



*Actions for  
Anxiety*

2 Chronicles 20

*Anxiety:*

Distress or uneasiness of mind caused by fear of danger or misfortune.

*Anxiety signals me that:*

1. **It's time to pray.**

*Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. (2 Chronicles 20:3, NIV)*

*"O Lord, God of our fathers, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. O our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend?" (2 Chronicles 20:6b-7, NIV)*

**12 minutes of daily focused prayer, over an 8-week period, can change the brain to such an extent that it can be measured on a brain scan.**



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*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. (Romans 12:2a, NIV)*

*Anxiety signals me that:*

2. **It's time to pause.**

*All the men of Judah, with their wives and children and little ones, stood there before the Lord. (2 Chronicles 20:13, NIV)*

*Be still, and know that I am God... (Psalm 46:10, NIV)*

*This is what the Lord says to you: "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's... Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you." (2 Chronicles 20:15b & 17b, NIV)*

3. **It's time to praise.**

*The fear of God came upon all the kingdoms of the countries when they heard how the Lord had fought against the enemies of Israel. And the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side. (2 Chronicles 2:29-30, NIV)*