



The Secret Bible Formula™

For finding peace from anxiety

The science and consistent elements behind finding peace.

CODEx



SECTIONS

1. Introduction to SBF
2. **P**unch back
3. **U**nite
4. **R**eplace
5. **G**ive
6. **E**cho

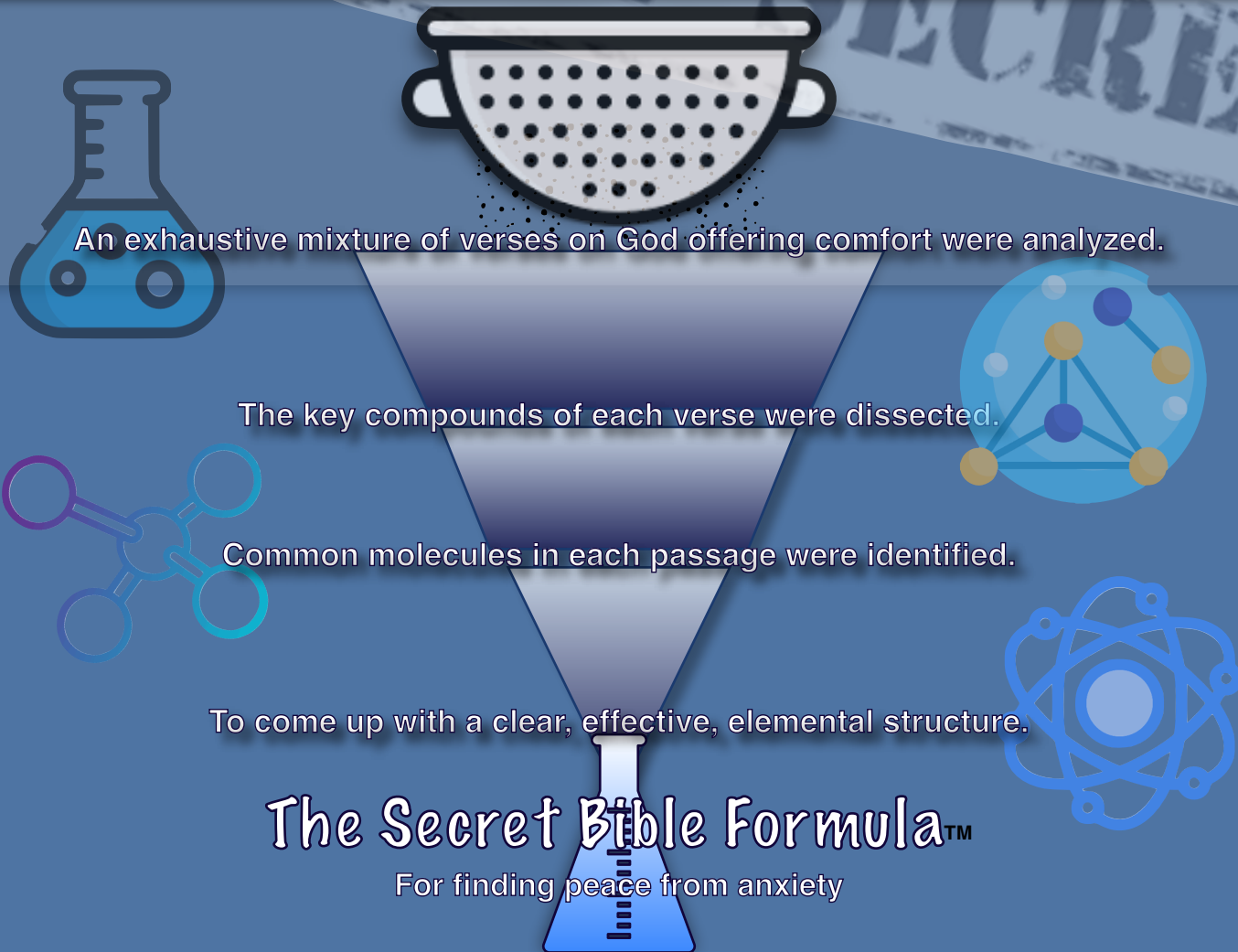
SECTION 1

Intro to SBF



The Science of Peace

Can all the Bible verses on God giving comfort be broken down into simple, repeatable steps?





The verses were broken down into categories of different ways you are given comfort. - **the elements.**

The Periodic Table of Peace™



The number next to the “elements of peace” below refers to the corresponding chapter in *The Secret Bible Formula™* book with a list of verses about the element. When your thoughts are in a downward spiral, go to the chapter, read through the verses, and replace those thoughts with God’s truth.

3 G God will make Good come from every situation	4 N Understand God’s loving Nature	5 I Know your Identity in Christ	6 Gi Give it to God
7 P He hears your Prayers	8 A He is Always with you	9 F Boost your Faith	10 H You always have Hope
11 Pt He will Protect you	12 S You will be given Strength	13 Ps Keep an eternal Perspective	14 T Change what you’re Thinking right now
15 C The Holy Spirit will Comfort you	16 Cn Stay Connected	Quick Reference Guide on next page.. 	

Quick Reference Guide

God will make Good come from every situation	G ³	Romans 8:28 - And we know for those who love God all things works together for good, for those who are called according to his purpose.
Understand God's loving Nature	N ⁴	1 Peter 5:7 - Cast all your anxiety on him because he cares for you.
Know your Identity in Christ	I ⁵	Ephesians 2:10 - For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
Give it to God	Gi ⁶	Philippians 4:6&7 - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
He hears your Prayers	P ⁷	Matthew 21:22 - Whatever you ask in prayer, you will receive, if you have faith.
He is Always with you	A ⁸	Deuteronomy 31:6 - Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.
Boost your Faith	F ⁹	Mark 9:23-24 - And Jesus said to him, "All things are possible for one who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!"
You always have Hope	H ¹⁰	1 Peter 5:10 - After you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.
He will Protect you	Pt ¹¹	Isaiah 41:10 - Fear not, for I am with you; be not dismayed for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
You will be given Strength	S ¹²	Philippians 4:13 - I can do all things through him who strengthens me.
Keep an eternal Perspective	Ps ¹³	Romans 8:18 - I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.
Change what you're Thinking right now	T ¹⁴	Romans 12:2 - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.
The Holy Spirit will Comfort you	C ¹⁵	Luke 11:11-13 - What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!
Stay Connected	Cn ¹⁶	Proverbs 3:5-6 - Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.



Next, the elements were grouped together into common themes that create - **the formula.**

The Secret Bible Formula™

For finding peace from anxiety

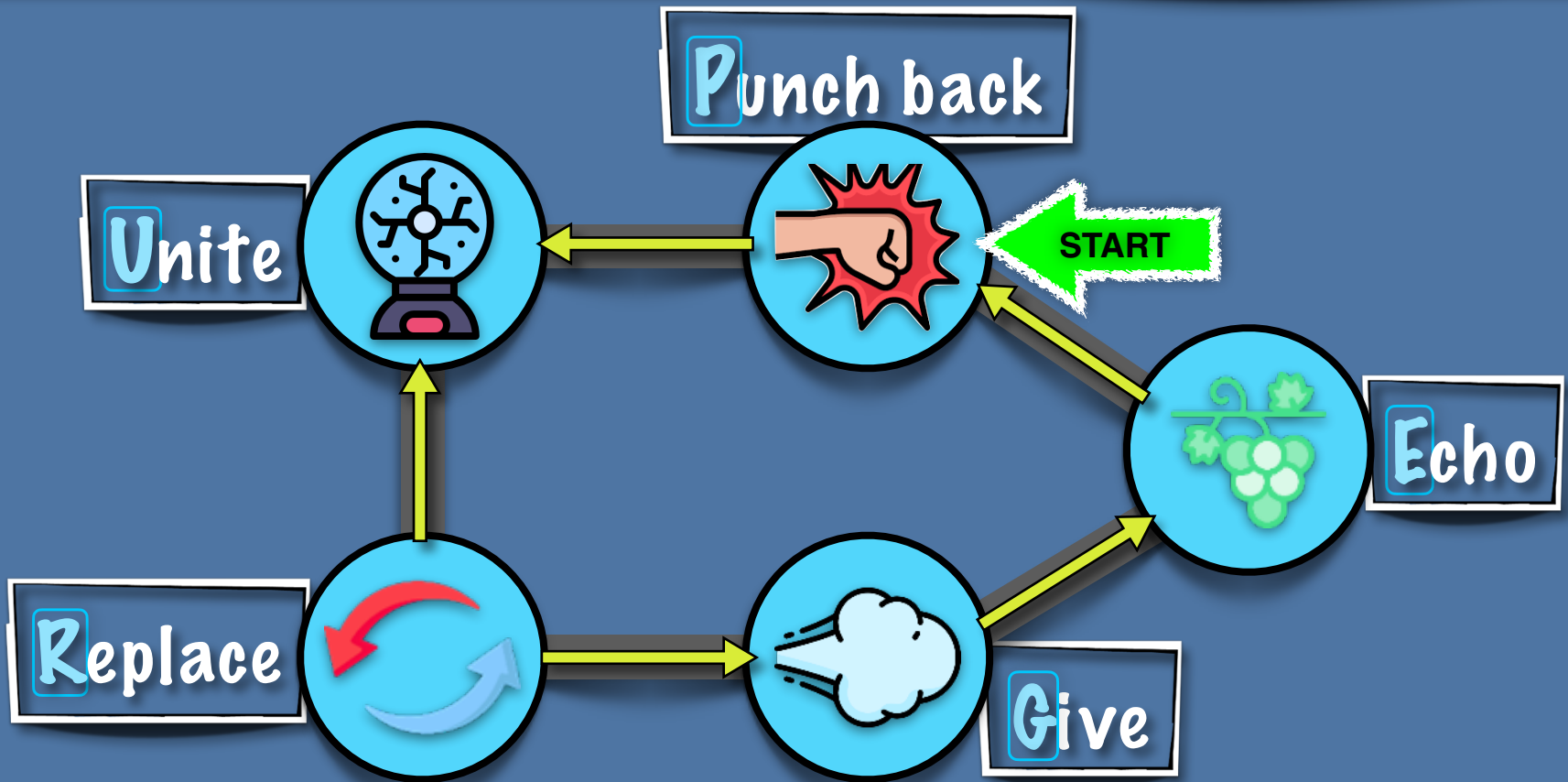


Peace = P.U.R.G.E.

PURGE it! 2 Cor. 10:5

How to *"take captive every thought"*

1. **Punch back** - Identify and call out the lie.
2. **Unite** - Connect with God.
3. **Replace** - Replace the lie with truth.
4. **Give** - Give that thought to God.
5. **Echo** - Stay plugged in or you lose power.





The Secret Bible Formula is: Peace = P.U.R.G.E.



Punch back



Unite



Replace



Give



Echo

Stop the downward spiraling thoughts in their tracks immediately.

Identify the lie. Punch back and put on the crown (see crown slide). Proclaim a truth instead like, "God handmade me intentionally the way I am and with great skill."

If you are disconnected from the power source you won't feel the power.

How do you connect with God? Watch a motivational video. Get a Bible devotional app. Read a chapter from a Christian novel. Listen to worship music. Say a prayer of things to praise God for and what you are thankful for. Read the Instant Peace™ prayer.

Search your thoughts and identify what is bothering you. Replace them with truth.

Use the Periodic Table of Peace™ to reference Bible verses (truth) in the Secret Bible Formula™ book that best battle the troubles you are facing.

Give your concerns to God and stop trying to do it on your own.

Tell God you are giving to Him what is troubling you. Tell God you are going to stop worrying about it because you know He loves you. He wants to take your burdens away and is more than capable of handling whatever it is. Ask for what you need.

Repeat. Keep fighting. Keep plugged in or you lose power.

God is not an accessory that you throw on when you need it. God is a way of life. Don't have the common misperception that when you believe in Jesus all your problems go away. They don't [yet], but you can have peace and an unbeatable weapon through it.

Peace = P.U.R.G.E.

Instant Peace

The Secret Bible Formula™
For finding peace from anxiety



A prayer to take the focus off you and put the focus on God.



Father God, You are omnipotent, all-powerful. With words You created the heavens and the earth. You are in control of every minute of every day, and in control of every circumstance. You can move mountains. I will trust in You for everything.

You are omniscient, all-knowing. Your ways are above my ways, your plans are better than my plans. At the right time I will reap a harvest. You work all things for good.

You are omnipresent, You are everywhere and always with me. The greatest dangers and challenges we face can't separate us from the shelter of Your love. Your love is relentless.

You are omnibenevolent. God, You are love. Thank You for loving me so much that You subjected to torture, and sacrificed Yourself to pay the penalty for my sins. You are slow to anger, and Your love surpasses all understanding. I lean back with my arms out and bask in your love.

Thank You for Your amazing gift of grace, for forgiving my sins, and for the freedom I have in You. Thank you for loving me unconditionally. It's all about Your love, and not about my own achievements. I fall short often, but Your Spirit of life has set me free from condemnation. Renew me today and make me completely clean.

Thank You for the gift of heaven - a gift that I can't comprehend and can only imagine. Any suffering we have now won't compare to the magnificence of heaven. This life is only temporary, here today and gone tomorrow. What matters is being one with You.



All wealth and honor come from You, not from my own hands. Everything comes from You. Trusting in You more will help me deal with any fears I have more than worrying and trying to figure them out myself. You are my portion; You provide what I need when I need it. Just help me to do the best that I can with what I have.

Thank you for giving me hope no matter how bad a situation may be. You make things from nothing. Dependent on you to prevail is the best place to be. If You are on my side, who could be against me? You are greater than my circumstances, greater than my past, and greater than my fear of the future.

No matter what others may think of me, I know what You think of me. My identity comes from You, and you say that I am a masterpiece. I am your treasured possession.



Lord, help me to put You first in my life, above any of my other desires. Focus the minutes of my day around You. I was built for loving You, and putting anything ahead of you will only lead to unreal expectations and bad outcomes.

Lord, I ask for Your hand to protect me, and for You to provide for me. Thank You for providing all my physical needs. Thank you for my job. Thank You for always giving me enough food to eat, for the clothes that I wear, and for my home. Thank You for giving me people that love me. Thank You for my health and the health of my family.

Holy Spirit flow through every part of my body, heart, and mind. Refresh me, and give me peace knowing that someday I will spend eternity with You in heaven. Forgive me for worrying. I need rest from my mind. I ask you to take charge of the details. Holy Spirit, wash me clean of any anxiety.

You are the first and the last. You are the great "I Am". You are mighty to save. You are holy – set apart from everything. The earth's beautiful creations declare Your glory. I rejoice in Your wonderful name, Jesus. No praise a human gives You could ever suffice.



SECTION 2

Punch back



The Secret Bible Formula™
For finding peace from anxiety





Intro to Punch back:

Identify and Call Out the Lie

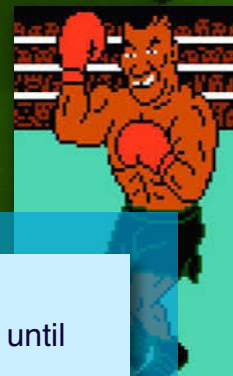
“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” -Isaiah 41:10

Even the mightiest champions are put to the test from time to time. There is always a target on you when you are on top. Punching back is the first line of defense in this spiritual battle. You can repel even the most intimidating assaults.

“Everyone has a plan until they get punched in the face.” -Mike Tyson

When you get bombarded, you get a little shell-shocked.

The **4** lessons in this section will help get you back on your feet and punch back:



The Mighty Name of Jesus

When you are surrounded on all sides, invoke the most powerful weapon there is.

Fight It!

You will find peace if you keep fighting until you punch through.

No Fear

Fear is not from God.

On Honor

Is doing the right thing enough reward.



When you are surrounded on all sides,
invoke the most powerful weapon there is:



The Mighty Name of Jesus

“For God gave us a spirit not of fear but of power and love and self-control.” -2 Timothy 1:7

Jesus in my mind.
Jesus in my eyes.
Jesus in my mouth.
Jesus filling my lungs.
Jesus in my heart.

Jesus in my muscles.
Jesus charging me.
Jesus as my shield.
Jesus filling any cracks in my armor.
Jesus in every minute of my day.
Jesus central in everything I do.

Jesus in my home
Jesus with my family.
Jesus in my work.
Jesus in my health.
Jesus in my value.

Jesus in my decisions.
Jesus in my desires.
Jesus when no one is watching.

Jesus forgive my past and make me new.
The beauty of Jesus in everything around me.
Jesus over any impossible situation.
Jesus dissolving the anxiety in my mind.



Fear Is Not from God

There Is No Fear In Love

1 JOHN
4:18-19

"There is no fear in love.

But perfect love drives out fear,

because fear has to do with punishment.

The one who fears is not made perfect in love.

We love because He first loved us."

God is love, and there is no fear in love. Once you know this, you learn all those anxious thoughts are not from Him. So, reject them. God isn't using fear as a tool. 2 Timothy says that God didn't give you a spirit of fear.

Love attacks fear like an evil spirit being cast out.

It is not a punishment. Punishment has to do with fear and not love.

Fear exists in areas that you haven't fully trusted to God. He wants you to give Him that fear and let Him figure it out. He is more than capable.

Does fear exist because you've done something wrong? No, you don't have to do anything to earn God's love. It's because He first loved you.

Take Back Authority

"To those who believed in his name, he gave the right to become children of God." -John 1:12

"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead."

-Ephesians 1:18-20



A Prayer for Dominion

"As a child of God, I accept my inheritance of authority and dominion. Disorientate and confuse the trespassers that attempt to keep me from You with the incomparable power that raised Christ from the dead. Throw my anxiety back on them. Punish and cast the transgressors away. Cover me with a force shield made of the divine blood of Jesus. Send your angels down, armored and locked arm to arm, to defend any entrances to my thoughts, my family, my friends, my community, and my workplace. Blind and deafen the enemy to our goings on. In the almighty name of Jesus remove anything that has kept me from you. Forgive me for any obstacles I have brought on myself like my pride. Expand my lungs and my muscles threefold with the freshness and strengthening power of your Holy Spirit. I celebrate the deliverance through joy and peace that you are giving me. I praise You for Your compassion and being above all things. Amen."

The Secret Bible Formula™

For finding peace from anxiety



Fight It!

91% of the time your
worries don't come true.
-Psychology Today

Case study

Key Principle - You will find peace if you keep fighting until you punch through.

I don't just write this stuff...

One Saturday, I wrestled for hours with a "5-alarm" issue with one of my kids. I felt like I was fighting a losing battle.

I'm not one of those people that is effortlessly filled with the Spirit. I have a lot of pride. I struggle to release my problems to God even though I know better. But if we keep wrestling with our worries and pride, God's promises will come through.

I wish I could say it happened instantly, but I absolutely battled with waves of heartbreak and worry for hours. I kept fighting through **the process below** because I knew it was only a matter of time. It's OK to have doubts, but have faith that God is greater in the end. It can take a little time but God promises to be faithful. Stay vigilant!

I'm pleased to say I did receive resounding peace later Saturday night and into Sunday morning+. But I didn't only receive peace. Something happened Sunday night that didn't make what happened disappear, but it was a moment that made me proud in spite of the circumstance. Like always, out of the blue and when I least expected it, it was exactly what I needed.

"In this world you will have trouble. But take heart! I have overcome the world." -John 16:33

When a negative thought runs through your mind, reject it immediately. The thoughts don't go away in one punch. They keep trying to invade your mind. Keep fighting until peace comes. Change the voices from lies to truth by watching a short sermon, or put on a worship song and belt it out.

I do something funny, but it works. I turn a verse into the song and prayer below. Repeat and repeat as needed.

Sing: *"Trust in the Lord with all your heart, and lean not on your own understanding. In all of your ways acknowledge him, and he will make straight your paths."* -Proverbs 3:5-6

Pray: "God's got tomorrow. Thank you, God!"

You know what can be done in one-punch? How many times did you get that unexpected check at the last minute? Hard things for us are easy for God. Trust that God is all-powerful, He loves us and will come through.

Keep going until you punch through to peace. When your heart tilts toward trust you will punch through.

Lord, give me peace and faithfulness. What more do I need than those fruits of your Spirit?

1 Punch back

2 One-punch

3 Punch-thru



On Honor

Is doing the right thing enough reward?

You can be great at something, but not be a great person. -John Reed

“God will repay each person according to what they have done. To those who by persistence in doing good seek glory, honor, and immortality, he will give eternal life.” -Romans 2:6-7

Are your contributions to family, friends, and work under-appreciated? That can be draining, but the more you love on someone, the more you'll start to see signs of love coming from them, and you. Even still, do you need recognition or is honor enough?

“While we were still sinners, Christ died for us.” -Romans 5:8

God will give you peace of mind and a sense of fulfillment. Not because you will find a way to come out on top for once. Instead, it's because God knows how to make you feel valued if you turn to Him. Do what you know is right, and He will handle the rest. Shoot down any feelings of under-appreciation because they aren't from God.

Honor has worth. You can't buy or steal honor. Honor produces things only earned through great sacrifice and humility:

Nobility

Good (righteousness)

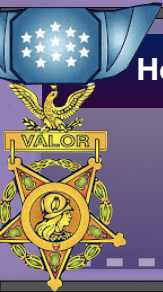
Love

Peace

Patience

The Wisdom of Maturity

Eternal Life



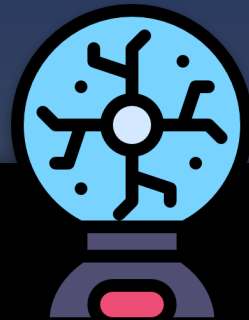
Ephesians 6:13 says, “Put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to *stand*.” Christian warriors love this passage because it shows us the weapons we have at our disposal for an automatic win. The belt of truth for upright support, the body armor of righteousness, work boots for being ready, the shield to stop attacks, the helmet of salvation to protect your head, and the almighty sword of the word of God.

Paul uses the Greek word, *steko*, which is a military term to reflect the heart of the warrior mentality. It means to refuse to give up ground, to show conviction, and to strongly resist. Ancient Greek didn't use italic font, so the word *stand* was repeated 4 times in verses 11-14 to make a point. We don't stand around letting the enemy dictate our day. We deal with foes while on the offensive. That's why none of the armor mentioned in this chapter covers the back. The passage specifically adds the word *full* to the full armor of God, meaning not engaged just on Sundays but staying connected to God throughout the day.

While life can be a series of battles sometimes, God's word guarantees victory if we stay connected, stand ground, and fight until we punch through. Stay strong, stay faithful, and look around for what you can do to help others in this very moment. Choosing honor always leads to victory in the end which could be a couple minutes, a couple hours, or a couple days. **Stand firm!**

SECTION 3

Unite



The Secret Bible Formula™
For finding peace from anxiety



**BUCKLE
UP**



**IT COULD SAVE
YOUR LIFE**



The Fundamental, Primary Principle of Peace - Connect With God

Proverbs 3:5-6

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

The Unite section provides ideas for how to connect with God.

Tip

Your focus will be changed from what you need to do, to what God will do for you.

You'll be taught how submersing yourself in Jesus clears and dark, smoky clouds that may surround you.

You'll realize that sometimes we need to shut up and listen to God.

And you'll be reminded that instead of asking to be taken out of the storm, command the storm to be taken out of you.

Slide

Stay Connected

It's not about what you give, it's about what you get from God.

Drenched in Jesus

Drench yourself in Jesus until you feel the Holy Spirit, and receive clarity and peace.

Stop Thinking...and Listen

Do the opposite of your instincts. Stop trying to figure it out and listen. Then be amazed.

Calm the Storm

Relax like Jesus in a storm

Stay Connected

It's not about what you give. It's about what you get.

You heard that right!

The Secret Bible Formula™

For finding peace from anxiety



I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. -John 15:5, Jesus to his disciples at The Last Supper.

What is your role and purpose in life?

VINE

Role = God

Purpose = To produce the fruit.

Reason = Like a father who wants to have a child to share his love with, God created you to have a relationship with you.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

-John 3:16

BRANCHES

Role = You

Purpose = To just hang on and enjoy the fruit.

Reason = When your heart overflows with gratitude you want to share that contagious love with others and give thanks to God.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." -Romans 15:13

Tips for how to "remain in God":

1. **Short breath-prayers**
continuously throughout the day.
2. **A brief, daily devotional reminder**
from a Bible app before getting out of bed.
3. **A short, 12 to 15-minute video**
on your drive to work.
4. **One of the exercises**
in the SBF series when negative thoughts swarm.
5. **Join a small group.**
You can't hit on all cylinders without it.
6. **Find a worship night.**
Sing the words as praises to God.
7. **Iron sharpens iron.**
Find friends to share fun and prayers with.
8. **Go to sleep with a video**
on your phone that dictates a Bible passage.
9. **Habits will form.**
Keep doing the little things throughout the day.

If you feel like you're trying too hard, it's because you are. You don't need to pedal to make an electric bike go when you have a full battery. Just press your thumb down and go! But remember to make sure your bike is regularly plugged in to charge.

Jesus didn't say, "try harder" or "impress me." He said, "remain in me." A branch doesn't water the vine and make sure it has good soil and sun. A branch's job is to hold on to the vine and watch the grape grow. Trust is a great demonstration of faith.

"Remain in me" implies an ongoing relationship. You learn to trust by slowly adopting practices to spend time with God into your daily life. Before you know it, it becomes like breathing and you find the elusive peace that passes understanding.

Stay connected. Stop exhausting yourself. It's not about what you can do, it's about what God will do.

When you are
overwhelmed with
negative thoughts...

Drenched in Jesus



Drench yourself in Jesus until you feel
The Spirit and receive peace & joy.

If You Submerge Yourself, He Will Come

"Draw near to God, and he will draw near to you." -James 4:8

"Call to me and I will answer you." -Jeremiah 33:3

Battle and fight the
urge to keep
dwelling on those
negative thoughts.

Put on an
encouragement
video or worship
songs and pray the
words. Keep
forcing yourself
until your mindset
changes.

Thank God
for the things
you are grateful
for. Gratitude is the
killer of negative
thoughts.

Pray,
*"In the
name of
Jesus, stop
these thoughts
that are not from You.
Jesus, You are more
powerful than
anything I face."*

Keep drenching
yourself in Jesus
until you feel even
more than OK but
encouraged.

Is Your Tank Empty?

It's natural for your energy to get depleted. It's OK to vent and be frustrated that you don't know how God is working. The issue is not that you face an insurmountable situation, it's that you need to fill the empty tank back up. Isaiah 40:31 says:

"Those Who Trust in the Lord Will Find New Strength. They Will Soar High on Wings Like Eagles. They Will Run and Not Grow Weary. They Will Walk and Not Faint."

Sometimes you don't feel it right away. Occasionally, it can take a couple hours or more. But If you draw near to God, He will draw near to you. If you call to God, He will answer. Bible verses are promises from God.

When the waves come, keep saying prayers. Click on another Bible app devotion. Blast more worship songs. Then be patient. It's only a matter of time.



Stop Thinking...and Listen

**Do the Opposite of Your Instincts.
Stop Trying To Figure It Out and Listen.
Then Be Amazed.**



“The LORD Will Fight for You; You Only Need To Be Still.” -Exodus 14:14

You don't always use the same tactics for every battle. In fact, when you are at your absolute breaking point sometimes the best thing to do is nothing but listen. **You can start by praying:**

*“Lord, You are always with me and You will never abandon me.
I am sick of trying to figure out solutions
to impossible problems.*

*You don't want me to do any of the heavy lifting;
therefore, I give You this battle to fight because I know
'If God is for us, who can be against us?'*

*I release my tight grip on it.
I surrender my will and my pride.*

*Your way is better than my way.
Instead, fill my thoughts
with what You want me to hear right now.”*

Now clear your thoughts. Empty your mind.

Remain silent for a minute.

You will be surprised how quickly you feel like God is putting thoughts in your head.

Then remain connected with God throughout the day and you will see the clouds eventually will go away.

 **Peace = P.U.R.G.E.**
P.U.R.G.E. but add listening...

When you have no idea what to do, God will tell you.

Punch back - You aren't trapped. God is always with you and will never abandon you. (*Deuteronomy 31:8*)

Unite - Reach out to God and connect with Him by saying a prayer. Thank Him for loving you. Tell Him you are done fighting and ask Him to tap in and fight for you. (*Exodus 14:14*)

Replace - You aren't alone, and this isn't too difficult for Him. If God is for you, who could be against you? (*Romans 8:31*)

Give - Give God your control and your pride. Then give Him your undivided attention by remaining in silence. **Ask God what He would like you to hear right now.**

Echo - Keep listening. Don't rush. There is nothing more important you could be doing.



Calm the Storm

Relax Like Jesus in a Storm

The Secret Bible Formula™

For finding peace from anxiety

"A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, 'Teacher, don't you care if we drown?' He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm" -Mark 4:37-40

I had been praying for God to take me out of the storm, but the Lord told me, "You are a child of God, and have incomparably great power that came with your inheritance from the King. Don't ask to be taken out of the storm, command the storm to be taken out of you."

You need to reset your view of the storm.

Jesus didn't panic like His disciples. He said, "Peace. Be still." In the name of Jesus, tell the storms in your life, "Peace. Be still!" Tell Jesus you open the door and let Him in. The safest place to be in a storm is in the shelter of Jesus.

How was Jesus able to sleep during a storm?

In the Luke 8 retelling of the storm story, after Jesus tells the storm to be still He asks the disciples, "Where is your faith?" He's not telling the disciples to go out and find it, He's telling them they already have it and need to stir it up.

Look at the birds!

In Matthew 6, Jesus said look at birds. You don't see birds farming or storing up food in a barn, but God feeds them. They aren't going crazy every minute worrying about running out of stuff. They aren't worried about having enough money in their bank account. They're living minute by minute, by the grace of God. And Jesus says that we are so much more valuable to Him than the birds. To quote Philip Anthony Mitchell, **"I ain't never seen a bird die from hunger."**

A prayer while in storms:

God, I'm feeling overwhelmed.

I'm not sure what to do.

Help me to focus on what I need to do next and block the millions of other little intruding thoughts out of my mind.

They are not from you.

I'm going to stop trying to hold the whole universe together.

The One who made the universe is more than capable of handling my problems.

I trust that You love me, and will provide for me.

My peace comes from You and not from control.

Father God, I give You [YOUR WORRY, like a child, a sickness, finances, a mistake].

In the name of Jesus I release my burden to you.

I declare that Jesus is directing every one of my steps and thoughts.

I release any desire that is not from You, Lord.

I release any way that is not Your way.

I receive the peace that comes from trusting You completely.

Thank you, Lord Jesus. You are wonderful. You are holy.

SECTION 4

Replace



The Secret Bible Formula™
For finding peace from anxiety





“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is - his good, pleasing, and perfect will.” -Romans 12:2

Instead of dwelling on a **Spiraling Thought** like...

Focus on **God**

Doubting that you can do it

Knowing that God can do it
Slide: *God is on your side slide*
Remember who God is

What you think of yourself

Who God knows you are
Slide: *Put on the Crown*
Your identity in Christ

All the things you need to do

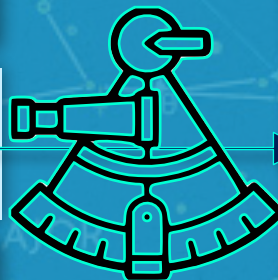
How can God use me right now?
Slide: *Stop Overthinking It!*
How do you know God’s will?

How others are disappointing you

How can you breathe life into the next person you speak to?
Slide: *Are you stuck in Groundhog Day?*

Worrying about material things

Focusing on what is eternal and brings peace
Slide: *Change your Focus*
Where you focus is where you go



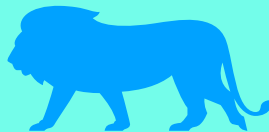


Squash Depression or Anxiety

- Anxiety - When you get that general sick/uneasy feeling, focus on truths about **who God is**.
- Depression - When you feel like a failure and you can't see a way out, focus on truths about your **identity in Christ**.

"If God is for us, who can be against us?" -Romans 8:31

When you're feeling **anxious**,
God is on your side.
Remember who God is.



God is all-powerful and is always in control
God loves me unconditionally
God is always with me and wants a relationship with me

When you're feeling **depressed**,
put on the crown.
Remember your identity in Christ.



God handmade me intentionally the way I
am and with great skill.
I am a child of the almighty God, the King
of kings, and the Creator of the universe
And I am an heir to the throne.

However, it's a **process** and a **war**, and not a **one-time event**.

The **battles** are **continuous** until we have **peace** in **Heaven**. But we are given the **keys** to **victory**.

The Secret Bible Formula™

For finding peace from anxiety



Anxiety

**When thoughts are spiraling downward
and you feel like...**

There is a basketball in your stomach making you sick.

You can't breathe.

There is no solution.

You are nervous & scared.

You're trapped.

God Is On Your Side

Remember Who Your God Is

Only the Lion
of the Tribe of
Judah is worthy

**God can do anything,
even the impossible**

God is good and His
love endures forever

God came to serve
not to be served

God loves me more than
a father loves his child

God's knowledge and power is so much greater than my own

God protects me

God is all-powerful and is always in control

God loves me unconditionally

God is always with me and wants a relationship with me

God is slow to anger and
abounding in love

God rules over
this world and
my life

God cares for me

God does
not change

God is
just

God is
my
friend

God loves me with an everlasting and unwavering love

God's love is so amazing it's
beyond what I can comprehend



Depression

When the world tells you...

You are what you own.
You are what you achieve.
You are as good as you look.
You don't measure up.
You are failing.



God handmade me intentionally the way I am and with great skill

God is on my side Christ lives in me He hears me and will come to me
I am more than a conqueror I am set apart from others He washes me whiter than snow
I have eternal life I am adopted by God I am a member of a royal priesthood of a holy nation
I am a child of the almighty God, the King of kings, and the Creator of the universe
I have a future of hope and prosperity God loves me I am handpicked by God
God is relentlessly inseparable from me I have the power to do anything in His name I have the spirit of power
God would give His life for me I am a citizen of Heaven God stands with me and guards me with all His might
And I am an heir to the throne. I am equal and part of a team

Stop Overthinking It!

How Do You Know God's Will?

Does this sound like you?

I'm stuck in the same rut. I don't feel like I'm doing anything meaningful. How do I finally get above water?
What if I make the wrong decision? **How do I know my purpose?** How do I pursue it?"

"God's will is more about a **WHO** than it is a **DO**. He's more concerned with who you are becoming than what job you are taking or where you live. If you want to know God's will, get to know God's heart. Your primary calling is to be holy. Who does God want you to become?" -Craig Groeschel, author of "God, Just Tell Me"

God is more concerned with who you are than what you accomplish. When praying for God's will...

Don'ts ❌

Do's ✅

"How am I going to get through this tomorrow?" -> "How can God use me right now?"

"There's so much I need." -> "Am I becoming and acting more like God?"

"My career and my status is important." -> "Who I am is more important."

"I need stuff and accolades." -> "What matters on my deathbed? What will last?"

"What is my calling?" -> "What is God's heart?"

"Am I giving and doing enough?" -> "Who can I help that's around me now?"

"What is my future?" -> "How can I be more faithful today?"

"How am I going to achieve my goals?" -> "How can I spend time with God now?"

"How do I become successful?" -> "How do I become more like God."



"If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing." -1 Corinthians 13:3



Are You Stuck in Groundhog Day?

This is for the OG's out there. Are you a little down because you feel like you're stuck in Groundhog Day? In your head are you hearing...

“Tomorrow will look the same as yesterday, and will not be fun. Another day of being completely under appreciated and taken advantage of. **People and humanity constantly let me down.** There is nothing to look forward to tomorrow.”

One day, I found myself caught in that cycle of thought. I realized I needed to connect with Jesus. I listened to a short encouragement video on Ephesians 4:2:

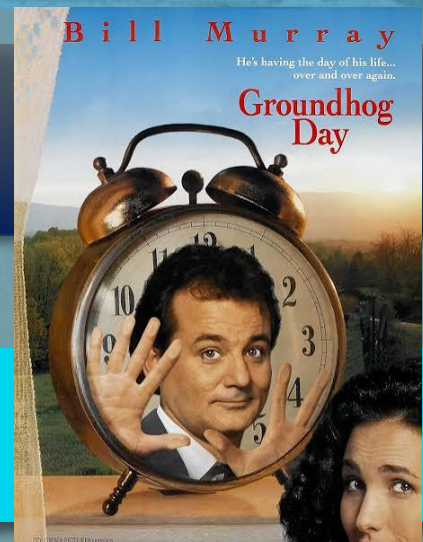
“Be completely humble and gentle; be patient, bearing with one another in love.”

Sometimes we are stuck on top the moral high ground. Everybody wishes people would give them a break. We all make mistakes. Why are we so unwilling to give other people grace? How are you with being *humble*, *gentle*, and *patient* to other people? Your heart changes when you focus on being those 3 things. Your focus turns from inward to outward.

Start by thinking about how you can breathe life into the next person you speak to, and everyone you come across today. The wonderful side effect is that you stop thinking about how they are disappointing you. Instead, you realize things aren't always so easy, so you should have some grace. And think about what you could be doing better yourself.

Pray, ***“God, help me to see people through your eyes. How can I help those around me? Give me humility, gentleness, and patience. Take away those thoughts that are not from you, and fill me with infectious love.”***

How much better would life be if you carry that attitude with you throughout the day? My inward focus changed to gratitude just by changing my mindset. As Kendrick Lamar says, “be humble”, gentle, and patient.”



Groundhog Day,
directed by Harold Ramis,
Columbia Pictures,
1993.



Change Your Focus

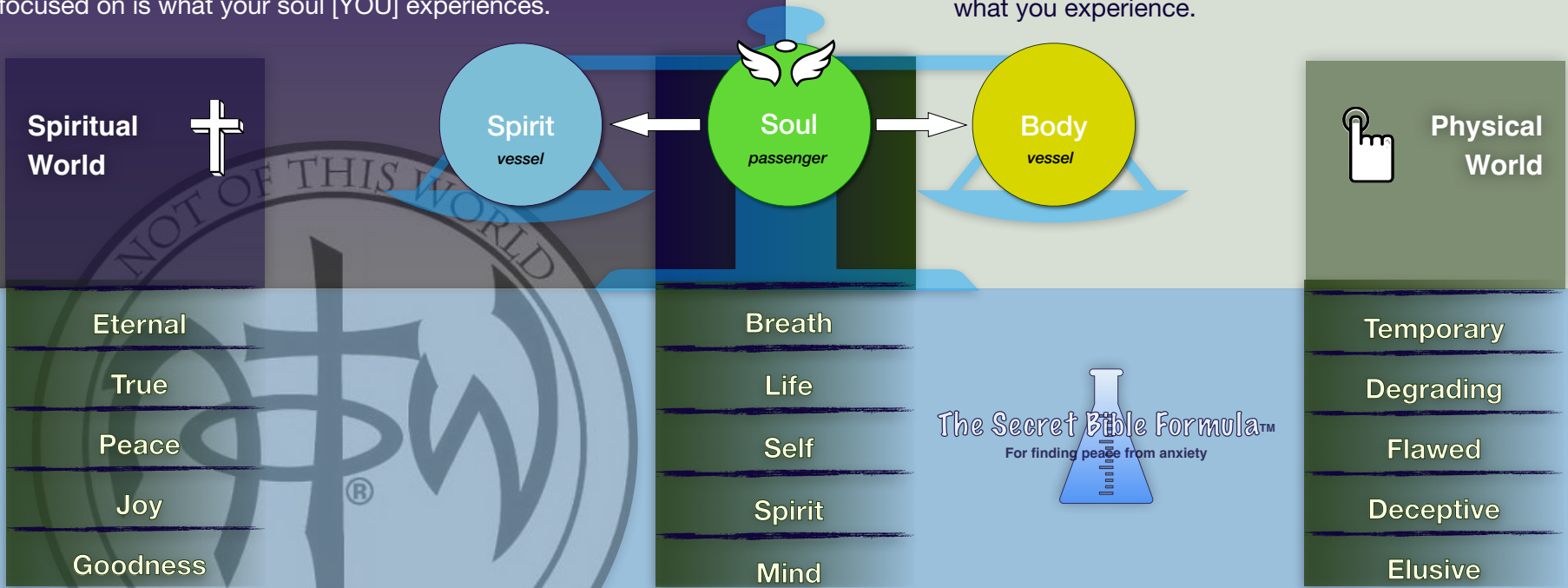
Where you focus is where you go

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.” -Luke 16:13

1. You are a being, a passenger [your soul], that exists in both the spiritual world and the physical world.
2. Your spirit is a vessel for your soul in the spiritual world, and your body is a vessel for your soul in the physical world.
3. You have a finite amount of energy so whatever world you are focused on is what your soul [YOU] experiences.

4. **The world you are currently experiencing is on a scale** (see diagram below).

- A. If your concentration is on the physical world, that is what you experience.
- B. If your concentration is on the spiritual world, that is what you experience.



Are you stressed about material needs?

Jesus said, “What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?” -Matthew 16:26

SECTION 5

Give



The Secret Bible Formula™
For finding peace from anxiety



Philippians 4:6&7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Intro to Give

We learned in the *Replace* section that there is a physical world and a spiritual world. You are where you **focus**. Focus on God. You already have all you need. **Give that negative thought to God!**

"Delight yourself in the Lord, and he will give you the desires of your heart." -Psalm 37:4 ESV

The Secret Bible Formula™

"You know what the happiest animal in the world is? It's a goldfish. It's got a ten second memory. Be a goldfish." -Ted Lasso



Ted Lasso would say, "Be a goldfish." Because we are following a scientific process, I say, "*Be exotic matter*". Exotic matter is a weird, theoretical physics term used in Star Trek-type stuff. Exotic matter works opposite of normal, everyday matter in that when you pull it, it expands. And when you push it, it pulls toward you. So, **be exotic matter**:

Instead of dwelling on being...

...focus on what is eternal.

Slides in section:

Crushed, hurt, sad, worthless,
depressed.



How can you encourage others?



You already have a right standing with Jesus.
Slide: Are You Doing Enough?

Worried, nervous, scared,
anxious.



God is enough.



The all-powerful Lord God goes with you.
Slide: Is God Enough Now?

Stressed about what to do next.



This is a day the Lord has made.



Choose a mindset of gratitude & expectancy.
Slide: Energize

Wondering how to pray in a
way God will answer.



Pray for a Fruit of the Spirit.



When we pray for His will, He always answers.
Slide: A Prayer That Will Not Fail

Short of breath and spiraling.



Choose to breathe in life.



Exhale the stress. Slow yourself and refocus.
Slide: Breathing Exercise



The Secret Bible Formula

Are You Doing Enough?

Are you struggling to find peace because you're too hard on yourself? Some people wonder when they will finally come out ahead for once. Maybe you're like me, who has a hard time not believing the opposite - that I'm not deserving of anything.

According to *Desiring God*, there are over 1,500 imperatives the Bible says are crucial to follow. That's a lot. Do you have to do them all? What do you need to do and what do you give to God? Do you trust that God will provide where you're at, or should you be out looking for a new job? Do you compare yourself to others? Would God say that you're doing enough?

We already have a right standing with Jesus. *Hebrews, 10:14* says, "By one sacrifice he has made perfect forever those who are being made holy." There are over 1,500 imperatives, but Jesus said in Matthew 22:39-40 that all Biblical laws and teachings from prophets hang on just two commands - love the Lord with all your heart and love your neighbors as yourself.

God is with you

God is in control

8

Tips for Accepting Grace

- 1 Get that weight off your shoulders.** Do you wake up stressed, feeling like there are already a million things to do? Before you can start the day off being positive, you first need to get that weight off your shoulders. Give your concerns to God so you can focus on bringing life.
- 2 It's not about you, it's about God.** It's not about what you are doing for God, it's about what God is doing through you. Focus on strengthening your roots of faith, hope, and love. Pray:
"God, I give you my worry. I breathe in Your fresh breath of life. I'm free for You to focus me on what you want me to do next. Jesus be the name that gets all the glory and takes all my burdens. Great are you, Lord! I stand between two solid pillars that are supporting the weight over me - God is with me on my left, and God is in control on my right."
- 3 Get plugged in with God.** Be renewed from the inside before the outside. Think about how you are deepening your connection to God and don't worry about completing any chores. Fruit is produced naturally, not by shaking the tree.
- 4 Let your labor be love.** What's the next way you can encourage someone? "If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing." -1 Corinthians 13:2
- 5 Any anxious thoughts are not coming from God.** Recognize and reject them immediately! If you earnestly seek God's guidance, whatever choices you make and whatever happens will lead you to where you are supposed to be. God is a life-giver not an energy-taker.
- 6 Papa says you are perfect just the way you are.** God handmade you and with great skill. You are a child of the almighty God, the King of Kings, and the Creator of the universe. You are an heir to the throne. You being here was not an accident. You have purpose.
- 7 You can't make yourself good enough.** Don't get stuck riding the performance hamster wheel. You can never do enough or be good enough by yourself. "It is by grace you have been saved through faith...not by works." -Ephesians 2:8-9
- 8 You're not giving up. You're calling in an airstrike.** The world's version of peace is there not being any problems. God's version of peace is not having any worries in the middle of problems. "If God us for us, who can be against us?" -Romans 8:31



The Secret Bible Formula
For finding peace from anxiety

Are You Waiting for Something To Happen? Or...

Is God Enough Now?

“The LORD is my shepherd, I shall not want.” -Psalm 23:1

Most people, even if you aren't a Christian, have heard that verse before. That's how the verse is phrased in the older King James versions, but newer translations say, “I lack nothing” or “I have all I need”.

I've heard that verse 1,000 times, but a **lightbulb** went on for the first time when a pastor brought up those different translations in a sermon. Why am I constantly waiting for God to provide when God is enough now? I recognized I should challenge those thoughts in my head.

There are plenty of verses that talk about how God will provide. Philippians 4:18 for one says, “*God will meet all your needs according to the riches of his glory in Christ Jesus.*” Yes, he won't let His loving children want for long. But our all-powerful, always protecting, and richly loving God is with us right now:

“The Lord will fight for you; you need only to be still.” -Exodus 14:14

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” -Deuteronomy 31:6 ESV.

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” -John 16:33 NIV

The Kingdom of God is already here since Christ came.

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

A prayer for when you feel like you don't have enough:

**“It's not a question of, ‘Are You enough?’ Cause me to remember you are enough.
Let your actions be my actions and make you and I one.”**

How does it make you feel to know He hears you because He never left you? How does it make you feel to know He promises to give you peace if you ask? Your needs are not really your needs. Your real need is giving it to God.

When you are battling,
turn your focus from
inward to outward.

Energize

Seize the Day! Choose a mindset of gratitude & expectancy instead of dwelling on what to do next.

God, I thank you for what is about to happen. I thank you that I don't have to worry about this worldly crap.

I invite the Spirit in. I know You long to answer. Your power is flowing through my veins eliminating anything not from you.

I'm focused on your life-bringing world. I'm focused on your cleansing truth. I'm focused on the peace you give.

I reject any worry. I know it's not from You. And I keep rejecting every negative thought that tries to creep in. I submit them to You.

I'm not going to worry about how I will provide. I give you my worry. I know you've got me. All wealth and honor comes from you.

I declare, this is a day the Lord has made. Show me who I can give infectious love to.

You alone are worthy and above all names. Your love is relentless. You are all-powerful. You are always with me. Your way is always best.

Your way feels so much better than my way. I accept your peace.



**WARNING
HIGH
VOLTAGE** 



Thank you, Jesus. I accept these truths in Your name.

“Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. -Isaiah 40:31

The Secret Bible Formula™
For finding peace from anxiety

How do you pray in a way you know will work?...

A Prayer That Will Not Fail

Pray for a Fruit of the Spirit

The Secret Bible Formula™
For finding peace from anxiety



Are you confused and frustrated by the verses that say, “ask and it will be granted,” yet you are still having the same issue? Think about what you’re praying for. Are you praying for that \$10,000 check out of thin air, only for you to be stressed out about finances again next month? Would it be better for you to pray for that check, or would you rather have, and would God rather you have, peace and joy?

1

John 15:7 “If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.”

Connect with Jesus:

Say a prayer praising God for things you are thankful for

Listen to worship music

Watch a devotional video

Read a chapter from a Christian novel

Read *Instant Peace*™ prayer

2

Mark 11:23 “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.”

Pray:

With no doubt.

Don’t be wimpy.

Pray with confident expectation.

3

Galatians 5:17 “For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other.”

Act on the Spirit:

Your spirit battles your flesh.

You suppress the Spirit when you give in to desires of the flesh. Turn from it.

Instead, ask yourself, “How can I breathe life into someone right now?” Pray for the people you are around.

4

1 John 5:14-15 “If we ask anything according to His will, He hears us. And if we know that He hears us- whatever we ask- we know that we have what we ask of Him.”

Pray for something you know is His will, like pray to be filled with a Fruit of the Spirit:

Love Joy Peace

Patience Kindness

Goodness Faithfulness

Gentleness Self-Control

God promises us wisdom, but wisdom isn’t a Fruit of the Spirit. Why is that significant? We know that when we pray according to God’s will our prayers are always answered. But what can we know for sure is God’s will? - Praying for a Fruit of the Spirit. So wait, God promises us wisdom, and we know wisdom is super important, and we know He promises us the Fruits of the Spirit, so why is wisdom not a Fruit of the Spirit? I realized it’s because what we think of wisdom, which is knowing the answer, is different than what God thinks wisdom is, which is being smart enough to know that peace comes through giving it to God and not thinking we can do it better on our own. The fruits of peace through patience and faithfulness are all you need.

Breathing Exercise

Lower Diaphragm Breathing & Meditation

When You Realize You Are Short of Breath and Are Breathing Anxiously



PAUSE

STEP 1

Psalm 46:10 "Be still, and know that I am God."

A reminder to us and our enemies that no one is more powerful than God.

- Be still. Relax. Calm yourself.
- God's got this.
- Empty your mind.

Pause and recognize when your thoughts are spirally downward.



INHALE

STEP 2

Genesis 2:7, "Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

The breath of life gave life to Adam, shaped from the dust on the ground

- Start to inhale deeply through your nose as deep as you can inhale, as if into your brain.
- Down your throat.
- Then push it deep into your stomach for a few seconds.
- Feel your diaphragm expanding way down low.

Think of the breath of the Holy Spirit as a minty, fresh scent of menthol and tea tree. Say in your head, "Breathe into my nose the breath of life. What would you like me to do? What would you like me to know?"



EXHALE

STEP 3

Deuteronomy 33:27, "The eternal God is your refuge, and underneath are the everlasting arms."

God is our protection and constant support.

- Then as far as you can exhale, pushed out by your stomach.
- Then pushed out through your throat.
- Then finally through your mouth.

As you exhale envision being in the deep embrace of The Father's everlasting arms of love and smell the fresh, laundry detergent scent from the Father's tunic. Say in your head, "I give this thought to You".

5 seconds in. Hold 5 seconds. 10 seconds out.

Focus on the breathing. Repeat breathing as needed. Go a few cycles over what you think has calmed you down.

SECTION 6

Echo



The Secret Bible Formula™
For finding peace from anxiety



Peace = P.U.R.G.E.

Lab Results



FINISH
719TH Boston Marathon

Is there one all-powerful, Infiniti Gauntlet-type of formula that will solve all your anxiety problems?

As soon as I would feel like I was getting the hang of remaining in the groove, I'd get bombed with another financial setback or family problem. I'd go from buzzing on God to having that sick feeling like a basketball was in my stomach again. The enemy is clever and will change tactics until they find something that works.

That's the twist to the Secret Bible Formula to finish off the ingredients. There is no one formula, otherwise the Bible would be a short book. Look at it like you have in your medicine cabinet 5 different pills that will cure any disease. Take the right pill, swallow the right lesson, and victory is yours through Christ.

P.U.R.G.E.

those thoughts

Punch back - Any negative thoughts are not from God. Reject them.

Unite - Jesus is the water you need to turn on to clean it out.

Replace - God is enough. Your identity is from Christ.

Give - God's got it. Give it to Him.

Echo - Stay plugged in or you lose power.

It's like playing *Fortnite* where you can sort through the weapons in your inventory until you find the right one for the job. You have all the weapons you need to fight in God's Word. And you have all the ammo you need to win in the *SBF* exercises from the Bible's lessons on comfort.

We know we will face continued trouble while on this side of Heaven. But we know that Jesus has overcome this world. We know that if we turn to Jesus, He will deliver for us. And we know that God promises to turn any situation into good for those that believe in Him. Constant connection releases the Holy Spirit. P.U.R.G.E. those worries.

I Am Feeling...

SBF Cheat Sheet



Field Research:
(quick resources)

Need Truth?:
Quick Reference Guide
slide

IN CASE OF EMERGENCY
BREAK GLASS:
Instant Peace Prayer
slide

Peace = P.U.R.G.E. 

How are you feeling?	Action	Got to slide:
Surrounded on all sides, afraid, wrestling with worry, under-appreciated.	Punch back Stop the downward spiraling thoughts in their tracks immediately.	—The Mighty Name of Jesus— —No Fear— —Fight It!— —On Honor—
Disconnected, overwhelmed with negative thoughts, beating yourself up, at your breaking point.	Unite If you are disconnected from the power source you won't feel the power.	—Stay Connected— —Drenched In Jesus— —Stop Thinking and Listen— —Calm the Storm—
Anxious with thoughts spiraling, depressed and feeling like a failure, wondering what God's will is, stuck in the same rut, stressed about material needs.	Replace Search your thoughts and identify what is bothering you. Replace them with truth.	—God Is On Your Side— —Put on the Crown— —Stop Overthinking It— —Groundhog Day— —Change Your Focus—
Short of breath from anxiety. Wondering if your prayers are working. In the middle of a storm. Constantly waiting for God to provide. Not knowing what to do next.	Give Give your concerns to God and stop trying to do it on your own.	—Are You Doing Enough?— —Is God enough now?— —Energize!— —A Pray that Will Not Fail— —Breathing Exercises—
Echo Repeat. Keep fighting. Keep plugged in or you lose power.		

The Secret Bible Formula™
For finding peace from anxiety

Better Than Coffee

Before the distractions of the morning commute and checking emails, give God your first fruits - the first thoughts of your day.

Peace = P.U.R.G.E.

Get the Holy Spirit pumping!

"Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life." -Psalm 143:8

Really think through and pray each of the words...



Today I choose joy for You did not give us a spirit of fear but of power and love. Your mercies never end, but renew every day!

I am so grateful that the King of the Universe loves me. You chose me and custom made me to be exactly who I am. Like a loving father, you want me to come to You when I need help.



Thank you for never leaving my side. Thank you for always answering when I call. Through You I have hope in ANY situation I face. You know what tomorrow holds, and You've got it covered. Thank you for always providing every one of my needs.

Thank you for enduring the torture of the cross to pay the debt of my sins. What amazing grace! Thank you for the peace I have when I turn to you. Thank you for giving me rest and holding me in your arms.

Faith in You is greater than any concerns I have. You are so much more capable than I am. Nothing and no one are greater than you. And the race isn't close. Through You ALL things are possible.

Help me to recognize thoughts that are not from you and replace them with truth. Don't let me be consumed with the day. Help me to obey You since You want what is best for me. I want You to lead instead of me. Lead every minute. Help open my eyes to what You would have me do. Show me opportunities to serve you. I surrender my will to You.

Help me to see the little things I can do for people that will make

their day better. Give me discernment in the decisions I need to make today. Prompt me to consult with You for each of my choices and guide me.

I ask that you provide for the needs of me and my family today. You know what they are. Reveal whatever may be bad for me or displeasing to You. Let Your thoughts be my thoughts and your actions be my actions.



I give you any doubts I have in my own abilities because you are leading me. Forgive me for sometimes choosing my ways over Your ways.

Don't let me dwell on anyone who has failed themselves or failed me. Forgive me for any wrong I have done to others. I give you the mistakes that I've made. Forgive me for any guilt I feel because I know it's not from You. I don't always know how to make things right, but I'm thankful You do. Thank you for letting me start again at this moment completely clean.

Protect me today father. Keep me and my family safe. Cover every crack in our armor. I receive an attitude of expectancy and boldness today, not a spirit of timidity. Never let me wander from your sight.

I pray for Your mighty Spirit to overflow from my heart. Make the joy I have for You be visible to those around me. Let the words that come out of my mouth be encouraging to others. Let everything I do bring glory to You and be pleasing to You. Empower me. Fire me out of the gate like a cannon today.

