

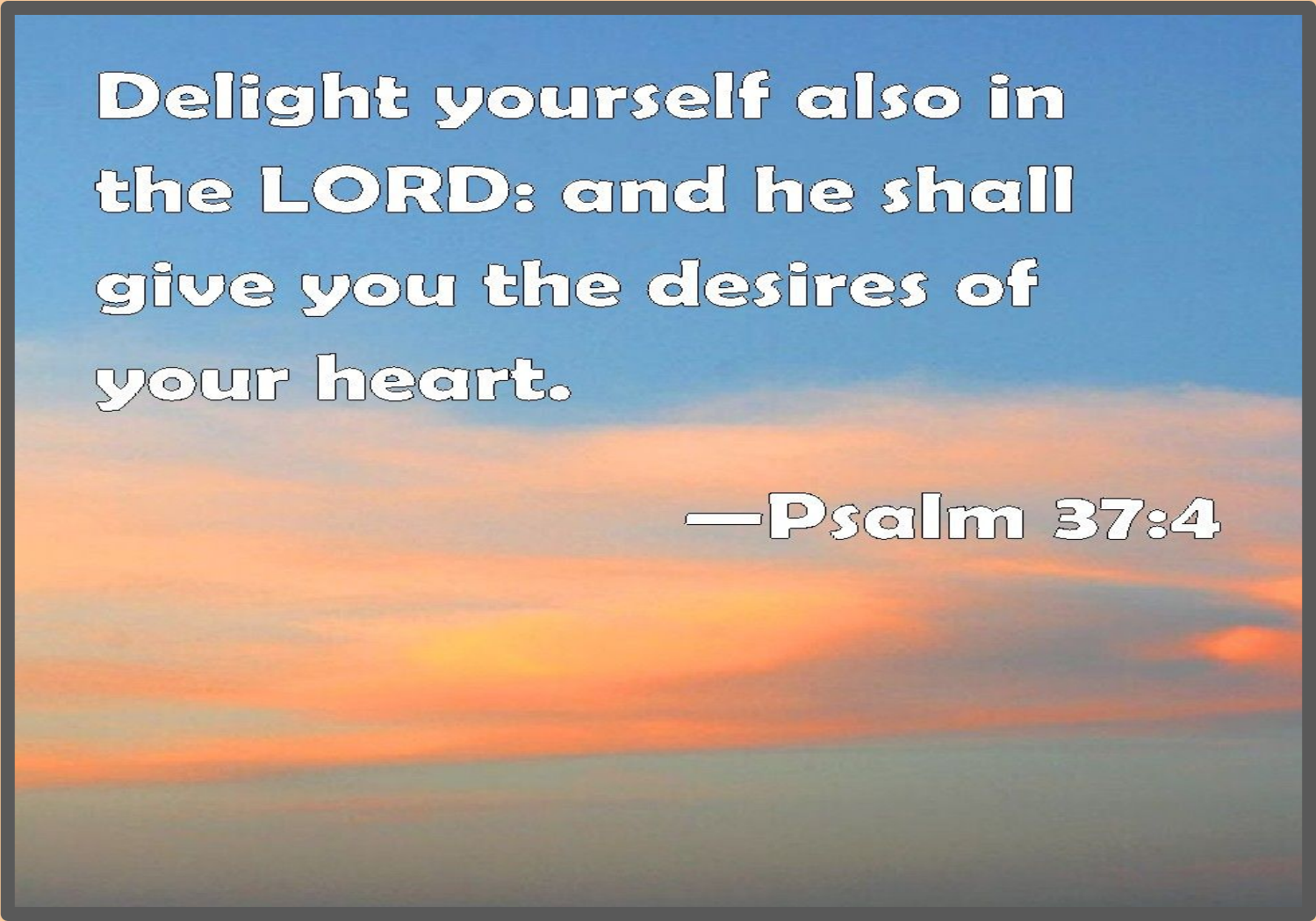
Philippians 4:4-8 (NKJV)

Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord *is* at hand. Be anxious for nothing, but in everything by prayer and supplication, 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. Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy--meditate on these things.

What is one thing that stood out to you from this passage?

What fresh insight do these words bring to you?

What does “Rejoicing in the Lord” mean to you?



**Delight yourself also in
the LORD: and he shall
give you the desires of
your heart.**

—Psalm 37:4

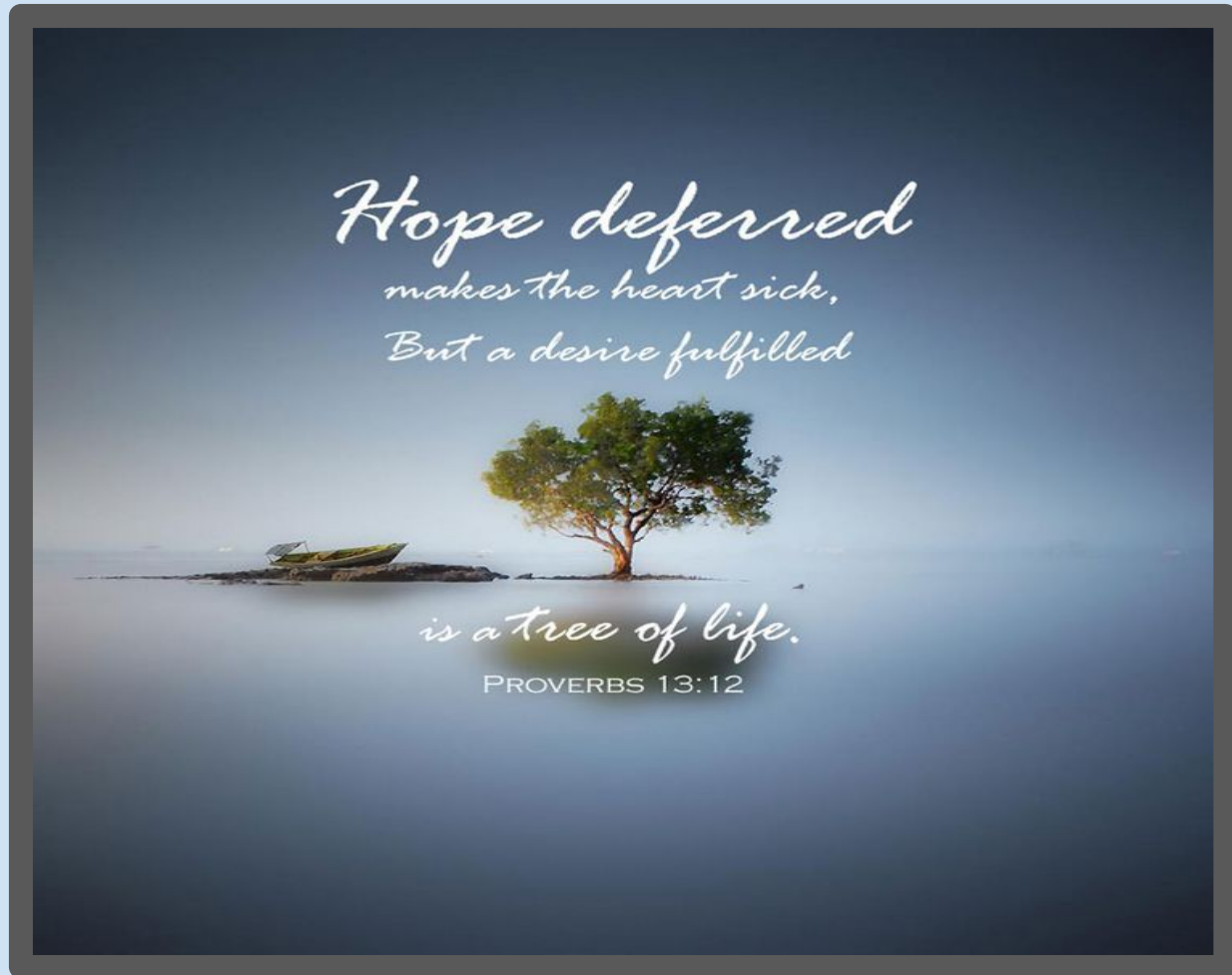
What does “Delight in the Lord” mean to you?

What are the Desires of your Heart?

**How do you think this verse relates to
Philippians 4:4-8?**

We just completed a study on Unshakable Hope - Building Our Lives on the Promises of God.

What are your thoughts on Proverbs 13:12 and how it relates to Philippians 4:4-8 and Psalm 37:4?




*Hope deferred
makes the heart sick,
But a desire fulfilled*

is a tree of life.

PROVERBS 13:12



**Anxious = Angst A sense of unease
Xious.....Out of breath for life**

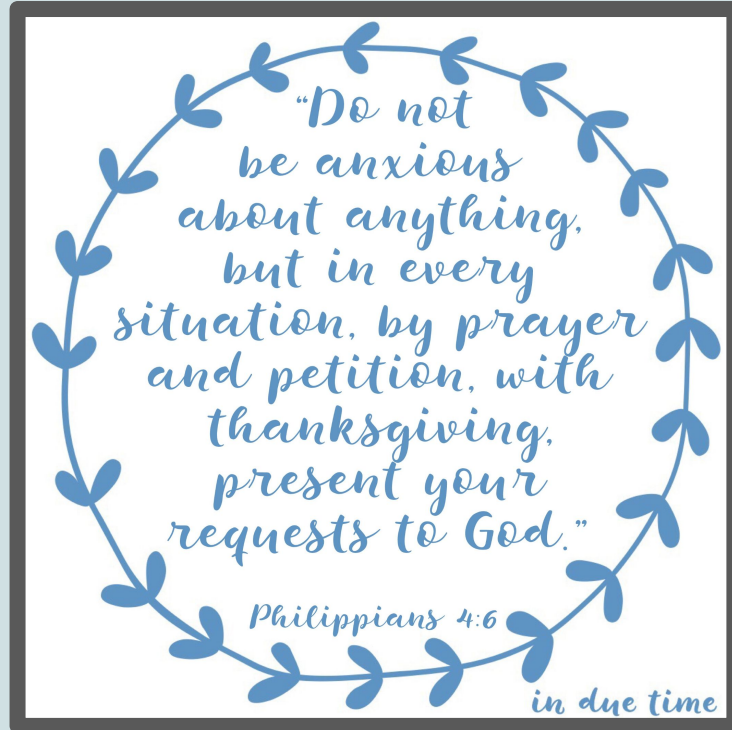


Refrain from anger, and
forsake wrath! Fret not
yourself; it tends only to evil.

~ Psalm 37:8

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**Anxiety is a close cousin to fear, but the two are not twins.
Fear sees a threat while anxiety imagines one.**





When I am afraid
I put my

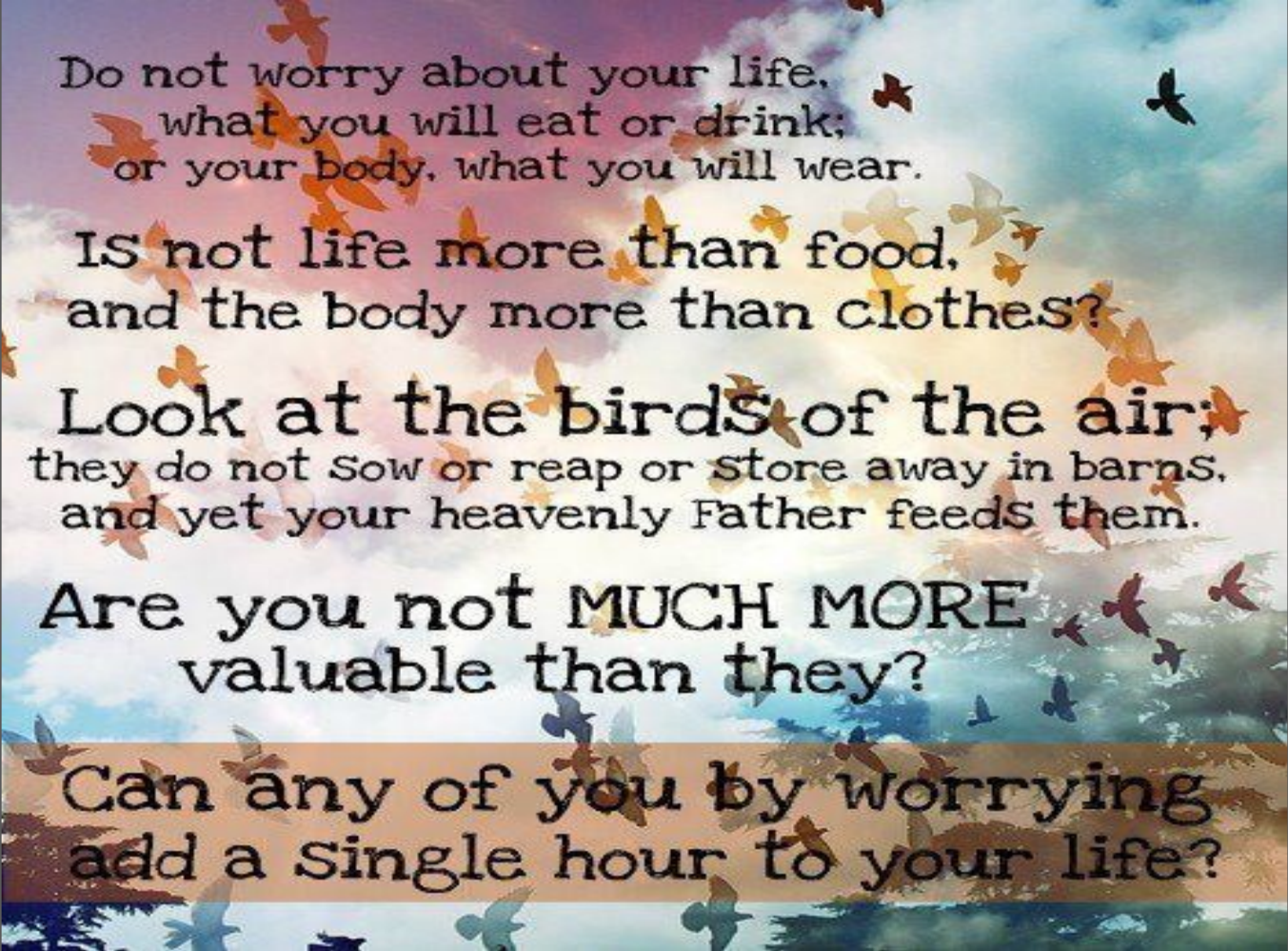
Trust
IN YOU
PSALM 56:3

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*Cast all your anxiety on him
because he cares for you.*

- 1 Peter 5:7



Do not worry about your life,
what you will eat or drink;
or your body, what you will wear.

Is not life more than food,
and the body more than clothes?

Look at the birds of the air;
they do not sow or reap or store away in barns,
and yet your heavenly Father feeds them.

Are you not MUCH MORE
valuable than they?

Can any of you by worrying
add a single hour to your life?

How does the world teach us to cope with anxiety?

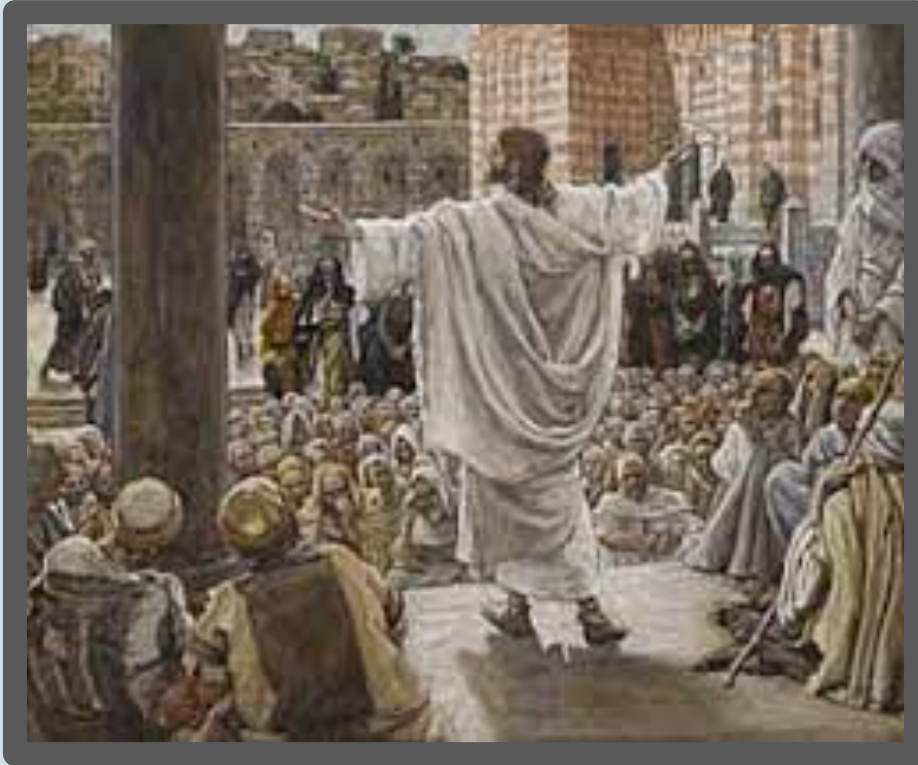
How does the world's solution for anxiety differ from God's solution?



**Do Not Let Your Hearts Become Drowsy
With the Anxieties of Daily Life**

————— *Luke 21:34* —————

Luke 21:34-38



Jesus said to his disciples:

"Beware that your hearts do not become drowsy from partying and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap.

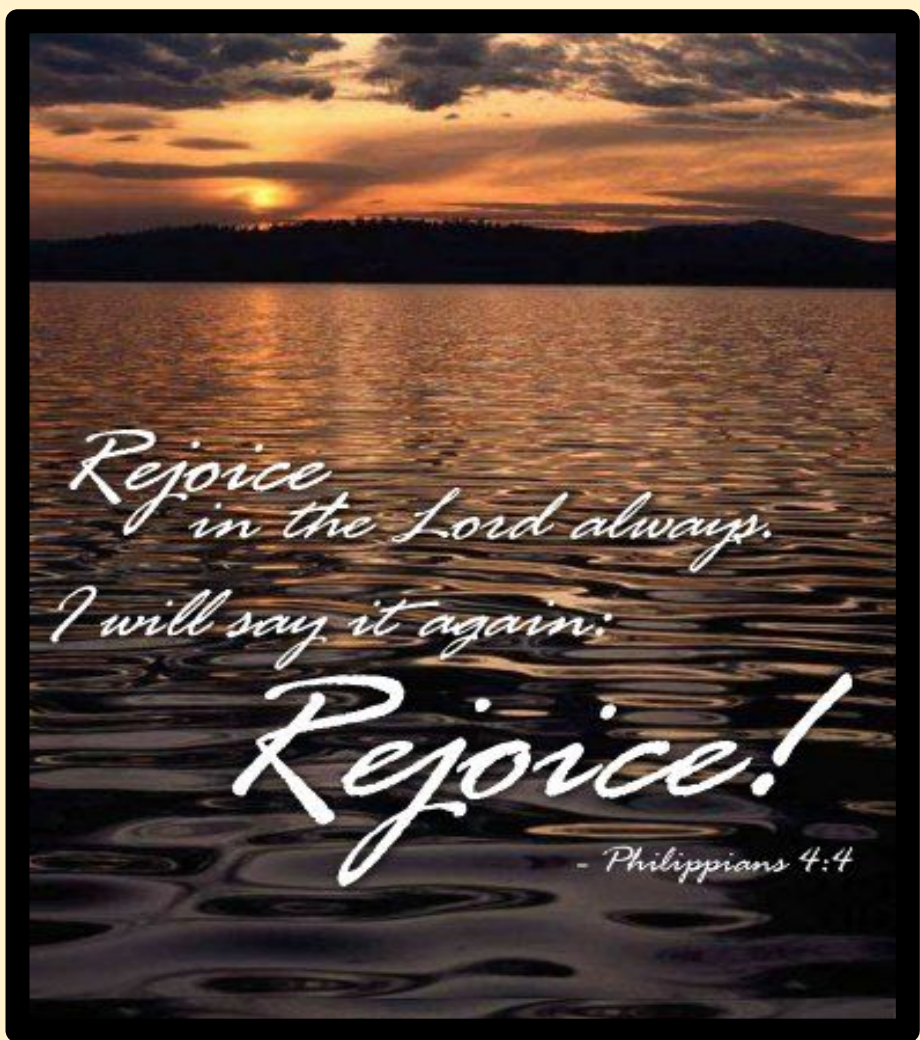
For that day will assault everyone who lives on the face of the earth.

Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man."

Paul's prescription for anxiety is a call to

“Rejoice in the Lord!”

This is not a call to a feeling, but to a decision.



Citations Of His Sufferings For The Gospel

2 Corinthians 11:23-28

- Paul could recite 23 kinds of things he had suffered for the gospel he preached: (vs.23-28)

a. Labors; b. stripes; c. prisons;
d. (in danger of) deaths; e. scourging;
f. beatings with rods; g. stonings; h. shipwreck;
i. journeys; j. perils of waters; k. perils of robbers;
l. perils from Jews; m. perils from Gentiles;
n. perils in the city; o. perils in the wilderness;

But he said to me, "My grace is sufficient for you,
for my power is made perfect in weakness."
Therefore I will boast all the more gladly about my
weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:9



HOW CAN WE LEARN TO TRUST GOD

like the prophet Habakkuk?

HABAKKUK 3:17-19

