

PHILIPPIANS 2:1-11

searching for

 joy

 **what am I anxious about?**

I'm anxious about _____

personal family financial other

big hope

helping prepare emotionally and spiritually for the Thanksgiving-Christmas whirlwind

big idea

festive meals, family gatherings, giving and receiving—
all are dress rehearsal for eternity

big warning

anything spiritually significant will likely be spiritually opposed

**Before you can have the peace of God,
you must be at peace with God.**

PHILIPPIANS 4:4-5

⁴ Rejoice in the Lord always. I will say it again:
Rejoice!

⁵ Let your gentleness be evident to all. The
Lord is near.

trusting God
(not your circumstances)

What internal struggles are you dealing with when it comes to you or your immediate family?

What are some of the external challenges?

trading worry for prayer

PHILIPPIANS 4:6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

concern

Concern for responsibilities with family and work **is appropriate**

worry

Worry that involves fear, panic, and being distressed is a **lack of trust**

worry is a lack of trust in God
it's "functional atheism"

go to God:

talk to him
make requests
be thankful

training your mind

to focus on the true and good

PHILIPPIANS 4:8

⁸ Finally, brothers and sisters, 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.

Guernsey Ruts – Oregon Trail



**What "mental ruts"
are you making?**

**Will you create
new ones?**

turning truth into action

PHILIPPIANS 4:9

⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

STEP 1: write down your top 3 anxieties

STEP 2: take your anxiety to the Lord

STEP 3: be thankful and focus on what is good and true