

# Rejoice! Say NO to Anxiety

A sermon we all need... by Pastor Jason on 5-17-20.

**Text: Philippians 4:4-7**

1. The Problem: \_\_\_\_\_

2. The Procedure: \_\_\_\_\_

3. The Product: \_\_\_\_\_

**Anxiety must be met with \_\_\_\_\_, \_\_\_\_\_, AND \_\_\_\_\_**

**Abiding joy should be the \_\_\_\_\_ of every Christian.**

1. A \_\_\_\_\_ – Who's in Charge? (Phil. 2:5 NLT)

2. I \_\_\_\_\_ in obedience (John 14:15)

3. M \_\_\_\_\_ a decision (Matt. 6:33)

## Philippians 4:4-7 in Summary...

1. Always \_\_\_\_\_

2. Be \_\_\_\_\_ by gentleness

3. \_\_\_\_\_ must die

4. Pray about \_\_\_\_\_

5. Always give \_\_\_\_\_

6. Make your \_\_\_\_\_

7. Let the \_\_\_\_\_ encompass you

**The Challenge: \_\_\_\_\_ to Rejoice, and \_\_\_\_\_ to Anxiety**

*"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7*

*Inviting people to Encounter a life changing God  
And become passionate followers of Christ.*

## HOME DEVOTIONAL QUESTIONS

Read Philippians 4:4-7 slowly. Try to unpack every verse, sentence, phrase, and word. What is the Word of the Lord saying to you today?

What areas do you get most anxious about in life? What are you currently anxious about?

Verse 4 tells us to "rejoice always." How do we do that in a season like this? Why should we rejoice? How do we rejoice? When should we rejoice? What should we rejoice about?

What does God want us to do with all of our worries and anxieties? How should we pray through all of them? What should we be asking God for?

Verse 6 tells us we're supposed to always pray with thanksgiving. How does being thankful change our mindset? What do we have to be thankful for? (Make a list!)

Finally, if our focus and faith can truly center on the holiness (His perfection) and sovereignty (His reign and rule over all) of Almighty God, how will this affect our anxiety? Spend some time praying for faith in our God that holds the whole world in His hands... and surrender everything to Him!!!

Further Scriptures for study: 1 Jn. 4:18, 1 Pet. 3:14, 2 Tim. 1:7, Isa. 35:4, Isa. 40:31, Isa. 41:10, John 14:1, John 14:27, Matt. 6:25-34, Ps. 34:4, Ps. 55:22, Ps. 56:3, Ps. 94:19, Prov. 12:25, Jer. 17:7-8, Matt. 11:28-30, Col. 3:15, 1 Pet. 5:6-8