**HOPE IN ANXIOUS TIMES**

TWO OUT OF THREE AMERICANS SAID THAT THEY WERE ANXIOUS OR EXTREMELY ANXIOUS

91% OF THIS AGE GROUP REPORT CONSISTENT AND SIGNIFICANT LEVELS OF ANXIETY ASSOCIATED WITH STRESS.

ANXIETY ISN'T A SIN….IT'S ACTUALLY A SYMPTOM....

2CHRON 20:3 NLT JEHOSHAPHAT WAS TERRIFIED BY THIS NEWS AND BEGGED THE LORD FOR GUIDANCE. HE ALSO ORDERED EVERYONE IN JUDAH TO BEGIN FASTING

LORD THE GOD OF OUR ANCESTORS ARE YOU NOT THE GOD WHO IS IN HEAVEN YOU RULE OVER ALL THE KINGDOMS OF THE NATION'S POWER AND MIGHT ARE IN YOUR HAND NO ONE CAN WITHSTAND YOU 2 CHRON 20:6 NIV

IF CALAMITY COMES UPON US WHETHER THE SWORD OF JUDGMENT OR PLAGUE OR FAMINE WE WILL STAND IN YOUR PRESENCE BEFORE THIS TEMPLE THAT BEARS YOUR NAME AND WE WILL CRY OUT TO YOU IN DISTRESS AND YOU WILL HEAR US AND SAVE US . 2 CHRON 20:9 NIV

IT'S BEEN FOUND THAT IN 12 MINUTES OF DAILY FOCUS PRAYER OVER AN 8 WEEK PERIOD CAN CHANGE THE BRAIN TO SUCH AN EXTENT THAT IT CAN BE MEASURED ON A BRAIN SCAN. Dr. Caroline Leaf

 NOT ONLY DOES PRAYER TOUCH THE HEART OF GOD…BUT PRAYER CHANGES THE CHEMISTRY OF YOUR BRAIN…

MERIMNAO: DWELLING OR PONDERING ON FEARFUL OR ANXIOUS THOUGHTS

PRAYER BREAKS THE CYCLE

VERSE 12 OH OUR GOD, WON'T YOU STOP THEM? WE ARE POWERLESS AGAINST THIS MIGHTY ARMY THAT IS ABOUT TO ATTACK US. WE DO NOT KNOW WHAT TO DO, BUT WE ARE LOOKING FOR YOUR HELP.

1 PETER 5:7 HPB. LET GOD TAKE KEA ALL DAT STUFF DAT BODDA YOU GUYS CAUSE HE GET ONE BIG HEART FOR YOU GUYS. The NIV SAYS WE ARE TO CAST OUR CARES ON HIM.

#2 PAUSE

2 CHRON 20:12-13 NIV WE DON'T KNOW WHAT TO DO BUT EYES ARE ON YOU AND ALL THE MEN OF JUDAH WITH THEIR WIVES AND CHILDREN AND LITTLE ONES STOOD THERE BEFORE THE LORD

*THERE ARE TIMES WHEN GOD WILL TELL YOU TO BE STILL…*

PSALM 46:10 NIV. BE STILL AND KNOW THAT I AM GOD. HPB HE TELL: NO FIGHT! NO FORGET DIS; ME GOD! ALL DA DIFFEREN NATIONS GOIN KNOW DAT I DA MAIN ONE ALL OVA DA WORLD DEY GOIN KNOW DIS!...

2 CHRON 20:15,17 NIV DON'T BE AFRAID OR DISCOURAGED BECAUSE OF THIS VAST ARMY FOR THE BATTLE IS NOT YOURS

#3 PRAISE

2 CHRON 20: 29-30 NIV THE FEAR OF GOD CAME AND ALL THE SURROUNDING KINGDOMS WHEN THEY HEARD HOW THE LORD HAD FOUGHT AGAINST THE ENEMIES OF ISRAEL AND THE KINGDOM OF JEHOSHAPHAT WAS AT PEACE FOR HIS GOD HAD GIVEN HIM REST ON EVERY SIDE.