



Philippians 4:6-8 (NIV) ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

1. We Lose Our Worry When We _____.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Pray continually. (1 Thessalonians 5:17)

...in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

2. We Lose Our Worry When We _____ God.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

And let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (Colossians 3:15)

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

A. God's peace goes beyond our understanding.

And the peace of God, which transcends all understanding... (Philippians 4:7)

B. God's peace will guard the way you think and feel.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

3. We Lose Our Worry When We Develop the Right _____ Patterns.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. (Philippians 4:8)

Want to Go Deeper?

- Memorize Philippians 4:6-7.
- List the eight qualities in Philippians 4:8 and think of 10 things that correspond with each one.
- Keep track of how much time you are aware of the presence of God in a regular day.
- If you are ready to accept God's invitation to a new life, let us know and we will help you with next steps.
- Read *Traveling Light* by Max Lucado.

Please let us know the commitments you are making to God by using the Communication Card. We will pray for you!