



¹ Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion, help these women . . .

Philippians 4:1-3

To experience joy under stress . . .

1. Worry about _____ . v. 6a

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 . . . Philippians 4:4-6

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

2. Pray about _____ . v. 6b

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 4:6-7

"You do not have, because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." James 4:2b -3

3. Thank God in _____ things. v. 6

*. . . but in every situation, by prayer and petition, **with thanksgiving,***
Philippians 4:6b

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ **give thanks in all circumstances;** for this is God's will for you in Christ Jesus. I Thessalonians 5:16-18

4. Think about the _____ things. v. 8

⁸ Finally, brothers and sisters, 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. Philippians 4:8-9

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:5

Next steps for today's message:

- ☐ Memorize Phil. 4:6 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*
- ☐ Take time this week to count your blessings and thank God for His grace, mercy and goodness in your life.
- ☐ Turn your worries into prayers.
- ☐ Help us share the life changing love of Christ in our world by supporting the 2013 Budget/Ministry Plan.