

Baylight Counseling

Biblical Soul Care for Hope and Healing

Staying My Mind: A Biblical Response to My Anxiety

Instruction: When you begin to detect rising anxiety in your heart, soul, or mind, find a safe, quiet place in which spend a few minutes working through this exercise. The goal is to reorient your thoughts on the truth of God's care for you, and away from the false gospel of which your anxieties are attempting to convince you. It will be helpful if you have previously familiarized yourself with the anchor verse:

You keep him in perfect peace (Inhale/Pause)
whose mind is stayed on you, (Exhale/Pause)
because he trusts in you. (Inhale/Pause/Relax)
Isaiah 26:3 (ESV)

Anxiety is a whole-body experience, affecting both body and soul. Thus, our response is made helpful when there is concern for both. Having memorized the above verse, sit comfortably, close your eyes if you are able, and prepare to slow your breathing while you begin reciting the verse to yourself according to the inhale/exhale pattern indicated (if possible). Find a breathing rhythm that is comfortable for you on each breath, perhaps 2-3 seconds, pausing a moment in between each.

The words of Scripture are not magical incantations. They are the inspired words of your heavenly Father, and they are for you in your time of worry. Do not merely recite them, but meditate on them and the truth they convey to you. If your mind wanders toward worry, do not be discouraged, but confess your weakness to God, and ask him for the ability to “stay your mind” on him. Dwell on his perfect faithfulness, love, justice, mercy, grace, forgiveness, and righteousness.

After 2-3 cycles, consider the following in order:

- 1) What are the elements of this false gospel that anxiety has tempted me to believe? Be specific (i.e. I am alone; There is no help for my situation; etc.).
- 2) Consider the times in your life when, in hindsight, you can recognize God's faithfulness toward you. Again, be specific.
- 3) Think about the potential for actual help available to you (family, friends, church, etc.), and determine to reach out to one of them for support.
- 4) Offer a prayer of praise, supplication, and gratitude to God.
- 5) Close this session with 1-2 additional breathing cycles, immersing yourself again in the promises of Isaiah 26:3.

Contact your counselor for a follow-up session.

If this is an emergency, seek help immediately or call 911.