

5/26/2020

“I can do all things through Christ who strengthens me.” Phil. 4:13 (NKJV)

1. **PRAY** About Everything (vs. 6)

- Relationships - Work out differences with others. Work hard together.
- Needs- Turn over the cause of the anxiety, not just the symptoms of it.

2. **PETITIONS** and **PRAISES** Shape Your Worries (vs. 6-7)

- Don't fret or worry
- Communicate with Him and thank Him
- His peace will GUARD your heart and mind as YOU live in Christ Jesus

GUARD = Greek word – “Phroureo” – to prevent hostile invasion, to protect by guarding, to preserve one for the attainment of something...OR to keep the inhabitants of a besieged city from flight.

3. **PROTECT** Your Mind (vs. 7-8)

- “What you think about grows!” Dr. Caroline Leaf (“Switch on Your Brain”)
- Fill your mind, Fix your thoughts, Set your mind. Think. Dwell. Meditate.
- “As he thinks in his heart, so is he.” Prov. 23:7

4. **PUT** into **PRACTICE** (vs. 9)

- Develop daily habits. Diminish destructive thoughts and behaviors.
- Don't be upset by results you don't get from the work you don't do.

5. **PATTERNS** of Contentment (vs. 7-11)

- “This is a secret that can only be acquired by our experience of life in the will of God.” F.B. Meyer

“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. ⁹ Keep putting into practice all you learned...” Phil. 4:8-9