

Jesus is full of joy, peace, love, faith, mercy, kindness, and everything that is good. All that is in Him is available to us. Joy and peace are the inheritance of the believer, and not for just our future state in Heaven but for our current state as well.

Not only is it our right, but it is our duty to live a life of joy. Anything else inaccurately displays the Kingdom. What would it look like to have the joy of Jesus filling your spirit, mind, and body in fullness? Do you comprehend the fullness of the joy of Christ dwelling in you? The only way we can lose our joy is if we lose sight of our identity in Christ.

The root of most, if not all of the psychological causes of anxiety and depression is a lack of understanding and/or belief in the goodness of God, how much God loves us, and our identity in Christ.

How do peace and joy become your normal state of being? Peace, joy, hope, gratitude, love, and other positive feelings or emotions are the fruits of our thoughts. You must learn to control your thoughts. You can say no to certain thoughts, and you can direct your mind to think about the things that are good, lovely,

pure, admirable, excellent, and praiseworthy, etc.
(Philippians 4:8)

It takes work, practice, and a conscious choice to take your thoughts captive and make them obedient to Christ Jesus. But only you can do it. The good thing is that the more you do it, the easier it becomes.

The enemy is our accuser. So if our thoughts make us feel fearful, ashamed, condemned, or hopeless - we know these thoughts are from the devil. Make the conscious decision to Re-Focus your mind on Godly, pure, righteous, and clean things.

God loves us thoroughly, and His love is so complete that it drives out fear. Anxiety is the result of fear. Fear happens when you think about an imagined future that is without God's help, provision, protection, healing and faithfulness. We are told to "present our prayer requests and thanksgivings to God, with the promise that the peace of God (peace that surpasses the facts of our circumstances) will guard our hearts and our minds in Christ Jesus."

Paul is telling us that when we turn our attention away from our circumstances and take on an attitude of

thanksgiving as we present our prayers to God, the Father gives us a gift of peace that protects our mind. We don't have to understand or know the plans of the Father to have peace.

You, beloved, are made perfect in love. God's overwhelming, immeasurable, unfathomable, eternal love rewrites your past and gives you strength in the present and security in the future.

God's love is more than enough for every circumstance you face. Living in the past is futile, and so is worrying about the future. Jesus said: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34).

If you tend to be a worrier, turn that focus into goal-setting. If you find yourself worrying about some potential future disaster, turn your focus to what you want to become and do.

Anxiety and depression are common in those who don't know who they are or whose they are. When we get a glimpse of the vastness of God's love for us, everything changes internally. God is not worried but full of faith

and love, I find that this mindset becomes available to me. Understanding who I am drives out fear and gives me the courage to pursue big dreams.

Our Father expects us to accept our true identity as responsible royal heirs in His kingdom and act in a way that reflects and glorifies Him. Of all of the keys that are mentioned here, I believe that both worship and meditation on the Word of God are the most important.

The purpose of the Word is to help you to know God and to lead you into an encounter with Him. Worship is what brings you into His presence where revelation transforms how you think.

"And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

Romans 12:2

Scriptures:

"But the Lord is faithful, and He will strengthen you [setting you on a firm foundation] and will protect and guard you from the evil one."

2 Thessalonians 3:3

"The LORD will keep you from all harm— he will watch over your life; the LORD will watch over your coming and going both now and forevermore." Psalm 121:7

"But whoever listens to Me will live securely and in confident trust And will be at ease, without fear, worry, or dread of evil." Proverbs 1:33

"Blessed [fortunate, prosperous, and favored by God] is the man who trusts the Lord." Psalm 40:4

"And you shall do what is right and good in the sight of the LORD, so that things may go well with you, and that you may go in and take possession of the good land." Deuteronomy 6:18

"Delight yourself in the LORD, And He will give you the desires and petitions of your heart." Psalm 37:4

"Pray without ceasing, and give thanks unto God for

everything!" 1 Thessalonians 5:17

"Until now you have not asked [the Father] for anything in My name; but now ask and keep on asking and you will receive, so that your joy may be full and complete." John 15:11

"And I will do whatever you ask in My name [as My representative], this I will do, so that the Father may be glorified and celebrated in the Son." John 14:13

"Therefore I tell you, stop being worried or anxious (perpetually uneasy, distracted) about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing?"

Matthew 6:25

"But seek first His kingdom and His righteousness, and all things will be given to you as well."

Matthew 6:33

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34).

"The Lord [earnestly] waits [expecting, looking, and longing] to be gracious to you...that He may have mercy on you and show loving-kindness to you." Isaiah 30:18

"Give all your worries, cares , and concerns to God, for he cares about you." 1 Peter 5:7

"Cast your burden on the LORD [release it] and He will sustain and uphold you; He will never allow the righteous to be shaken (slip, fall, fail)." Psalm 55:22

"After you have suffered for a little while, the God of all grace [who imparts His blessing and favor], who called you to His own eternal glory in Christ, will Himself complete, confirm, strengthen, and establish you [making you what you ought to be]."

1 Peter 5:10

"For I will restore health to you And I will heal your wounds,' says the LORD." Jeremiah 30:17

"He refreshes and restores my soul (life); He leads me in the paths of purity and righteousness for His name's sake." Psalm 23:3

"And be continually renewed in the spirit of your mind

[having a fresh, untarnished mental and spiritual attitude],

"Commit your works to the LORD [submit and trust them to Him], And your plans will succeed [if you respond to His will and guidance]." Prov. 16:3

"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will direct your path." Proverbs 3:5

"Blessed [spiritually calm with life-joy in God's favor] are the makers and maintainers of peace, for they will [express His character and] be called the sons of God."
Matthew 5:9

"And the seed whose fruit is righteousness (spiritual maturity) is sown in peace by those who make peace [by actively encouraging goodwill between individuals].
James 3:18

" Now [remember] this: he who sows to bless others sparingly will also reap sparingly, and he who sows generously [that blessings may come to others] will also reap generously [and be blessed].
2 Corinthians 9:6

"So that you will walk in a manner worthy of the Lord [displaying admirable character, moral courage, and personal integrity], to [fully] please Him in all things, bearing fruit in every good work and steadily growing in the knowledge of God [with deeper faith, clearer insight and fervent love for His precepts]; [pray that you may be] strengthened and invigorated with all power, according to His glorious might, to attain every kind of endurance and patience with joy; and give joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light." Colossians 1:10-12

"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

"Now the Holy Spirit is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us." Ephesians 3:20

"But those who wait for the LORD [who expect, look for, and hope in Him] Will gain new strength and renew their

power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired."

Isaiah 40:31

"The heavenly Father forgives all your iniquities and heals all your diseases, who redeems your life from the Pit and crowns you with loving devotion and compassion, He satisfies you with good things, so that your youth is renewed like the eagle's."

Psalms 103:4

"So then, while we [as individual believers] have the opportunity, let us do good to all people [not only being helpful, but also doing that which promotes their spiritual well-being], and especially [be a blessing] to those of the household of faith (born-again believers).

Galatians 6:10

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with My victorious right hand." Isaiah 41:10

"For God did not give us a spirit of timidity or cowardice, or fear, but [He has given us a spirit] of power and of love

and of sound judgment and personal discipline [abilities that result in a calm, relaxed, well-balanced mind and self-control]"

2 Timothy 1:7

"For everyone born of God is victorious and overcomes the world; and this is the victory that has conquered and overcome the world—our [continuing, persistent] faith [in Jesus the Son of God]. He who believes that Jesus is God's son is victorious in the world." 1 John 5:4

"Children (believers, dear loved ones), you are of God and you belong to Him and have [already] overcome them [the agents of the antichrist]; because He who is in you is greater than he (Satan) who is in the world [of sinful mankind]." 1 John 4:4

"Yet in all these things we are more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us]."

Romans 8:37

"The LORD will fight for you while you [only need to] keep silent and remain calm." Exodus 14:14

"So be strong and courageous! Do not be afraid and do not panic before your enemies. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you."

Deuteronomy 31:6

"And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful." Colossians 3:15

Jesus says: "Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.]" John 14:27

"God will keep in perfect and constant peace the one whose mind is steadfast and focused on Him."

Isaiah 26:3

"Now may the Lord of peace Himself grant you His peace at all times and in every way [that peace and spiritual well-being that comes to those who walk with Him, regardless of life's circumstances]."

2 Thes. 3:16

"So, as God's own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved [by God Himself], put on a heart of compassion, kindness, humility, gentleness, and patience [which has the power to endure whatever injustice or unpleasantness comes, with good temper]"

Colossians 3:12

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32

"Do not let mercy and kindness and truth leave you [instead let these qualities define you]; Bind them [securely] around your neck, Write them on the tablet of your heart." Proverbs 3:3

"Brothers and sisters, do not be children [immature, or childlike] in your thinking; be infants in [matters of] evil [completely innocent and inexperienced], but in your minds be mature [adults]." 1 Corinthians 14:20

"Now the mind focusing on the flesh is death [both now and forever—because it pursues sin]; but the mind of the Spirit is life and peace [the spiritual well-being that

comes from walking with God—both now and forever];"
Romans 8:6

"Only let your manner of life be worthy of the gospel of Christ." Philippians 1:27

Jesus says: " I am the Vine; you are the branches. The one who remains connected to Me and I in him bears much fruit, for [otherwise] apart from Me [that is, cut off from vital union with Me] you can do nothing." John 15:5

"But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."
Matthew 6:20

"Guard your heart with all diligence, for from it flow springs of life." Proverbs 4:23

"And we know that in all things God works for the good for those who love him, who have been called according to his purpose." Romans 8:28

"God is our refuge and strength, an ever-present help in times of trouble." Psalm 46:1

"Wait for and confidently expect the LORD; Be strong and let your heart take courage; Yes, wait for and confidently expect the LORD." Psalm 27:14

"For we who believe [that is, we who personally trust and confidently rely on God] enter His rest [so we have His inner peace now because we are confident in our salvation, and assured of His power]."
Hebrews 4:3

"And the LORD said, "My presence shall go with you, and I will give you rest." Exodus 33:14

"I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return]." Philippians 1:6

"And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."

Romans 12:2

"Press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us." Philippians 3:14