

THE PRESCRIPTION FOR PEACE — AN ANTIDOTE FOR ANXIETY

God Wants You to Find Your **CONTENTMENT** and Joy in the Lord (vs.4-5)

- ② **Philippians 4:4-5** Rejoice in the Lord always. Again I will say, rejoice! ⁵ Let your gentleness be known to all men. The Lord is at hand.

✓ *God wants to address your **CONTENTMENT** in Life*

1. The **COMMAND** for You is to — “_____.”



What does it mean to “rejoice” or to have joy, and what does it have to do with your contentment?

2. The **SOURCE** of Contentment and Joy is found — “_____.”

3. The **TIME** of Joy is — “_____”

4. The **REMINDER** for Joy is — “_____, I say rejoice.”

5. The **CHARACTER** of Joy Displayed is to — “Let your _____ be known to all men.”



How is “gentleness” defined, and how is this character to be reflected to others in your life?

6. The **REASON** for Contentment and Joy is recognizing — “The Lord is _____.”

A. God Wants You to **COMMUNICATE** Your Concerns to Him in Prayer (vs. 6)

- ② **Philippians 4:6** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

✓ *God wants to address your **PRAYER LIFE***

1. God’s **PROHIBITION** regarding Your Anxiety is to “Be _____ for _____”
(4:6a)

2. God's **PRECEPT** is to Cast Your Burden upon Him as you — "let your _____ be made known to _____." (4:6b)
- a. The **Contrast** of anxiety and the **Scope** of prayer is — "_____ in _____."
- b. The **Command** of God is to transfer all of your cares upon Him, as you — "let your requests _____ to God."
- c. The **Concepts** involved in addressing your anxiety are — "by _____ and _____, with _____, let your _____ be made known to God."



What is Prayer?



What elements or concepts are involved in our communication with God? How might they apply in your life?

3. God's **PROMISE** is to Replace Your Anxiety with "the _____ of God." (4:7)
- ☐ **Philippians 4:7** and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- a. The **Definition** of Peace: a state of _____ and _____ brought about by being bound together as a whole and standing complete with no friction or discord.
- b. The **Source** of True Peace is — "_____ "
- c. The **Present Nature** of God's Peace is that — "which _____ all understanding."
- d. The **Future Protection** of God's Peace — "will _____ your hearts and minds through Christ Jesus."