



DON'T LET YOUR HEARTS BE TROUBLED

**HOW TO BE PEACEFUL IN AN ANXIOUS
WORLD**

Dayle Kinney

DAY 1

ARE YOU FEELING ANXIOUS?

If you struggle with anxiety know that you are not alone

DAYLE KINNEY



Some days I wake up feeling anxious, which isn't unusual as anxiety is at epidemic proportions in our society.

The definition of anxiety is the feeling of worry, nervousness, or unease regarding uncertain outcomes. These feelings usually stem from things like being overworked, not dealing with our concerns, illness, hormonal changes and negative thought patterns. Triggers can also be found in our environment, relationships, our past intruding on our future, and outside influences.

Yet, amid the anxiety, Jesus whispers to our hearts, *"Don't be anxious about anything, but pray and bring your requests to Me, for then you will know peace."*

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 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."

(Philippians 4:6-7 NIV)

Check-in on your thoughts

Every person's anxiety triggers will be different, but I've learnt that if I don't watch my thoughts, take time to prosper my soul and monitor my schedule, I will begin to feel anxious with worries, concerns, negative thinking, and a mindset of preparing for something terrible to happen.

However, the more I spend time with Jesus, the more I realise He wants us to learn from Him how to live freely and lightly. He wants us to keep in the habit of bringing our concerns and requests to Him, so He can help us deal with them and answer our prayers. Heaven is on standby, ready and able to assist.

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He has the wisdom and power to enable us to live a full, abundant life and has positioned people to encourage and share our life with us and make our journey bigger and brighter.

As you wake up each day, seek to be self-aware regarding anything that may be causing you to feel anxious. Check-in on your thoughts, choose to deal with any issues, hand over to Jesus things out of your control (but not beyond His loving care) and get your schedule for the next few days out of your head and written down so you can delegate, offload and prioritise.

Some other helpful keys to prevent you from going into and staying in that anxious space are:

- 1.** Eat well, and drink 6-8 glasses of water a day
- 2.** Exercise regularly – cardio as well as weights
- 3.** Get outside in the fresh air
- 4.** Challenge any negative thoughts. To ask yourself, "are these thoughts true and valid or just full of fear, doubt and lies?"
- 5.** Read and declare God's promises in His Word, and remember and give thanks for what He has spoken and done for you already.
- 6.** Fix your attention on Jesus and heaven "Set your mind on things above, not on earthly things (Colossians 3:2 NIV)
- 7.** Listen to encouraging preaching that builds your faith and reminds you of God's goodness
- 8.** Spend time with Jesus and with others who know Him and will pray and encourage you in your faith
- 9.** Use a diary to keep your schedule under control
- 10.** Have daily time away from technology and social media
- 11.** Discover and participate in things that prosper your soul. Do them just for fun
- 12.** Communicate with and share your life with others

Today, I want to encourage you that if you struggle with anxiety or have those days where you don't feel good, know that you are not alone. Jesus promises He will help; He wants and will lift the burdens from you if you roll them over to Him, and there are people available to help you too if you need some extra assistance.



Jesus wants us to learn from Him how to live freely and lightly.

"Beloved, I pray you to prosper concerning all things and to be in good health, just as your soul prospers." (3 John 1:2 Berean Bible)

"Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you" (Psalm 55:22 TPT)

Prayer: Lord, I give you my anxious thoughts and ask you to help me to deal with those things that trigger anxiety in me. I trust in your goodness and the promises in your Word and declare today is a good day, and everything is working out for my good. In Jesus name

DAY 2

TRUST HIM

The definition of trust is confidence, belief, faith, certainty, sureness and freedom from doubt.

God frequently says in His Word to "Trust me" and promises He will not let us down. We may not understand what He is doing all of the time, but he promises He is 100% reliable and our ever-present help in time of need. He doesn't say anything He can't or won't do. If He said it, He will do it!



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

(Proverbs 3:5-6)

That sort of trust in God does not mean an indifferent, "Oh, I guess it might come out all right." Instead, trust is a definite attitude and confidence that God's faithfulness will see us through as we assess the challenges, acknowledge what we are facing and then ask for God and His ability to meet them.

Upon seeing all, trust looks and sees God, whose name is "El-Shaddai" – the all-sufficient one who has and is everything we need. Trust recognises that God is greater than any challenges, enabling us to face them as we cease to operate alone but choose to draw on God's strength.

Shadrach, Meshach and Abednego, three young Hebrew men, chose to trust God when thrown into the fire for refusing to worship an idol. The fiery furnace did not even singe their garments, and they were released unharmed. (Daniel 3:16)

Daniel trusted God, and the hungry lions could not touch him. (Daniel 6).

Abram, who God renamed Abraham, trusted when God asked him to leave his family and home to go into a land he did not know. He believed that God would bring him to a new land and protect, bless, and be faithful to His promises. God spoke, and Abraham trusted that He was well able to do what God said. (Genesis 15)

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Be encouraged to rely on God, for He will get you to where you need to go. He knows the best route and will willingly show you if you choose to listen to Him.

Trust Him to speak. Trust Him to protect you. Trust Him to heal, deliver and help you fulfil the dreams in your heart (Ephesians 3:20). There is no shadow of changing in Him, for He is not a man that He should lie or promise things that He cannot deliver. (Numbers 23:19)

Today, have confidence, and rest assured in the firm reliability and ability of who God is and His great love for you! Even when you don't understand, and things don't make sense, know He has a way through and knows the end from the beginning and everything in between. He is good, so if your circumstances haven't turned around for good yet, then God hasn't finished working.

For, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." (James 1:17)

"In God, whose word I praise in God I trust and am not afraid. What can mere mortals do to me? "
(Psalm 56:4)

"Trust in the Lord and do good; dwell in the land and enjoy safe pasture".
(Psalm 37:3)

Prayer: Lord, thank you that I can trust in you. Forgive me when I rely on myself instead of placing my confidence in you. Would you please help me when I forget just who you are and how much you love me? I choose to trust you today. In Jesus Name Amen.

DAY 3

DON'T BE AFRAID. TRUST ME

I love the account of Moses in Exodus in the Bible. God's people had finally been released from bondage and captivity in Egypt and had followed God's instructions. They were now standing on the edge of a large expanse of water called the "Red Sea" with no way to cross. Suddenly they hear the chariots of the Egyptian army coming towards them. They feared for their lives and their children as they had no means of escape or defence. What are they to do? Three million terrified men, women, and children are trapped with nowhere to go.

And that's when trust came into play. Moses lifts his face and calls out to God, "What do I do now?"

The answer comes, *"Do not be afraid. Stand still and see the salvation of the Lord, which I will accomplish for you today. I, the Lord, will fight for you, and you shall hold your peace"* (Exodus 14:14). Then God instructs Moses to stretch out his staff over the water and watch what He will do for them.

Everything now hangs in the balance with all the prayers, crying out to God and hopes for their freedom. The army is fast approaching; their swords ready to cut them down or, at best, return them to a life of bondage and slavery.

But Moses stands His ground and trusts. And because He trusted the waters parted, the people passed safely through on dry land, and the ocean engulfed the Egyptian army as God accomplished what He promised. "I will fight for you, and you will hold your peace".

Over the years, I have discovered some keys to help me trust more. I've learnt how important trust in God is because trust gives us the confidence to believe, act when needed, stand when asked, and have faith that God will deliver what He has promised.

I have found it helpful to:

1. Take hold of God's Word. God and His Word are one, and when you know what it says, you know Him. You gain an understanding of His character, of how He acts and what He will do for you. Knowing His word gives you confidence and causes inner strength and calm, even amid difficulties.

"In the beginning was the Word, and the Word was with God, and the Word was God." (John 1:1 NIV)

"The LORD said to me, "You have seen correctly, for I am watching to see that my word is fulfilled." (Jeremiah 1:12 NIV)

2. Write down when God does something “amazing” for you. When you’ve prayed and seen God answer, when you’ve had a breakthrough and received what you believed for, that’s when you write it down so that you can recount it later, or the next time you’re faced with a challenge and need to put “trust to work”.

In our family, we make an effort to remind each other when God has answered. We share testimonies of His goodness and tell stories of others who have trusted and seen God move in their lives.

“I will tell of the kindnesses of the LORD, the deeds for which he is to be praised, according to all the LORD has done for us— yes, the many good things he has done.” (Isaiah 63:7 NIV)



We can trust God because He is trustworthy

What does this do? It builds your trust. It expands your thinking of what God is and will do for you. People think and expect too small most of the time! Telling and retelling about when He has shown Himself strong helps you take your eyes off your circumstances and onto God. Then you pray more expectantly and can look and see things through God’s perspective and not your own.

Today, recall and write down all the times you can remember when God has shown His love and care for you. The times He has revealed Himself strong for you or those you know.

Talk to those around you and ask them to tell of a time when God took care of them or moved in their life. It’s amazing when you start to talk to people how many awe-inspiring, real-life stories people have to tell.

We trust because we learn that God is trustworthy. The more time you spend reading His Word and growing in your understanding and relationship with Him, the more you will trust Him every day.

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Prayer: Lord, I thank you for your friendship and your word, which reveals who you are and how you show yourself strong on behalf of those who love and trust you. Help me take the time to get to know you, learn how to trust you, and that I would remember all the miracles you do in my life.
In Jesus name Amen.

DAY 4

HOW TO WIN THE BATTLE IN YOUR HEAD

Correct thinking is vital to living a victorious life because our actions, emotions, and beliefs directly result from our thoughts.

The bible says it this way, for *"as a man thinks in his heart so does he become"*. (Proverbs 23:7 NKJV)

God wants you to consider more carefully what you think because He knows that your mind is both a powerful resource and a battlefield that helps shape your life and future.

Your mind under the authority of your spirit is a resource to think, speak and believe for amazing, wonderful things, which God wants to reveal to you so you can declare, act upon and bring them to pass.

However, your mind can also become a battlefield where the devil and his demons attack by whispering and murmuring unbelief, doubts, fear, strife, anger, and anything else they can think of to get you off track and thinking negatively.

Unfortunately, most of us spend far too much time entertaining thoughts that are not of God, which then causes us to continually battle with fear, doubts, anger, and anxiety.

God wants us to challenge and take captive every thought that disagrees with His Word and the revelation He has given us. (James 4:7)
He has given us some keys to combat this assault on our thoughts.

To do that:

1. Take every negative, fearful, and contrary word captive and make it bow to what God says about you.
2. Surround yourself with other people who also choose to believe and speak what God says.
3. Stand and declare what God says about your life: your finances, relationships, children, homes, workplaces, city, nation, and future.

Do your homework, dig into the Word, and find out if you don't know what God says as you think upon and speak only the truths found in God's Word.

It pays to be smart and realise that the devil subtly systematically uses suggestions in our thoughts to trap us into fear and doubt, leading to many other problems.



As a man thinks in his heart so does he become"

Proverbs 23:7

To fight back, choose to be firm and uncompromising about what you allow yourself to think. God says to go on the offensive by declaring what God says about you instead of dwelling upon and accepting things that try to influence you to believe less than what God says is possible or who you are in Him.

I encourage you to use the God-given authority you have to bring the battle in your mind under control.

Don't stand for the assault on your mind a minute longer, but get hold of what Jesus has done for you and win the battle in your head today.

"Resist the devil, and he will flee from you" (James 4:7 NLT)

"The weapons of our warfare are not the weapons of the world. Instead, they have divine power to demolish strongholds. We tear down arguments, and every presumption set up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (2 Corinthians 10:4-5 NIV)

"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:7 ESV)



Consider carefully what you think because your mind is both a powerful resource and a battlefield that helps shapes your life and future.

Prayer: Lord, I'm taking captive every negative thought that rises against the knowledge and truth of who you are and who I am in you. Help me to stand today on your Word, and that I would begin today to think and declare only what you say about my circumstances, relationships, and future. In Jesus name
Amen.

DAY 5

FOCUS ON THE GOOD

I read a quote recently that said, "instead of thinking about solving your whole life, what if you think about adding additional good things, one at a time. Just let your pile of good things grow."

God encourages us to focus on and believe for wonderful, amazing, awe-inspiring things every day. We can't overdose on joy and positivity, and our words, expectations and beliefs will create the life we live.

The bible teaches that *"as a man thinks so shall he be, and to think upon those things that are true, noble, just, pure, lovely of good report, and praiseworthy."* (Proverbs 23:7; Philippians 4:8 NKJV)

Rather than focusing on how many things aren't the way you'd like them, I encourage you to change your focus onto how you can "heap up piles of joy" in your day so that the good and not the negative is attracted and increased in your life.

Determine to set up a healthy environment in your mind and heart to aid positivity. If you catch yourself criticizing or being negative about yourself or others, stop and shift your thinking and words to something positive using God's Word. Take every thought captive and remember who God says you are and what He says about your future. (2 Corinthians 10:5)

Choose to speak words of life rather than death because "pleasant words are like honeycomb, sweet to the soul and healing to the bones." (Proverbs 16:24 Berean Study Bible)



"Anxiety weighs down the heart of a man, but a good word cheers it up." (Proverbs 12:25 ESV)

Today schedule some time to do something you enjoy, even if it is just one thing. Determine to focus on the qualities you appreciate in people rather than issues or personality differences that cause strife, disunity and annoy you.

"Your attitude, not your aptitude, will determine your altitude." So make a quality decision to add to your pile of good things in your life, to speak words of life and not death, and to see your circumstances and relationships through heaven's perspective. You will be glad you did!

"Words can bring death or life! Talk too much, and you will eat everything you say" (Proverbs 18:21 CEB)

"A joyful heart is good medicine, but a crushed spirit dries up the bones." (Proverbs 17:22 ESV)

Prayer: Lord, thank you that you surround me with good things today. Would you please help me shift my focus off any negatives in my life so that the good can increase and grow. In Jesus name Amen.

DAY 6

THE POWER OF HOPE

To have peace, success, and joy in life, we need to expect good things because, without that expectation, you can live in a state of waiting for the next bad thing to happen, which is not how God wants any of us to live. Yes, bad, negative, and downright awful things do and can happen, but it's hope and especially hope in God that will see you through the darkest storm and the toughest battles.

God's idea of hope is a "deep settled confidence that He will keep His promises." His word teaches that it's a hope that looks beyond the natural possibilities of those things God has promised us in His Word and the agreement (covenant) He has made with us to bring them to pass. Hope like this overrides natural abilities and circumstances and goes beyond to see and know that all things are possible where God is involved.

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However, hope like this isn't just possessed by knowing God's promises; it also hinges on seeing ourselves in possession of those promises.

If you've grown weary or been hit with circumstances that might be tempting you to lose hope today, don't quit. You can have your hope restored.

The bible says it this way, *"Have faith in God," Jesus answered. Truly I tell you, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*" (Mark 11:22-24 NIV)

David in the bible lived with the ultimate highs and lows of life. You can read some of his story in Psalms in the bible, where he poured out what he was experiencing in both the great times and his moments of absolute despair.

One of the things David's story reminds us to do is not to get downcast even when life throws us "curve balls". He said, "Why are you in despair, my soul? Why are you disturbed within me? Hope in God. For I shall still praise him, my salvation and my God." (Psalm 43:5 ISV)

When you look at the life of David, you'll see that when he was feeling discouraged, He reminded Himself of who God is, and he recounted all the things God had done for him in the past, as well as declaring God's goodness and his loving hand on His future.

David said, *"The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid?"* (Psalm 27:1 NKJV)

"I remain confident of this: I will see the goodness of the Lord in the land of the living". (Psalm 27:13 NIV)

Today if you are facing difficulties or feeling discouraged, I encourage you to picture and speak better things for tomorrow and remind yourself of God's goodness, His love, and all the promises in His word. (There are a lot of them).

Reaffirm your confidence in who God is and that nothing is too hard for Him. Renew your commitment to Him, follow His way of doing things and relax, knowing He will keep His promises because He loves you and doesn't want to withhold any good thing from you.

"Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?" (Romans 8:32 NLT)

"Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise." (Hebrews 10:23 NLT)

"For I am the Lord your God who takes hold of your right hand and says to you. Do not fear; I will help you". (Isaiah 41:13 NIV)

Prayer: Lord, please help me have hope and an expectation for better things, both today and tomorrow. Would you please enable me to have deep settled confidence in you and your promises. In Jesus Name Amen.

DAY 7

PROMISE IN MY POCKET



KEEP A PROMISE IN YOUR POCKET

When my husband and I were beginning our life together, we regularly needed to believe God to provide for us. Philip, my husband, was finishing his studies at Bible college, and we had two young children to care for.

I learned in that season how important it was to not look at my circumstances, the uncertainties of our future, or what I didn't think we had. Instead, God taught me step by step how to fix my eyes on Him and the promises He had made to me in His Word.

i learned the importance of going to His Word every time I started worrying about things to find a promise which applied to our immediate circumstances. I would then write it down on a card and put it in my pocket.

It became my weapon against fear, worry, and any lies the devil would try to come against me with. It was a promise in my pocket, which I would regularly take out, look at and declare over our circumstances throughout the day.



I still keep promises in my pocket from time to time when I am pushing for something to happen, or I am concerned about things. Those promises in my pocket have seen me healed of sickness, have six babies with no pain, helped me to face and overcome financial difficulties, navigate relationship issues, raise a beautiful, healthy family and see us travel the world with our kids.



God is faithful to His Word and is alert and active, watching over it to perform it (John 1:1)

When we receive and believe what God says to us in His Word, our trust and faith are made stronger. What we once thought was out of our reach, or impossible becomes a possibility and a reality in our lives (Romans 10:17).

Today whatever you are facing or believing for God to do, find what He promises in His Word and get into agreement with what He says and apply it to your life. Write His promise to you down or put it on your phone or other devices, and every time you think about or get into worry or stress about a situation, take that promise out and pray and declare it with everything you've got.

"Then the Lord said to me, "You have seen well, for I am watching over my word to perform it".
(Jeremiah 1:12 NASB)

"For the word of God is alive and active". (Hebrews 4:12 NIV)

"In the beginning, the Word already existed. The Word was with God, and the Word was God".
(John 1:1 NLT)

Prayer: Lord, thank you for the promises in your Word. Please help me find your promises regarding my circumstances and future. Today I choose to hold onto and believe in the promise in my pocket. In Jesus name Amen.