

**HOW TO FACE WORRY**  
**How to Face Life's Challenges #1**  
**August 27, 2023**

**Big Idea: Discover more peace and less anxiety by practicing the \_\_\_\_\_ of \_\_\_\_\_.**

**PRACTICING THE WAYS OF JESUS TO FIND PEACE**

- 1. Build your life on \_\_\_\_\_. (Philippians 4:1)**
- 2. Find agreement in what matters to \_\_\_\_\_ and give \_\_\_\_\_ for everything else. (Philippians 4:2-3)**
- 3. Rejoice in Jesus' \_\_\_\_\_ to \_\_\_\_\_. (Philippians 4:4)**
  - To rejoice is a \_\_\_\_\_.
- 4. \_\_\_\_\_ about everything. (Philippians 4:5-7; 1 Peter 5:7)**
  - Prayer precedes \_\_\_\_\_.
- 5. Focus on things that \_\_\_\_\_ Jesus. (Philippians 4:8-9)**
  - Worry is \_\_\_\_\_ meditation.

## DAILY REFLECTIONS ON DEALING WITH WORRY

### Monday

Read 1 Samuel 1:1-20. Can you feel Hannah's anxiety and stress? Do you have a persistent source of anxiety that weighs you down? What did Hannah do with her anxiety to find relief? Compare to Philippians 4:6-7. Pray about your problem until God's gives peace.

### Tuesday

Read Psalm 42 & 43. What is the mood of the psalmist? Why? What does he do when he feels "cast down" and "in turmoil"? He is honest with God about feeling forgotten (42:9) and being rejected (43:2). He doesn't wallow in his worry. He gets on his knees and "pours out his soul" to God to find hope and peace. Pray for yourself or someone else who is struggling with persistent anxiety.

### Wednesday

Read Psalm 57. Notice in the heading of the Psalm that David wrote this when King Saul tried again and again to kill him. How did David find peace? Compare to Rom. 12:12; 2 Cor. 13:11; Phil. 4:4; 1 Thes. 5:16. Remember that to rejoice is a choice. Practice joy today.

### Thursday

Jesus was not immune to anxiety. Read Matthew 26:36-46. How did Jesus deal with it? Notice the amazing change in Jesus' mood in verses 47-56. Read verses 36-46 again. How are your prayers like Jesus? What needs to be changed to align yours with His?

### Friday

Read 1 Peter 5:6-11. What should precede "casting all our anxieties on" God? (v. 6). If you want to find peace by entrusting your problems to God, you must humble yourself and trust God's will and timing with them. Otherwise, you haven't really "cast them on Him." That's why we sometimes don't find peace through prayer. We pray for God's help but still want to dictate the outcome. Give Him your anxiety today, and rejoice in what's said in v. 10.