

Books regarding Mental Health

- **Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace – J. P. Moreland**
- **The End of Mental Illness – Daniel G. Amen, MD**
- **Healing Depression for Life: The Personalized Approach that Offers New Hope for Lasting Relief – Gregory L. Jantz PH.D.**
- **Breaking Anxiety's Grip: How to Reclaim the Peace God Promises – Dr. Michelle Bengtson**
- **Unshakable You: 5 Choices of Emotionally Healthy People – John Opalewski**
- **Calm – Max Lucado**

Breaking Anxiety's Grip

Scriptures RX

Chapter 1 (The Elephant in the Room)

Psalms 139:23 - Search me, O God, and know my heart; test me and know my anxious thoughts.

2 Thessalonians 3:16 - Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.

Chapter 2 (Why Me?)

Joel 2:25 - The LORD says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you.

Romans 16:20 - The God of peace will soon crush Satan under your feet. May the grace of our Lord Jesus be with you.

Ephesians 6:12 - For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

2 Timothy 1:7 - For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Chapter 3 (Fear Lurks)

Deuteronomy 31:6 - So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you."

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

John 14:27 - "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

2 Timothy 1:7 - For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Chapter 4 (Worry Creeps)

Matthew 6:34 - "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Luke 10:42 - There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Romans 15:13 - I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Chapter 5 (Anxiety Seeps)

John 14:1 - "Don't let your hearts be troubled. Trust in God, and trust also in me.

Romans 8:28 - And we know that God causes everything to work together^[a] for the good of those who love God and are called according to his purpose for them.

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

Chapter 6 (Crises Explode)

Psalm 46:1-2 - God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea.

John 16:33 - I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

2 Corinthians 4:8-9 - We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. ⁹We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

1 John 4:4 - But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.

Chapter 7 (Say No to worry, anxiety, and fear)

Proverbs 3:5-6 - Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Isaiah 41:10 - 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.

Philippians 4:6-7 - Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Chapter 8 (God IS)

Deuteronomy 3:22 - Do not be afraid of the nations there, for the LORD your God will fight for you.'

John 15:4 - Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

Ephesians 2:14 - For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us.

Philippians 4:19 - And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Chapter 9 (Reclaim your Power)

2 Chronicles 20:15 - He said, "Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the LORD says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's.

Psalms 17:6 - I am praying to you because I know you will answer, O God.
Bend down and listen as I pray.

Philippians 4:8-9 - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Chapter 10 (Live in His Perfect Love)

Psalms 13:5 - But I trust in your unfailing love. I will rejoice because you have rescued me.

Psalms 63:3 - Your unfailing love is better than life itself; how I praise you!

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

Romans 10:11 - As the Scriptures tell us, "Anyone who trusts in him will never be disgraced."^[a]

1 John 4:18 - Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

Chapter 11 (Use Sound Mind)

Joshua 1:9 - This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."

Psalms 56:3 - But when I am afraid, I will put my trust in you.

Psalms 112:8 - They are confident and fearless and can face their foes triumphantly.

Romans 8:6 - So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.