

ANXIETY

Sound Mind: A Biblical Approach to Mental Health

Pastor Kevin Cummings – April 12, 2026 – Part #1

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)

I Thessalonians 5:23-24; Matthew 6:25-34; II Chronicles 20:1-33

I. We must understand _____ we are and _____ God does.

A. I am a _____ who has _____ that lives in a _____
(I Thessalonians 5:23-24)

B. _____ is instant; _____ takes time.

II. We must recognize the _____ about mental health.

A. _____ people struggle with their mental health.

B. _____ shouldn't struggle with mental health issues.

C. _____ will fix mental health issues.

D. _____ doesn't care about mental health issues.

1. God cares about what you care about. (Psalm 88)

2. God understands your pain and He invites us to come to Him. (Matt. 11:28; Hebrews 2:17-18; 4:15-16)

3. God wants to help carry what you are carrying.

III. We must have a Biblical _____ to anxiety.

A. Anxiety is _____. (Matthew 6:25; Phil. 4:6-7)

B. Anxiety is _____. (Matthew 6:26, 28-29)

C. Anxiety is _____. (Matthew 6:27)

D. Anxiety is _____. (Matthew 6:30-34)

E. Anxiety is _____. (II Chronicles 20:1-33)

IV. We must develop a Biblical _____ to anxiety.

A. When we feel anxious, it's time to _____.
(II Chronicles 20:1-12; Matthew 26:36-38; Romans 12:2)

- Dwelling on the problem is the crux of the problem.

B. When we feel anxious, it's time to _____.
(II Chronicles 20:13-17)

- Remind yourself of who God is, what He's done in the past.

C. When we feel anxious, it's time to _____.
(II Chronicles 20:18-30)

- Worship is a powerful but rarely used secret weapon.

D. When we feel anxious, it's time to _____.
(II Chronicles 20:31-32)

1. We all face a daily battle with our thoughts. (Rom. 7:15)

2. The way you think determines the way you live, so if you want to live right, you must think right.

(Proverbs 23:7; II Corinthians 10:5)

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.” Isaiah 26:3

E. When we feel anxious, it's time to _____.
(II Chronicles 20:33; Matthew 6:33-34; III John 1:2)

1. We must care for our body. (I Corinthians 6:19-20)

2. We must care for our soul. (Luke 10:27)

3. We must care for our spirit.

“His divine power has given us everything we need for a godly life through our knowledge of Him.” II Peter 1:3

ACTION POINTS:

1.) Asking for help isn't a sign of weakness; it's a sign of _____.

2.) It's okay to not be okay, but it's not okay to _____.

3.) Healing starts with a right _____ with Jesus.

HELPFUL RESOURCES:

fincastlebaptist.org or scan this code



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“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)

I Thessalonians 5:23-24; Matthew 6:25-34; II Chronicles 20:1-33

I. We must understand who we are and what God does.

A. I am a spirit who has soul that lives in a body.
(I Thessalonians 5:23-24)

B. Salvation is instant; sanctification takes time.

II. We must recognize the myths about mental health.

A. Few people struggle with their mental health.

B. Christians shouldn't struggle with mental health issues.

C. Faith alone will fix mental health issues. (James 2:24)

D. God doesn't care about mental health issues.
1. God cares about what you care about. (Psalm 88)
2. God understands your pain and He invites us to come to Him. (Matt. 11:28; Hebrews 2:17-18; 4:15-16)
3. God wants to help carry what you are carrying.

III. We must have a Biblical approach to anxiety.

A. Anxiety is unreasonable. (Matthew 6:25; Phil. 4:6-7)

B. Anxiety is uncharacteristic. (Matthew 6:26, 28-29)

C. Anxiety is unhelpful. (Matthew 6:27)

D. Anxiety is unnecessary. (Matthew 6:30-34)

E. Anxiety is a signal. (II Chronicles 20:1-33)

IV. We must develop a Biblical response to anxiety.

A. When we feel anxious, it's time to pray.
(II Chronicles 20:1-12; Matthew 26:36-38; Romans 12:2)
• Dwelling on the problem is the crux of the problem.

B. When we feel anxious, it's time to pause.
(II Chronicles 20:13-17)
• Remind yourself of who God is, what He's done in the past.

C. When we feel anxious, it's time to praise.
(II Chronicles 20:18-30)
• Worship is a powerful but rarely used secret weapon.

D. When we feel anxious, it's time to ponder.
(II Chronicles 20:31-32)
1. We all face a daily battle with our thoughts. (Rom. 7:15)
2. The way you think determines the way you live, so if you want to live right, you must think right.
(Proverbs 23:7; II Corinthians 10:5)

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.” Isaiah 26:3

E. When we feel anxious, it's time to prioritize.
(II Chronicles 20:33; Matthew 6:33-34; III John 1:2)
1. We must care for our body. (I Corinthians 6:19-20)
2. We must care for our soul. (Luke 10:27)
3. We must care for our spirit.

“His divine power has given us everything we need for a godly life through our knowledge of Him.” II Peter 1:3

ACTION POINTS:

- 1.) Asking for help isn't a sign of weakness; it's a sign of wisdom.
- 2.) It's okay to not be okay, but it's not okay to stay that way.
- 3.) Healing starts with a right relationship with Jesus.

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