

“Dealing with Anxiety”
Philippians 4:1-9

- 1. Remember what you possess and stand firm in the Lord (vs. 1)**
- 2. Resolve conflict so Kingdom work will not be hindered (vs. 2-3)**
- 3. Rejoice in the Lord always (vs. 4)**

Your joy is not based on circumstances but on what Christ has done for you and in you.

- 4. Reasonableness to everyone (vs. 5)**

“reasonableness” – gracious, considerate, willing to yield one’s personal rights to show consideration to others.

- 5. Refrain from worry but pray about everything (vs. 6)**

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

“Nothing is too great for God’s power; nothing is too small for His fatherly care.”

- 6. Receive the peace of God that surpasses all understanding (vs. 7)**
- 7. Reflect on things that are excellent and wholesome (vs. 8-9)**

Right thinking is the first step to righteous and victorious living