



# The Secret Bible Formula™

For finding peace from anxiety

The science and consistent elements behind finding peace.

## QUICK REFERENCE GUIDE



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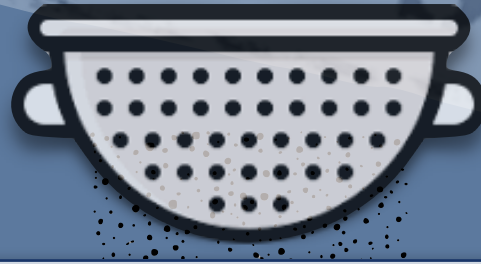
# SECTION 1

## Intro to SBF



# The Science of Peace

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



Hundreds of verses dealing with God offering comfort were analyzed.

The key elements of each verse were dissected.

Common themes/instructions in each passage were identified.

## The Secret Bible Formula™

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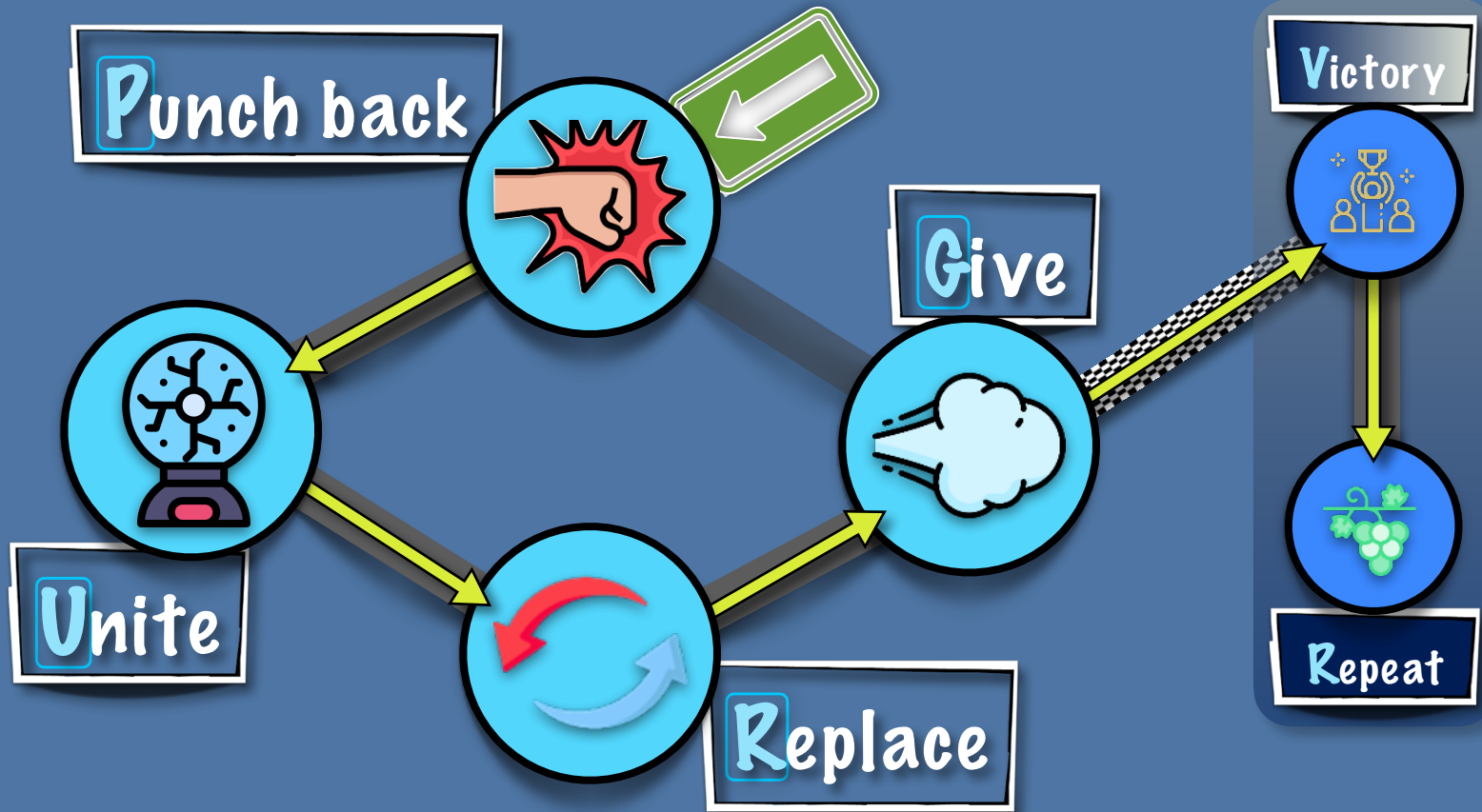
The Secret Bible Formula™  
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Peace = P.U.R.G.e

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.





# The Secret Bible Formula is: Peace = <sup>☺</sup>P.U.R.G.e



**P**unch back

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."



**U**nite

If you are disconnected to 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.



**R**eplace

Search your thoughts and identify **what's** 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.



**G**ive

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.



**V**ictory

God will work all things for good.

God's words in scripture is covenant. A covenant is beyond a promise, it's a contractual agreement. Have faith that God will be victorious over anything, even death.



**R**epeat

You have to stay connected.

If you stop touching the power source the power turns off. Peace and freedom is a process. Until you are in Heaven the World, Flesh, and Evil One will not stop.

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

## Quick Reference Guide


God will make <b>Good</b> come from every situation	G <sup>3</sup>	<b>Romans 8:28</b> - 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 <b>Nature</b>	N <sup>4</sup>	<b>1 Peter 5:7</b> - Cast all your anxiety on him because he cares for you.
Know your <b>Identity</b> in Christ	I <sup>5</sup>	<b>Ephesians 2:10</b> - 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 <sup>6</sup>	<b>Philippians 4:6&amp;7</b> - 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 <b>Prayers</b>	P <sup>7</sup>	<b>Matthew 21:22</b> - Whatever you ask in prayer, you will receive, if you have faith.
He is <b>Always</b> with you	A <sup>8</sup>	<b>Deuteronomy 31:6</b> - 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 <b>Faith</b>	F <sup>9</sup>	<b>Mark 9:23-24</b> - 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 <b>Hope</b>	H <sup>10</sup>	<b>1 Peter 5:10</b> - 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 <b>Protect</b> you	Pt <sup>11</sup>	<b>Isaiah 41:10</b> - 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 <b>Strength</b>	S <sup>12</sup>	<b>Philippians 4:13</b> - I can do all things through him who strengthens me.
Keep an eternal <b>Perspective</b>	Ps <sup>13</sup>	<b>Romans 8:18</b> - I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.
Change what you're <b>Thinking</b> right now	T <sup>14</sup>	<b>Romans 12:2</b> - 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 <b>Comfort</b> you	C <sup>15</sup>	<b>Luke 11:11-13</b> - 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 <b>Connected</b>	Cn <sup>16</sup>	<b>Proverbs 3:5-6</b> - 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.

Peace = P.U.R.G.e

# Instant Peace

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 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

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# Fight It!

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

## Wrestle With Your Worry Until You Punch Through

“ I don't just write this stuff...

### Case study

These teachings are steps I have personally taken to find peace in different situations. On one instance, I wrestled for hours hours with a “5-alarm” issue with one of my kids on a Saturday. I felt like I was fighting a lost 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.

I'm pleased to say I did receive rejuvenating 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**

### 1 Punch back

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. Replace that thought with something else...

### 2 One-punch

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.

### 3 Punch-thru

Keep going until you punch through. I do something funny, but it works. I turn a verse into a song like the one below. Repeat and repeat as needed. When your heart tilts toward obedience you will punch through.

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



# Honor

Let me ask you a hard question...  
Is doing the right thing enough reward?



“Whoever pursues righteousness and kindness will find life, righteousness, and **honor**.” -Proverbs 21:21

Are your contributions to family, friends, or your job constantly under-appreciated? Are you only willing to get like a vending machine, but unwilling to give unconditionally? 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 not only what is in your own best interest. He will handle the rest. Shoot down any feelings of under-appreciation because they aren't from God.

You may get ahead by putting yourself first, but does stepping on others to get over them really make you feel better? Is it OK to disregard or step on someone because we are all just animals? Or are people worth something? Worth more than an insect?

**Honor does have worth. You can't buy or steal your reward. It can only be earned through great sacrifice and humility:**

**“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**

Nobility

Good (righteousness)

Love

Peace

Patience

The Wisdom of Maturity

Eternal Life

Matthew 5:4 says, “Blessed are those who mourn.” *Wait, what?* It's true that there could be a valuable lesson or positive effect from going through a period of mourning. But God doesn't want you to suffer or feel under-valued. It's more than that...

The greatest blessing we can get is God's presence. When you mourn, God will draw near to you. If God is on your side, what more do you need? You have to be very mature in your faith to appreciate what I am about to say [which is why it's in the PhD section]. Striving to be connected to the Holy Spirit produces greater feelings of peace and joy than a pat on the back will.

# The Little Things Matter

A common theme for those prone to anxious thoughts -  
a feeling of under-achievement

Do you feel like a failure because you think you haven't accomplished anything big?

Sometimes we need to learn a little humility. We need to understand it's about God's actions, not our actions.

You don't need to accomplish major things yourself when God can turn a little act of obedience into the linchpin of a major movement.

**Listen to the small promptings -> to do small acts of obedience -> that are accomplishing big things.**

Are you waiting to accomplish something big to feel valid? Or are you listening for small promptings from God?

It could be some big, noble thing. Or it could be a small prompt from God that sets a tsunami of good in motion.

God wants you to trust that He is working on things behind the scenes while you are waiting for something to happen.

It often involves sacrificing and trusting that God can take care of it. Particularly, when you don't understand why or how.

The process is not for you to find the tools to solve the problem. The process is for you to submit to God's authority to solve the problem.

Are you looking for God to show up first, or are you willing to obey God first?

Obedience involves trust even when you doubt.

A prayer for deliverance:

**"Lord, I give You my anxiety.**

**I know it's not from You.**

**I know You don't want me to feel this way.**

**I ask with all confidence and expectation that You take this from me.**

**I ask that You use this problem and this time for something good."**

**It only takes a little faith.**

"If you have faith as small as a mustard seed, you can say to the mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." -*Matthew 17:20*

**The Key is the action of choosing the spirit over the body.**

Obedience over trying to do it yourself.

That's God's cue that you are ready to receive.

Turning away from your own will and choosing God is what matters most.

**Remember, these are God's promises and not wishes:**

"God chose the small things, things that people despise. Yes, he chose the things which seem to be nothing. He did this to destroy the big things. He did this so that people would not be proud before God." -*1 Corinthians 1:28+29*

"Let us not become weary of doing good, for at the proper time we will reap a harvest if we do not give up." -*Galatians 6:9*

# SECTION 3

Unite

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When you are overwhelmed with negative thoughts...

# Drenched in Jesus

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

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."*

God's truth will be revealed. You will know you are OK and even more, you will be encouraged.

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



# 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 I feel at my absolute breaking point sometimes the best thing to do is nothing. It can be as simple as 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.

Another Example of How To Use

 **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 need to hear right now.

# Trust in God's Timing

The Safest Place To Be Is While You Wait for God To Deliver

**“At the right time, I, the Lord, will make it happen.” -Isaiah 16:22**

## Even if you feel stuck, God isn't wasting that time.

The enemy wants you to believe you missed your chance, that you can't get out of the hole. But if you stay connected to God, you are exactly where you need to be. You can't see it, but God sees the big picture for you and how it all connects to the greater plan.

God isn't worried about the outcome. He's got that. He's waiting for your heart to be ready to trust Him over yourself. Hebrews 10:23 says, “He who promised is faithful.” And the Bible says in Psalm 27:14, “Wait on the Lord; be of good courage, and He shall strengthen your heart. Wait, I say, on the Lord!”

Maybe God is allowing you to be pushed to your limits so that your faith can grow. He is developing an intimate bond of trust with you.

While you wait, don't be disheartened. What does the Bible say Jesus' attitude was when going through the torture of the cross? Hebrews 12:2 says, “For the **joy** set before Him He endured the cross, **scorning** its shame.” He *scorned* the shame as in, held it in contempt and belittled it. He didn't fear it. He had *joy* knowing the peace and perfection that awaited Him and awaits us.

**“What, God, what...?”**, is a prayer God answers 100% of the time and not, **“When, God, when...?”**. -Josh Howerton



“Now faith is confidence in what we hope for and assurance about what we do not see.” -Hebrews 11:1

**A prayer to help you to trust in God's timing:**

*“I run toward you not knowing how,  
but in full confidence in You.”*

**The Secret Bible Formula™**

For finding peace from anxiety



# SECTION 4

## Replace

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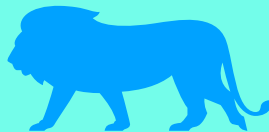


# Squash Depression or Anxiety

- 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**.

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*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.



## Put on the Crown

Your Identity in Christ

**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



# Fear Is Not from God

1 JOHN 4:18-19

**“There is no fear in love.**



God is love, and there is no fear in love. God isn't using fear as a tool. 2 Timothy says that God didn't give you a spirit of fear.

**But perfect love drives out fear,**



Love attacks fear like an evil spirit being cast out.

**because fear has to do with punishment.**



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

**The one who fears is not made perfect in 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.

**We love because He first loved us.”**



Does fear exist because you haven't read enough verses or served enough? No, it's because He first love you. Your fear is a love issue.

## Case study

Special credit to *Mark DeJesus*' video, "The One Scripture Saved My Mental Health." MD

I had a tough morning. I felt like someone very close to me was harsh on a political trigger issue. The enemy wants to sew division and distraction. The last thing he wants is for you to listen to what Jesus wants to fill your mind with.

On my way to *Dunkin'* I did the *Stop Thinking & Listen* exercise to hear what God wanted to tell me through the hurt. You'll be shocked by the flood of encouraging thoughts that fill your your head. Here's the avalanche of fast moving prompts I received:

It was an opportunity to show God's love by being a good listener. You can't expect someone to see your side if you're not trying to see theirs. When I recognized negative thoughts that kept trying to fight their way in, I immediately called them out as not from God. There is no fear [judgement or condemnation] in love. When I questioned the line between healthy boundaries and fear I was called to remember being meek like Jesus modeled doesn't mean be a pushover. It's OK to hold your ground with what is right but in an empathetic way. Ask for discernment and it will be given. Struggling doesn't mean you lack faith. It means you are battling with the enemy to choose to trust. Discern if the struggle is a positive prompting or a negative trap. It feels so good to accept the assurance of Jesus instead of dwelling on fear. The comfort you get from hope makes sense of those head-scratching Sermon on the Mount proverbs like "blessed are those who are persecuted." There is joy in knowing this challenge brings an opportunity to help, learn, and love. Joy has a natural attraction to goodness. A sense of relief comes with knowing you don't have to feel guilty or struggle. You have an epiphany of the wisdom that comes with maturity. You become excited knowing that if you could just remember to trust in God like this the next time, you can do anything through Christ who strengthens you. You are affirmed that when you choose honor like it says in Titus 2:8, those who oppose you will be ashamed because they have nothing bad to say about you. You should look out for things God wants to give you healing for that are causing these emotions. You get encouraged knowing that going through this will make you a better person. More compassionate. You become more appealing to others. You can lose the battle by winning the fight if you choose to fight back against someone you love and want to love you. And finally, it's not about what makes sense to you, it's trusting that God will use this for good. Now you're ready to head back to work and give God your work, your family, and your well-being. And remember that work is not life.

# The 2 Realms

Are you releasing your spirit or focusing on the world?

“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, that exists in both the spiritual world and the physical world.
2. Your spirit is a vessel in the spiritual world and your body is a vessel 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.

Spiritual  
World



Physical  
World

How does 1 Thessalonians 5 say God will give you peace by balancing your spirit, soul, and body?

Stop!	22 Stay away from every kind of evil. [Stop dwelling on any negative thoughts immediately.]
Connect	19 Do not stifle the Spirit. 16 Always be joyful. 17 Never stop praying. 18 Be thankful in all circumstances.
Train	20 Do not scoff at prophecies, 21 but test everything [don't ignore scripture, instead study and practice them].
Balance	23 May the God of peace make you holy in every way, [completely pure by your balance being in alignment] and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.
Guaranteed	24 God will make this happen for, for he who calls you is faithful.
Respond	12 Honor those who care for you. 13 Show them great respect and wholehearted love. Hold them in the highest regard in love. 14 Encourage those who are timid, take tender care of those who are weak, be patient with everyone. 15 See that no one pays back evil for evil, but always try to do good to each other.

# SECTION 5

Give

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# 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 nostrils the breath of life."



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 nose.

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.



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.**

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

# A Prayer That Will Not Fail

## Pray for a Fruit of the Spirit

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 of things to praise God for and what you are thankful for

Listen to worship music

Watch a devotional video

Read a chapter from a Christian novel

Read the *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.

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3

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

# SECTION 6

## Victory & Repeat



Miracles are the way nature was meant to be, and will be again.

# Heaven

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is something to be excited about, not worried about.

**“Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away.” - Revelation 21:21**

**Heaven will be like a vacation, rock concert, wedding, and covered-dish supper all in one.**

What is your happy place? Mine is reclined on a tropical beach with the warmth of the sun on me, the kids playing in the ocean, a refreshing breeze, and a cool drink in hand. We think Heaven is where you'll be a chubby, baby-looking cherub sitting on a cloud and playing a harp. But the Bible says that when the old Earth passes away God creates a new, purified, and perfected Earth. Heaven is more like your happy place. My heavenly beach is even better than the best beaches in Maui. They are flawless with vivid colors like you're in the movie Avatar. The warmth of the Sun is replaced by the radiance of the Father. A warmth you can feel to your core that is better than alcohol because it is completely fulfilling and without the hangover effects. Your body is in perfect condition and there is no more stress. It's like the best vacation ever but anytime you want to go.

## *What will your heavenly happy places be like in the New Earth?*

**Love** - You feel that love you were completely possessed with when you met that certain someone. Only not in a romantic sense, but with that same level of passion that you would be willing to climb Mt. Everest for. You look up and see that unceasing, magical smile from Jesus, with eyes that see right through to who you really are.

**Feeling of gratitude** - Think of how grateful you feel when you get something you desperately need. It's like that "way down in your soul" feeling of thanks. Like if you've ever lost your kid in a crowded place and are terrified but then you find him. You've crossed the finish line in a tough race and you just want to show how thankful you are.

**Strength** - You are a superhero now at the peak of your knowledge and abilities. No fat, no scars, no aches, no old limbs, no feeling of unworthiness, only empowerment..

**Relaxation** - No tense muscles. You are not on the defensive. No brain strain. All has been resolved. You now have the time to pause, relax, and reflect which is the part of the enjoyment cycle that brings contentedness. There is no doubt or worry when hope is apparent and all around you.

**Pulsating with joy** - You are so happy that the joy is reverberating out of you. You are in amazement of how awesome Jesus is and you're His #1 fan. God is so good. You are always in His presence and that power is never shut off.

**Amazement** - You finally see the beauty of how the whole plan came together. You can't believe how everything worked out perfectly and how well orchestrated it was.

**Secure** - You are in the presence of the All-Powerful Lord of the Universe who rules forever. Those little issues no longer exist to weigh you down.

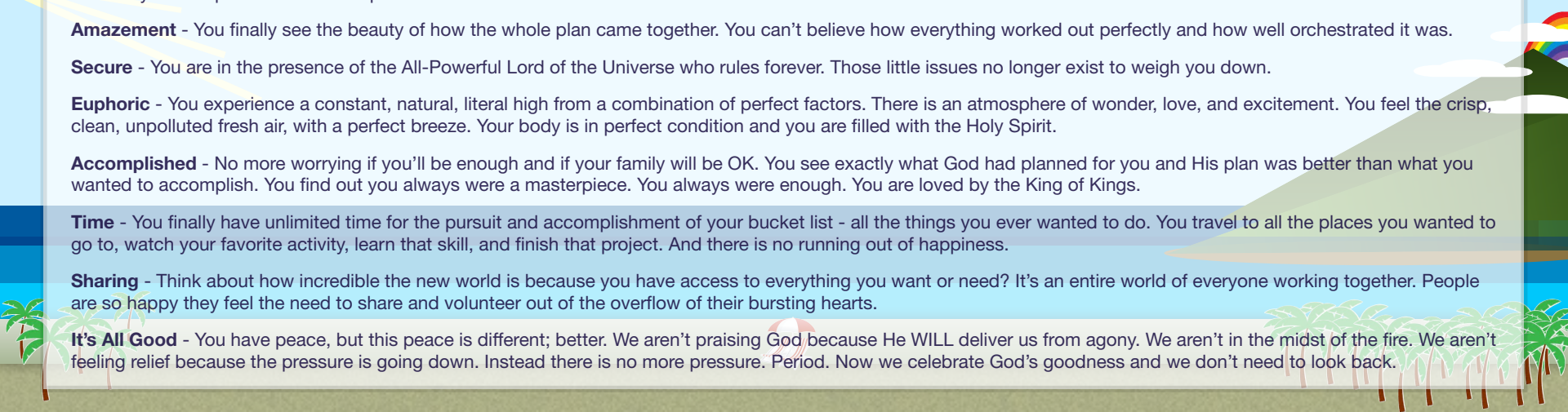
**Euphoric** - You experience a constant, natural, literal high from a combination of perfect factors. There is an atmosphere of wonder, love, and excitement. You feel the crisp, clean, unpolluted fresh air, with a perfect breeze. Your body is in perfect condition and you are filled with the Holy Spirit.

**Accomplished** - No more worrying if you'll be enough and if your family will be OK. You see exactly what God had planned for you and His plan was better than what you wanted to accomplish. You find out you always were a masterpiece. You always were enough. You are loved by the King of Kings.

**Time** - You finally have unlimited time for the pursuit and accomplishment of your bucket list - all the things you ever wanted to do. You travel to all the places you wanted to go to, watch your favorite activity, learn that skill, and finish that project. And there is no running out of happiness.

**Sharing** - Think about how incredible the new world is because you have access to everything you want or need? It's an entire world of everyone working together. People are so happy they feel the need to share and volunteer out of the overflow of their bursting hearts.

**It's All Good** - You have peace, but this peace is different; better. We aren't praising God because He WILL deliver us from agony. We aren't in the midst of the fire. We aren't feeling relief because the pressure is going down. Instead there is no more pressure. Period. Now we celebrate God's goodness and we don't need to look back.



# Stay Connected

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

You heard that right!

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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.

# Better Than Coffee


Get the Holy Spirit pumping!

Peace = P.U.R.G.e

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




I am so humbled that the most esteemed, King of the Universe loves me. You loved me before I was even born. You know the number of hairs on my head. You chose me and custom made me to be exactly who I am. You love me so much that 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, and with hope that is greater than ANY situation. 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 your kindness and 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.

Turn even the little things I do today into great things. You say

that if I need guidance, You will give it to me if I ask. So, give me discernment in the decisions I need to make today. Guide my choices. Prompt me to consult with You for each of them.

I ask that you provide for the needs of me and my family today. Search me and help me to see 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. Don't let me dwell on anyone who has failed themselves or failed me. Forgive me for any wrong I have done to others. Forgive me for sometimes choosing my ways over Your ways. Forgive me for any guilt I feel because I know it's not from You. I give you the mistakes that I've made. 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.