

ANXIOUS FOR NOTHING

FINDING CALM IN A CHAOTIC WORLD

Philippians 4:6

"Be anxious for nothing." (NKJV)

Philippians 4:4–7

"Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and petition, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (NKJV)

The _____ of anxiety is _____, but the _____ of anxiety is _____.

John 16:33

To be anxious for nothing, we must _____ our soul with the _____ of God.

Ephesians 1:11

"[Our God] works out everything in conformity to the purpose of his will." (NIV)

Proverbs 21:30

"There is no wisdom, no insight, no plan that can succeed against the Lord." (NIV)

Hebrews 1:3

1/ **C** _____ God's _____.

Celebrating God's goodness happens when hard circumstances are followed by a "_____."

Romans 8:28

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." (NIV)

2/ **A** _____ God for _____.

Philippians 4:6

"Be anxious for nothing, but in everything by prayer and petition, with thanksgiving, let your requests be made known to God." (NIV)

Worry is our emotions _____ that we are being invited to pray.

Worry is 'unconscious blasphemy' against God because it shows a lack of trust in God's care for us. - Oswald Chambers

3/ **L** _____ my _____ with God

Prayer is not simply _____ to God, but trusting that God cares enough to _____.

Proverbs 12:25

"Anxiety weighs down the heart, but a kind word cheers it up." (NIV)

4/ **M** _____ on _____.

Philippians 4:8

"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." (NIV)

Finding calm in a chaotic world means not only leaving our concerns with God, but then _____ with good things.

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