

Philippians 4:4-9 Sermon Notes

Big Idea: In our anxieties, there is *a place to go, a way to think, and a pattern to follow.*

“Anxiety is concern that has become excessive—care that is no longer trusting in God.” -John Stott

“Anxiety is a preoccupation with what might happen that pulls us away from trusting God in the present.” -David Powlison

“Anxiety is concern that has become consuming—when what we fear begins to control us.” -Ed Welch

“Anxiety makes us less aware of God and less attentive to others.” -Ed Welch

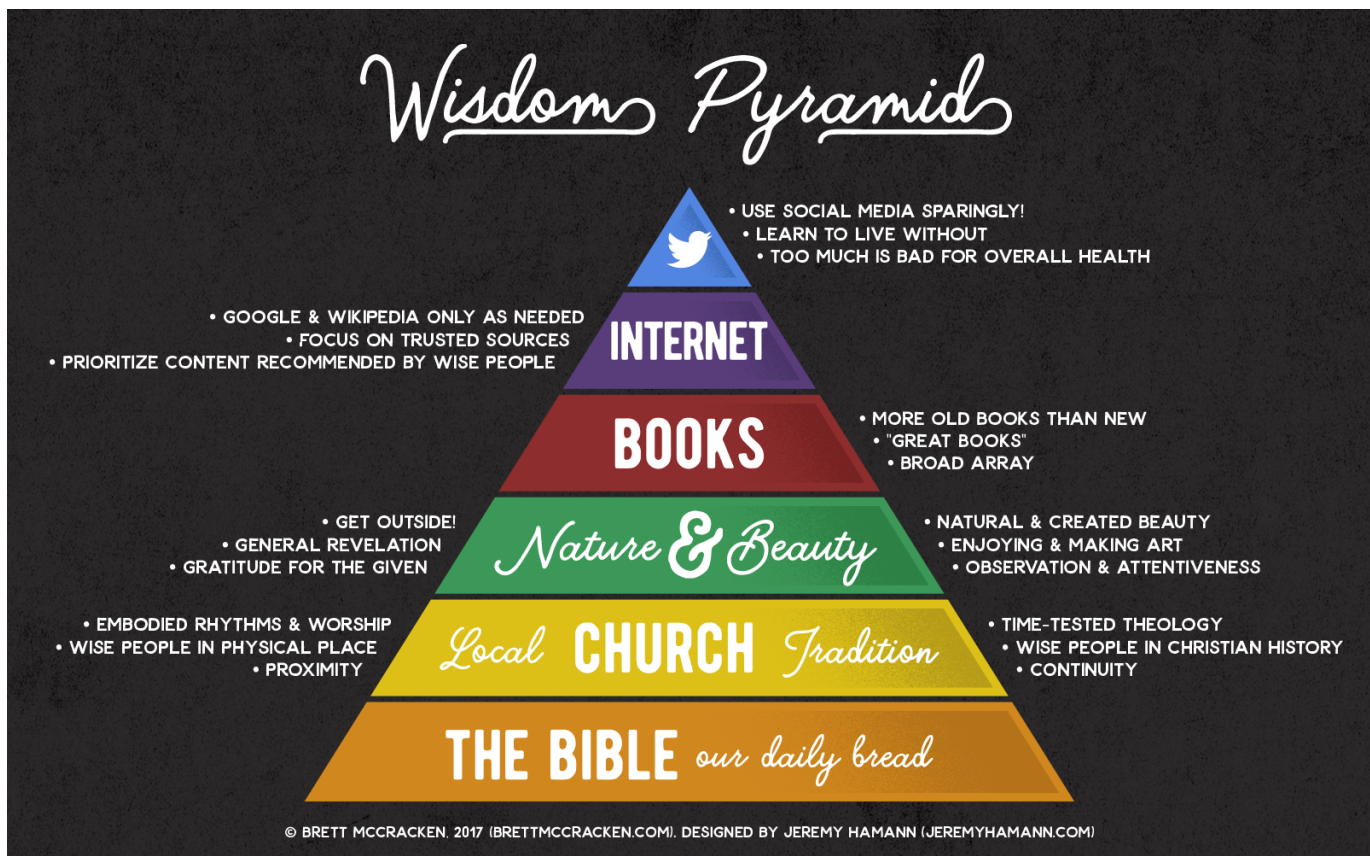
“Anxiety is carrying what God never meant for you to carry alone.” -David Platt

“What we need most in our trouble is not answers but God himself.” -Tim Keller

“Thanksgiving is the best prayer that can be offered... it honors God and brings peace to the heart.” -Charles Spurgeon

“Gratitude is the key to joy and the key to overcoming anxiety, because it keeps our hearts fixed on God rather than our problems.” -John Piper

“The mind is the battlefield, and the way to conquer anxiety is to fill it with better thoughts.” – Charles Spurgeon



“The blessings of God are not experienced by those who merely know the truth, but by those who live it.” -DA Carson

