ANXIOUS FOR NOTHING—
THE PERSPECTIVE OF PRAISE

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4 NIV

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 every situation, 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 4:4-7 NIV

The Perspective of Praise

Now I want you to know, brothers and sisters, that what has happened to me really sucks. God let me down. I'm overwhelmed with anxiety, depression and hopelessness. Because of the hell I've been through, I'm quitting LifeGroup and never going back to church. Philippians 1:12-13 BPV (Bad Perspective Version)

Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. [13]As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. Philippians 1:12-13 NIV

The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. Acts 16:22 NIV

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Acts 16:25 NIV

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. [26]Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.
Acts 16:25-26 NIV

TALK IT OVER

Has there ever been a time in your life when a new perspective made a big difference? What happened?

How can we start to approach all situations with a perspective of praise?

How could you praise God for a struggle you're facing right now?