



Philippians 4:4, 6-8 (LB)

⁴ Always be full of joy in the Lord; I say it again, rejoice!

⁶ Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.

⁷ If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

⁸ And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.

KEY VERSE

If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

Philippians 4:7 (LB)

If you do what?
Worry about nothing; Pray about everything;
Thank God in all things; Think about good things...

I. _____
Don't worry about anything...

Philippians 4:6 (LB)

This is what Jesus says about worry:

- WORRY IS _____
Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Matt. 6:25 (NIV)
- WORRY IS _____
Will all your worries add a single moment to your life? Matt. 6:27 (LB)
- WORRY IS _____
And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you...? Matt. 6:30 (LB)

Leave all your worries with him, because he cares for you.
1 Peter 5:7 (TEV)

2.

Don't worry about anything; instead, pray about everything; tell God your needs...

Philippians 4:6 (LB)

You do not have, because you do not ask God.

James 4:2 (NIV)

He that did not hesitate to spare his own Son but gave him up for us all—can we not trust such a God to give us everything else that we can need?

Romans 8:32 (Phillips)

3.

Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.

Philippians 4:6 (TEV)

NOTE: Ungrateful people are unhappy people.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

I Thessalonians 5:18 (LB)

4.

Note: The war with stress is won or lost in your mind.

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.

Philippians 4:8 (LB)

Fix your thoughts on what?

True...Good...Right...Pure...Lovely...Good things in others

You (Lord) will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3 (NLT)

"If you look at the world, you'll be _____;
If you look within, you'll be _____;
If you'll look at Christ, you'll be _____."

-Corrie ten Boom

Prayer:

Lord, help me to

Worry about nothing; Pray about everything

Thank you in all things, and to think about good things.

In Jesus' name. Amen.