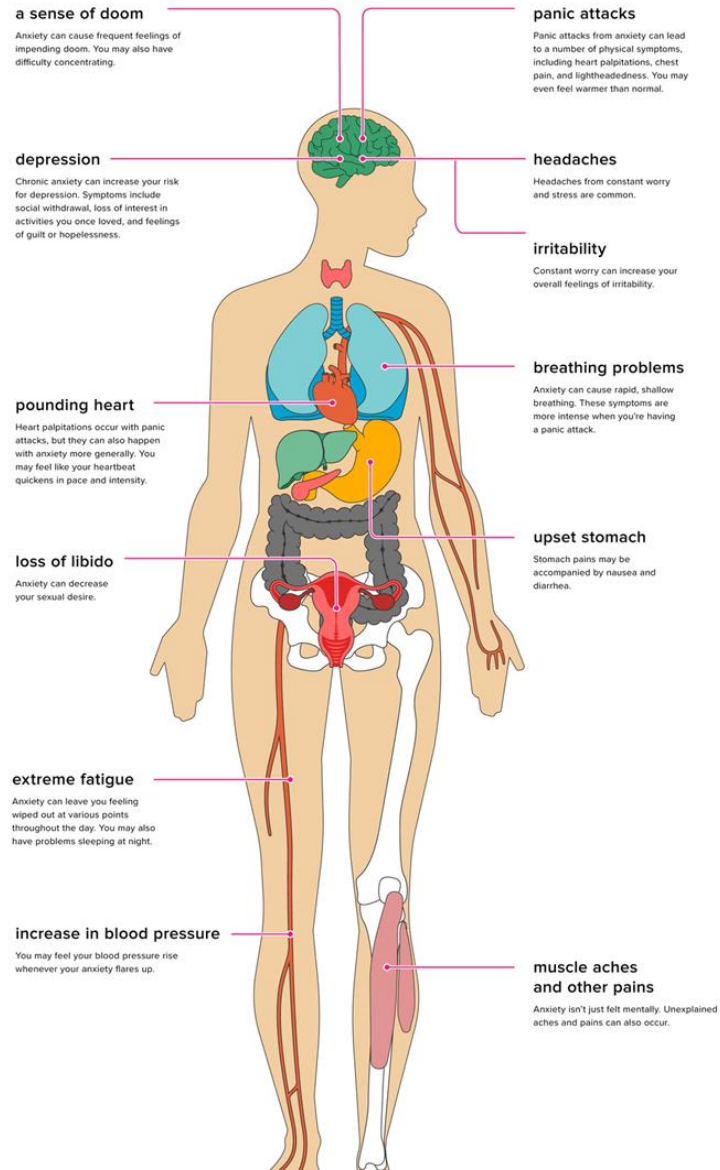
FEAR

Everyday

2 Corinthians 7:5 (NLT)

When we arrived in Macedonia, there was no rest for us. We faced conflict from every direction, with battles on the outside and fear on the inside.

COMMON SYMPTOMS OF ANXIETY



JESUS' ANSWER FOR ANXIETY: PEACE

- **John 14:27 (TPT)** “I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don’t yield to fear or be troubled in your hearts—instead, be courageous!”
- **2 Timothy 1:7 (TPT)** For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.
- **John 14:1 (TPT)** “Don’t worry or surrender to your fear. For you’ve believed in God, now trust and believe in me also.”

SPIRITUAL “NEUROFEEDBACK” ...SPIRITUAL REWIRING

- **Isaiah 26:3 (NLT)** You will keep in *perfect peace* all who trust in you, all whose thoughts are fixed on you!
- **Philippians 4:6–7 (NLT)** 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

GOD'S WILL CONCERNING OUR REST & PEACE

- **Jeremiah 6:16** — This is what the LORD says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls.
- **Exodus 33:14 (ESV)** — And he said, “My presence will go with you, and I will give you rest.”
- Rest is not just ceasing activity, but an abiding place of security, peace, rest

MATTHEW 11:28

FINDING REST IN GOD

- We often misunderstand what “rest in God” means
- It is not just a ceasing from activity...God rested on the Sabbath and God’s “resting” is what made it holy. Had God rested on any other day, that day would have been holy. God does not get weary and need rest (Isa 40:28). God *chose* this day as His resting place...sanctifying the day. The Sabbath day became holy because God rested on it.
- It is a place of the abiding of and with God in security, peace and rest.
- So, we become holy (set apart/at rest) when we put away sin, worry, fear, fret... and God’s presences comes and rests upon us.

Hebrews 4:1–3, 6,11 (ESV)

¹ Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’ ” although his works were finished from the foundation of the world. ⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ¹¹ Let us therefore **strive to enter that rest**, so that no one may fall by the same sort of disobedience.

- *Strive: devote ourselves to enter into the rest of God; indicates an effort that is made.*

STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

1. S: STOP LOOKING FOR ANSWERS OUTSIDE OF GOD. God is our only true source of Wisdom

a. James 1:5 If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

b. Matthew 6:33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

c. Deuteronomy 12:28 Be careful to obey all my commands, so that all will go well with you and your children after you, because you will be doing what is good and pleasing to the LORD your God.

STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

- 2. T: TAKE RESPONSIBILITY FOR YOUR LIFE:** Stop making excuses
- a. 2 Corinthians 7:1 (ESV)** — Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.
 - a. 1 John 1:9** But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.
 - b. James 1:21–22** ²¹ So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. ²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.

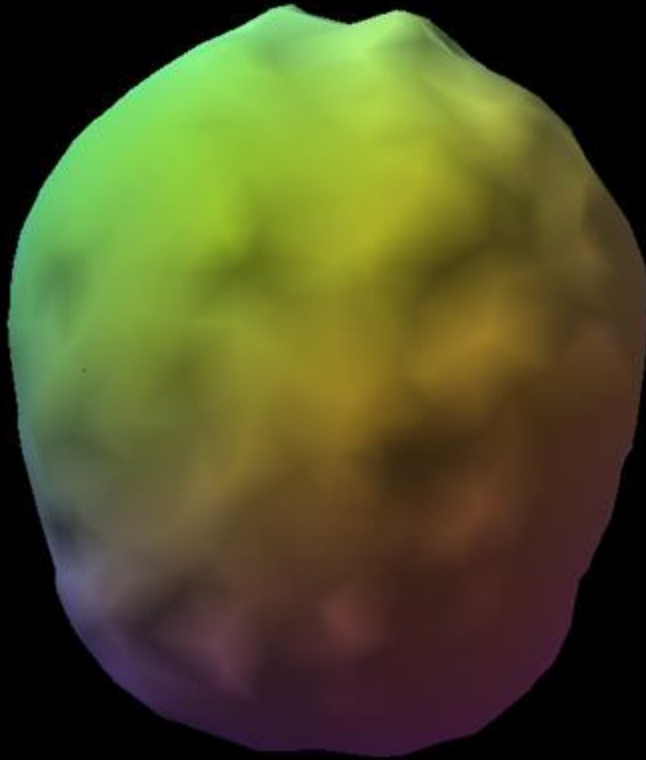
STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

3. R: REWIRE YOUR BRAIN WITH GOD'S WORD: REWIRE YOUR BRAIN TOWARDS PEACE

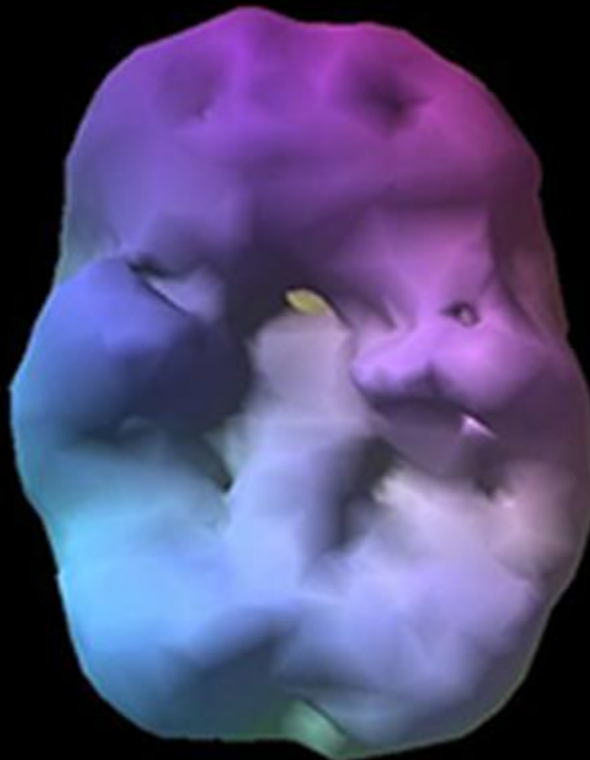
- a. **Romans 12:2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.
- b. **Proverbs 4:23** Guard your heart above all else, for it determines the course of your life.

THE BRAIN TAKES THE SHAPE OF ITS “WIRING”

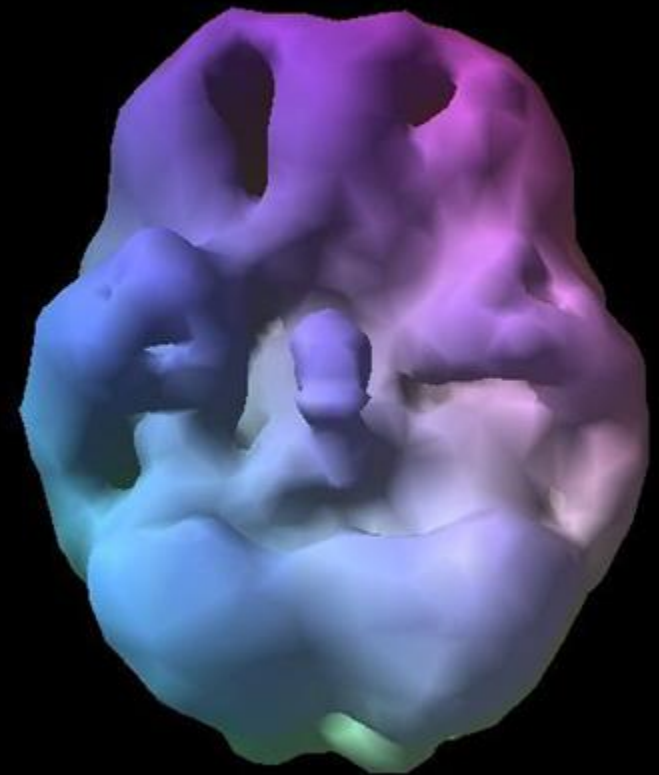
HERE'S YOUR BRAIN



HERE'S YOUR BRAIN
ON HEROIN



HERE'S YOUR BRAIN
ON PORN



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STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

4. **I: INTENTIONALLY LIVE LIFE:** Carefully consider the paths you take

- a. **Jeremiah 6:16** This is what the LORD says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls.
- b. **Matthew 11:29 (TPT)** Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me.

STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

- **V: VALUE YOURSELF:** See Yourself the Way God Sees You and Don't let Others or the Devil Assign Your Value
 - **Psalm 139:14** I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.
 - **Ephesians 2:10** For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

ONLY SAY ABOUT YOURSELF WHAT GOD SAYS ABOUT YOU!

STRIVE TO ELIMINATE THE STRESS AND LEARN TO REST

5. E: ELIMINATE TOXINS: Get Rid of Toxic Relationships and Environments

- a. **1 Corinthians 15:33** So stop fooling yourselves! Evil companions will corrupt good morals and character.
- b. **Proverbs 22:24–25** ²⁴ Don't befriend angry people or associate with hot-tempered people, ²⁵ or you will learn to be like them and endanger your soul.

MATTHEW 11:28

PEACE IS THE MEASURING STICK

Colossians 3:15

And let the peace (soul harmony which comes) from Christ rule (act as umpire continually) in your hearts [deciding and settling with finality all questions that arise in your minds, in that peaceful state] to which as [members of Christ's] one body you were also called [to live]. And be thankful (appreciative), [giving praise to God always].

GO GET YOUR PEACE...
STRIVE (MAKE EVERY EFFORT) FOR IT

1. **S**top Looking for Answers Outside of God
2. **T**ake Responsibility for Your Life
3. **R**ewire Your Brain with the Promises of God
4. **I**ntentionally Live
5. **V**alue Yourself
6. **E**liminate Toxins