

HIGHLIGHTS

Philippians 4:6 *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:13 *I can do everything through him who gives me strength.*

What we fear most

1. Arachnophobia – The fear of spiders
2. Ophidiophobia – Fear of snakes
3. Acrophobia – The fear of heights
4. Agoraphobia – The fear of crowds
5. Cynophobia – The fear of dogs

Five of the strongest fears that we all face:

5. Loneliness
4. Ridicule

3. Rejection

2. Death

1. Failure

Don't let worry keep you

Let the church help

Philippians 4:4 *Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. 9 Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you.

10 I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. 11 I

am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

CONTEXT

1. Saul the persecutor became Paul the Apostle.
2. Paul argues that God works in our adversity.
Philippians 1:12 Now I want you to know, brothers, that what has happened to me has really served to advance the gospel.
3. Paul is “in chains.”
Philippians 1:13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.
4. Paul argues that our primary citizenship is in heaven.
Philippians 3:20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

CONTENT

1. **Rejoice in the Lord**
Philippians 4:4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.

In Philippians: joy 6 times,
rejoice 8 times
be glad 3 times
in 104 total verses, 1 in every 6 verses

James 1:20 for man's anger does not bring about the righteous life that God desires.

2. **Express your heart to God**
Philippians 4:6 Don't worry about anything; instead, pray about everything; TLB
God's promise is peace.
3. **Set your mind on things above**
Think about what you are thinking about
Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.
2 Corinthians 10:5 ...and we take captive every thought to make it obedient to Christ.
Galatians 6:2 Carry each other's burdens...
5 for each one should carry his own load.
4. **Trust God through it all**
Philippians 4:10 I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. 11 I am not saying this

because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

CARRY OUT

1. God's promise is peace, not prosperity.

2. We cannot choose what happens to us, but we can choose how we respond.
3. None of this makes sense if our primary citizenship is not in heaven.