

Reclaiming the Peace of God; 6 Elements of an Effective Anti-Anxiety Journal

*How to have not only the PEACE of GOD but enjoy the presence of the
GOD of PEACE!*

(Philippians 4:4-8 provides the instruction for these exercises. Write each element daily.)

- 1. Rejoice!** Write an aspect or blessing of God that brings you joy. If you aren't happy on this day, recycle old charms. Write a joyful memory, maybe an answered prayer or unexpected blessing.

- 2. List everything that's bugging you.** Remember, bugs can be tiny but cause significant damage. Yes, your dirty dishes count.

- 3. Pray through the list.** Specifically, honestly, make your request known!

- 4. Give thanks** for some aspect of everything that's bugging you. For example, "Thank you, Lord, for my dirty dishes. They prove I have not gone hungry. Thank you that you provide food for me."

- 5. Think right thoughts.** What lies are you telling yourself? Find scripture to counter those lies. Write those truths down. For example, I often tell myself I don't have time to wash dishes. The truth is God appoints a time for everything under the sun, and it is good for me to enjoy the labor of washing my dishes, Ecclesiastes 1:1-13.

- 6. Do something!** Chose one thing on your list that you can take care of and do it now. Yes, doing your dishes counts.

*The following will help you remember where to find this helpful passage of
Scripture (Philippians 4:8).*

*Let Phil be the bouncer in your heart. Phil's a short guy, 4'8" but man, does he
pack a punch!*