

THE CHRISTIAN BROADCASTING NETWORK

CALM  
YOUR  
HEART  
AND  
MIND

*Mental Health Support Resource  
and Prayer Guide*

CALM  
YOUR  
HEART  
AND  
MIND

*Mental Health Support Resource  
and Prayer Guide*

*My health may fail, and my spirit may grow weak,  
but God remains the strength of my heart; he is mine forever.*

***Psalm 73:26***



**W**e live in a fallen world. Sin, pain, and suffering persist. We may wrestle with many negative emotions and thoughts beyond our control. Fear, anxiousness, despair, hopelessness, and worthlessness may overwhelm us, and we might find ourselves ensnared in self-destructive patterns. Despite these challenges, we have hope. God is the great Deliverer and Redeemer.

You may find help in a variety of healthy ways: counseling and medical intervention, meditation and prayer, or a combination of these and others.

The CBN Prayer Center is here for you 24/7. Let us pray with you: **800-700-7000**. We have team members who can pray with you and provide additional resources as needed.

We're giving you a powerful resource to use anytime, anywhere, with God's Word to help guard your heart and mind against negative thoughts and emotions. In the Bible, Scripture is referred to as the Sword of the Spirit (Ephesians 6:17). God's Word holds more power than we understand. It's stronger than everything that can come against us in this world. Many struggles we face are part of a larger spiritual battle, and others are just part of living in a fallen world.

Filling your heart, mind, and soul with God's Word builds you up in His truth and helps you understand He's trustworthy, faithful, always present, and stronger than that which comes against you! When you don't know God's Word, a spiritual void exists that the enemy can use as a foothold to tell you lies and deceive you. These lies may be the root of many unhealthy thought patterns. Learn how to wield the Sword (God's Word) to fight for your sanity in this battle for your heart, soul, and mind.



# GOD IS THE GREAT *DELIVERER* AND *REDEEMER*.

## Pick Up Your Sword

Pray before you begin. Ask God to reveal His truth to you as you study His Word, quiet the voices of the enemy and the world, and make His voice the loudest and most clear.

In this resource, we show you how to use God's Word in mighty ways. The goal is for your heart, soul, and mind to find the peace from God that surpasses all understanding (*Philippians 4:7*).

To help equip yourself to use this ***Calm Your Heart and Mind*** resource, we recommend writing your notes and prayers for each Scripture in a journal. You'll find ways to allow each Scripture to speak truth to your personal thoughts and emotions to bring about positive, healthy change.

Below are the steps to take, and we've included an example from Matthew 11 to walk you through the process.

### Step 1: *Identify Your Emotions*

**In your journal, write out your feelings and beliefs about your current situation. For example, how would you describe how you feel and/or what's causing the issues (if you can identify it)?**

**This example is how a person suffering from anxiety may answer the question:**

- I'm suffering alone; no one understands what I'm going through.
- I have irrational thoughts and can't shut them off.
- My mind is racing all the time with what-if thoughts.
- If I tell anyone what's going on, I feel weak, or I think they will view me as weak.
- It's never going to get better.

## Step 2: Scripture (Matthew 11:28-30)

**Familiarize yourself with the verse(s) from Scripture; write out the passage in your journal and say it aloud.**

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

**Matthew 11:28-30**

## Step 3: Scriptural Truth

**As you read the Scripture, write out a list of things that are true from this passage.**

**Example from Matthew 11:28-30:**

- Jesus is inviting me to come to Him.
- When I'm carrying a heavy burden, Jesus can give me rest.
- Jesus can teach me.
- Jesus is humble and gentle.
- I can find rest for my soul. His yoke is easy to carry and is light.

## Step 4: Your Emotions + Scriptural Truth

**Based on what you believe about your situation (STEP 1), and the truth from this verse (STEP 3), what do you need to do to align your thoughts with God's Word?**

**Example: Take what you wrote in STEP 1 and compare it to what God's Word says from STEP 3 and determine how you need to change your thinking.**

- I believe I'm suffering alone, but this verse says that Jesus is there and calling me to Himself.
- I have anxious and irrational thoughts and feel like my mind is racing, but Jesus says He will teach me how to tether (yoke) my thoughts with His way of thinking, putting my mind and heart at rest.
- I worry about what people will think about my situation, but Jesus says to bring my burdens to Him, and He will give me rest.
- I fear that I'll never get better, but Jesus says that I will find my rest in Him, so this anxiousness is not forever.

## Step 5: Pray

**Speak the truth of this Scripture over yourself through prayer.**

**Scripture Reference:**

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*

**Matthew 11:28-30**

**Anxiety Example:**

*Jesus, I am weary. I have a heavy burden. I can't calm myself down. I have constant worries. You say come to You, so I'm here. I believe You will give me rest. This feels heavy, but You say Your yoke is easy to bear, so I'm taking off my heavy one and putting Yours on. Your humble and gentle ways will give me rest that I've not known before. You tell me things will be lighter, and I believe You!*

# I WILL GIVE YOU REST.

*Matthew 11:28*

## Steps to Calm Your Heart and Mind

Use the steps to journal through passages that resonate with you. You may find that some stand out more than others, and you may revisit this resource later and find new meanings to the same or different passages of Scripture.

God's truth floods each verse. Stand firm as you pick up the Sword of the Spirit and use it in the battle to conquer lies, negative thoughts, and emotions on your way to healing.

- ▶ **Step 1:** *Identify Your Emotions*
- ▶ **Step 2:** *Scripture*
- ▶ **Step 3:** *Scriptural Truth*
- ▶ **Step 4:** *Your Emotions + Scriptural Truth*
- ▶ **Step 5:** *Pray*

## Scripture

1. *Give all your worries and cares to God, for he cares about you.*  
**1 Peter 5:7**
2. *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then 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.*  
**Philippians 4:6-7**
3. *You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.*  
**Psalm 16:11**

4. *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*  
**Isaiah 26:3**
5. *The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.*  
**Psalms 23:1-4**
6. *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort.*  
**2 Corinthians 1:3**
7. *I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.*  
**Philippians 4:11-13**
8. *LORD, hear my prayer! Listen to my plea! Don't turn away from me in my time of distress. Bend down to listen, and answer me quickly when I call to you. ... He will listen to the prayers of the destitute. He will not reject their pleas.*  
**Psalms 102:1-2, 17**
9. *We put our hope in the LORD. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, LORD, for our hope is in you alone.*  
**Psalms 33:20-22**
10. *And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*  
**Romans 8:38-39**
11. *He heals the brokenhearted and bandages their wounds.*  
**Psalms 147:3**
12. *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.*  
**Romans 15:13**
13. *Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!*  
**Psalms 42:11**
14. *“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”*  
**Jeremiah 29:11**
15. *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*  
**Romans 8:28**

16. *No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*

**Philippians 3:13-14**

17. *So God created human beings in his own image. In the image of God he created them; male and female he created them.*

**Genesis 1:27**

18. *You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.*

**Psalms 139:13-14**

19. *For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

**Ephesians 2:10**

20. *Faith shows the reality of what we hope for; it is the evidence of things we cannot see.*

**Hebrews 11:1**

21. *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

**Ephesians 4:31-32**

22. *Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm. For the wicked will be destroyed, but those who trust in the LORD will possess the land.*

**Psalms 37:8-9**

23. *And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.*

**Ephesians 4:26-27**

24. *Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice. Don't keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me.*

**Psalms 51:7-10**

25. *He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

**Isaiah 40:29-31**

26. *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.*

**Joshua 1:9**

27. *The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?*

**Psalms 27:1**

28. *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.*

**Proverbs 3:5-6**

**29.** *But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?*

**Psalm 56:3-4**

**30.** *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.*

**John 16:33**

**31.** *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**

**32.** *The LORD himself will fight for you. Just stay calm.*

**Exodus 14:14**

**33.** *The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*

**John 10:10**

**34.** *Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.*

**Hebrews 10:23**

**35.** *For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.*

**Isaiah 43:19**

**36.** *Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you.*

**Psalm 143:8**

**37.** *The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you."*

**Psalm 32:8**

**38.** *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**2 Timothy 1:7**

**39.** *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

**Romans 12:2**

**40.** *Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.*

**Ephesians 6:13-17**

# LET GOD'S TRUTH FLOOD YOUR LIFE.

## Additional Ways to Include Scripture and Prayer

- 1. Memorize Scripture** – If a Scripture verse resonates with you, commit it to memory. Allow the Holy Spirit to bring this verse to your mind as you're walking through your healing journey.
- 2. Soak in the Scripture** – Write out the Scripture on a card/sticky note and post it around your home or office to be reminded of God's truth. Download the phone lock screens from [CBN.com/CalmWP](https://www.cbn.com/CalmWP).
- 3. Pray** – Talk to Jesus in depth about what you've discovered. Share your feelings, concerns, and requests with Him.  
  
You can also call our 24-hour Prayer Center at **800-700-7000** or submit a prayer request online at [CBN.com/Prayer](https://www.cbn.com/Prayer).

- 4. More Ways to Pray** – Use this prayer guide below:

*Father God, You know the big picture of my circumstances. Help me trust in the truth that Your ways are better than my ways. I know that I need to surrender to You. The ways that I've tried to heal myself are not working. You are in control; I am in the palm of Your mighty hand. Help me to accept and trust that how You save me in this situation is up to You and not me.*

*I cry out to You. I need You to calm this storm within my life! No matter how long this storm lasts, I need to know You're here. I need to know You're with me. Strengthen me so that I don't doubt. I am desperate for healing.*

*continued on next page*







© 2025 THE CHRISTIAN BROADCASTING NETWORK, INC.  
977 CENTERVILLE TURNPIKE, VIRGINIA BEACH, VIRGINIA 23463  
CBN.com | CBN'S 24-HOUR PRAYER CENTER: 800-700-7000