

"IF YOU DO THESE THINGS YOU WILL EXPERIENCE GOD'S PEACE WHICH
IS FAR MORE WONDERFUL THAN THE HUMAN MIND CAN
UNDERSTAND. HIS PEACE WILL KEEP YOUR THOUGHTS QUIET AND
YOUR HEART AT REST AS YOU TRUST IN CHRIST JESUS."
PHILIPPIANS 4:7

DEFINITION: 'A MENTAL STATE ACHIEVED BY FOCUSING ONE'S AWARENESS ON THE PRESENT MOMENT."

# 1. REFUSE TO WORRY ABOUT ANYTHING

"ANEVER WORRY ABOUT ANYTHING..." PHILIPPIANS 4:6 (NLT)

### WORRY IS UNREASONABLE

"DON'T WORRY ABOUT YOUR LIFE, WHAT YOU'LL EAT OR DRINK; OR ABOUT YOUR BODY, WHAT YOU WILL WEAR. IS NOT LIFE MORE IMPORTANT THAN FOOD, AND THE BODY MORE IMPORTANT THAN CLOTHES?" MATTHEW 6:25

#### WORRY IS UNATURAL

"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?"

WORRY IS UNHELPFUL

"WHO OF YOU BY WORRYING CAN ADD A SINGLE HOUR TO HIS LIFE?" MATTHEW 6:27

#### WORRY IS UNNECESSARY

"IF GOD CARES SO WONDERFULLY FOR FLOWERS THAT ARE HERE TODAY AND GONE TOMORROW, WON'T HE MORE SURELY CARE FOR YOU. O YOU OF LITTLE FAITH?" MATTHEW 6:30

"UNLOAD ALL YOUR WORRIES ON GOD SINCE HE IS LOOKING AFTER YOU!" 1 PETER 5:7

# 2. TALK TO GOD ABOUT EVERYTHING

"NEVER WORRY ABOUT ANYTHING. INSTEAD IN EVERY SITUATION LET GOD KNOW WHAT YOU NEED IN YOUR PRAYERS AND REQUESTS..." PHILIPPIANS 4:6

## 3. THANK GOD IN ALL THINGS

"...WHEN YOU ASK GOD FOR WHAT YOU NEED ALSO THANK HIM FOR ALL HE'S DONE." PHILIPPIANS 4:6

"IN EVERYTHING GIVE THANKS, FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU!" 1 THESSALONIANS 5:18

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# 4. THINK ABOUT GOOD THINGS

"FILL YOUR MINDS WITH THOSE THINGS THAT ARE TRUE AND GOOD AND RIGHT. THINK ABOUT THINGS THAT ARE PURE AND BEAUTIFUL AND RESPECTED. IF ANYTHING IS EXCELLENT OR IF ANYTHING IS WORTHY OF HONOR, THINK ABOUT THOSE THINGS." PHILIPPIANS 4:8

# 5. BE CONTENT WITH EVERYTHING

"I HAVE LEARNED TO BE CONTENT WHATEVER THE CIRCUMSTANCES. I KNOW HOW TO LIVE ON ALMOST NOTHING OR WITH EVERYTHING. I HAVE LEARNED THE SECRET OF CONTENTMENT IN EVERY SITUATION, WHETHER I'M WELL-FED OR HUNGRY, WHEN I HAVE MORE THAN I NEED OR WHEN I DON'T HAVE ENOUGH."

PHILIPPIANS 4:11-12

"PEACE OF MIND MAKES THE BODY HEALTHY, BUT ENVY IS LIKE A CANCER." PROVERBS 14:30

"IT'S BETTER TO ONLY HAVE A LITTLE WITH PEACE OF MIND, THAN TO BE BUSY ALL THE TIME WITH BOTH HANDS, TRYING TO CATCH THE WIND." ECCESIASTIES 4:6