



# Heart-to-Heart

## An Undisturbed Heart; Recognizing the Root of Strife

Week 6 | October 27, 2016

“In my distress I called to the Lord, and he answered me.”  
Psalm 120:1

### DISCUSSION:

What is most disturbing your peace (or what disturbs the peace of others)? What is troubling you? What fears consume your mind?

Privately list them (here, or in your own mind if that's more comfortable).

### God's 10 Remedies for an Anxious Heart

#### 1. **THROW** WORRY INTO HIS ARMS:

Cast your anxiety upon Him for He cares for you (1 Peter 5:7)

#### 2. **SEEK** ETERNAL THINGS:

Matthew 6: 25-34

**25** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life? **28** “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

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## 2. PRACTICE GRATITUDE

Philippians 4:7 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **8** 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. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## 3. RECALL HIS LOVE

When anxiety was great within me, your love was consolation to my soul.” (Psalm 94:19)

4. **COME TO HIM:** Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest.”

## 5. DIRECT YOUR MIND TO “INNER BEING” Ephesians 3

John 14: 26 Peace I leave with you, My own Peace I give you; a peace the world cannot give. This is my gift to you. Let not your hearts be troubled, and do not be afraid.

## 6. ORIENT YOUR LIFE TO HIM IN ALL AREAS

Orient your inward life entirely to Him.

He knows what you need. His is BEYOND HUMAN RESOURCES AND WISDOM. Sin brings “Trouble and Distress” Romans 2:9

## 7. PLACE JESUS ABOVE MENTAL HEALTH

## 8. SEEK WISDOM FOR MIND HEALTH

- What's out of balance?
- What do you fear? What's the worst that can happen?
- What about nutrition and exercise?
- What about toxic relationships?
- What about creativity, worship, wonder?
- What about medication?
- What about the idea that "I am not my thoughts?" What am I again?

## 9. GET OUTSIDE OF YOUR HEAD (Philippians 2 and Isaiah 58)

Isaiah 58

"Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?"

**7**

Is it not to share your food with the hungry  
and to provide the poor wanderer with shelter—  
when you see the naked, to clothe them,  
and not to turn away from your own flesh and blood?"

**8**

Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness[a] will go before you,  
and the glory of the Lord will be your rear guard.

**9**

Then you will call, and the Lord will answer;  
you will cry for help, and he will say: Here am I.  
"If you do away with the yoke of oppression,  
with the pointing finger and malicious talk,

**10**

and if you spend yourselves in behalf of the hungry  
and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.

**11**

The Lord will guide you always;  
he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.

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You will be like a well-watered garden,  
like a spring whose waters never fail.

**12**

Your people will rebuild the ancient ruins  
and will raise up the age-old foundations;  
you will be called Repairer of Broken Walls,  
Restorer of Streets with Dwellings.

**13**

“If you keep your feet from breaking the Sabbath  
and from doing as you please on my holy day,  
if you call the Sabbath a delight  
and the Lord’s holy day honorable,  
and if you honor it by not going your own way  
and not doing as you please or speaking idle words,

**14**

then you will find your joy in the Lord,  
and I will cause you to ride in triumph on the heights of the land  
and to feast on the inheritance of your father Jacob.”  
For the mouth of the Lord has spoken.

**10. BIBLE READING / PLAN FOR “MEDITATION”**