



Joy Ride

THE BOOK OF JAN
PHILIPPIANS

Joy in Anxiety

Philippians 4:7

⁴ Rejoice in the Lord always; again I will say, rejoice!

⁵ Let your gentle *spirit* be known to all people. The Lord is near. ⁶ Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus. **And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.**

Anxiety is focusing on the possible negative outcomes instead of the positive promises of God.

**God does not condemn us
for our emotions.**

**Anxiety is not a condition
to be managed. It is the fruit
of a sin to be repented of.**

**Between the anxiety and your
response, there must be Jesus.**

C.A.L.M.

Celebrate who God is

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Ask God for Help

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Let Peace Guard Your Heart

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Meditate on What is Good

1. Celebrate who God is

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 - **Gentle spirit:** meekness - the ability to manage your passion while under pressure.

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- “Let your gentle spirit be known to all people. The Lord is near.” – Phil 4:5
 - Gentle spirit: meekness - the ability to manage your passion while under pressure.
- “Do not be anxious about **anything**...” - Phil 4:6

Matthew 6:34

Don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

“Worrying is carrying tomorrow's load with today's strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.”

Corrie Ten Boom

Anxiety says, "what if".
Peace says, "He is".

**Anxiety decreases as your
understanding of God increases.**

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 - “Cast all your anxiety on Him, because He cares for you.” - 1 Peter 5:7

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 - **Requests** [aitima]: adamant request, demanding assistance, insistent

**Praying with an emboldened
"Thank You" on your lips
will loosen anxiety's hold on you.**

Psalm 23:1-5

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me, your rod and your staff, they comfort me. **You prepare a table before me in the presence of my enemies.**

3. Let Peace Guard Your Heart

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- “And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus” – Phil 4:7
- We can exchange **problems** for **peace**.

**If you want to win, you cannot give
the enemy free access to hit you!**

1 Peter 5:7-8

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Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion **looking for someone to devour.**

4. Meditate on What is Good.

- “Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.” – Phil 4:8

4. Meditate on What is Good.

- “Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, **think about** these things.” – Phil 4:8
 - **think about** : meditate, mull, take account

**When you are focused on problems, it froths
your problems bigger than they are.**

Replace your worry with worship.

Philippians 4:9

As for the things you have learned and received and heard and seen in me, practice these things, and **the God of peace will be with you.**



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