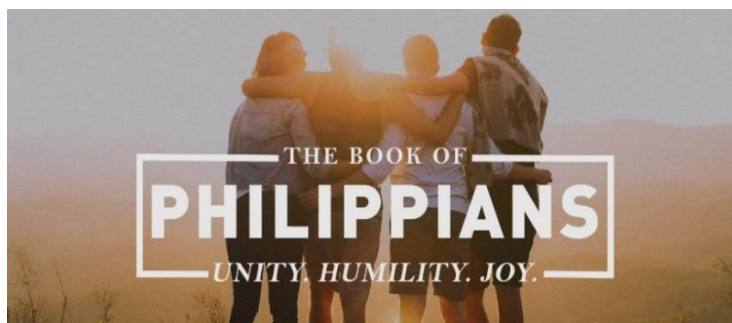




PHILIPPIANS

“Relief From Anxiety & Worry”

Philippians 4:1-7
Pastor Brad Eubank
May 14, 2023

1. **Stand Firm** v. 1 (NCV)
2. **Stay Unified** vs. 2-3 (NLT)
3. **Seize God’s Joy** v. 4 (NCV)
4. **Show humility and gentleness** v. 5a (NIV)
5. **See the powerful reminder** Vs 5b (NASB)
Matthew 28:20 (NASB); Psalm 73:28 (NASB);
Habakkuk 3:17-19 (NASB)
6. **Surrender your worry & anxiety** v. 6a (NIV & Message)
Matthew 6:25-34 (NASB); I Peter 5:7 (NLT)
7. **Saturate your life with prayer** v. 6b (CEV & Message)

Adoration

Confession

Thanksgiving

Supplication

All scripture comes from the New American Standard Bible (NASB) – 1995 version unless otherwise noted.

8. Security will surround you v. 7 (LB & NLT)

✓ God's indescribable peace will overwhelm you

Isaiah 26:3 (NIV); Psalm 29:11(NIV); John 14:27 (NIV)

✓ God's unyielding peace will guard your hearts & minds

Colossians 3:15 (NASB)

“Peace is not the absence of trouble. Peace is the presence of God in the middle of the storm.”

Our Response

- 1) When & how do you find yourself worrying or being anxious the most? How does it affect you and others around you?
- 2) How can you daily surrender your worry and anxiety the Lord? Why must we surrender it to Him?
- 3) What does Paul mean by the statement the Lord is near? How does that fact change everything?
- 4) How can you saturate your life in prayer? Share some specific ways.
- 5) What does Paul mean that His peace will guard your heart and your mind? Why does this matter? How does this help?
- 6) Have you experienced that kind of peace before? Share a time or times when you have and how it changed you.