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Joyful Living: a study of Philippians
Conquering Worry in Your Life
Philippians 4:1-9

I. Victory over worry.
Philippians 4:1-7

A. Prayer is your primary weapon to defeat worry.
Philippians 4:6-7

B. Three elements of a powerful prayer.

1. Adoration

2. Supplication

3. Appreciation

II. God's peace involves your heart and mind.
Philippians 4:8
Isaiah 26:3
2 Corinthians 10:5

A. Paul tells us what to think about.

1. That which is true.

2. That which is honest and just.

3. That which is pure, lovely, and of good report.

4. Virtue and praise.

Psalms 19:7-10

5. Focus on a balanced life.

Philippians 4:9