

# VICTORY

## PART 3

### **VICTORY OVER WORRY AND ANXIETY**

**Philippians 4:6–7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

#### **1. REFUSE TO WORRY ABOUT ANYTHING.**

Matthew 6:34 **"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.**

1 Peter 5:7 Give all your worries and cares to God, for he cares about you.

#### **2. PRAY ABOUT EVERYTHING.**

1 Thessalonians 5:17 Never stop praying.

#### **3. THANK GOD IN ALL THINGS.**

1 Thessalonians 5:18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

#### **4. THINK ABOUT GOOD THINGS.**

Philippians 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

#### **5. BE CONTENT WITH ANYTHING.**

Philippians 4:11–13 ...for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.