



*Rejoice in the Lord always.
I will say it again: Rejoice! Let your gentleness be evident to all.
The Lord is near.*

*Do not be anxious about anything,
but in every situation, by prayer and petition, with thanksgiving,
present your requests to God.
And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.*

*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.
Philippians 4:4-8 (NIV)*

Celebrate God's goodness
Ask God for help
Leave your concerns with God
Meditate on good things



*Rejoice in the Lord always.
I will say it again: Rejoice!
Let your gentleness be evident to all.
The Lord is near.
Philippians 4:4-5 (NIV)*

Celebrate God's goodness

Read Romans 8:38-39

Paul makes a list of what will never separate us from God. Take a moment to create your own list.

For I am convinced that

Neither _____

Nor _____

Neither _____

Nor _____

Nor _____

... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Ask God for help

Have you ever doubted God's nearness?

Write about a time you thought God was too far away or had forgotten you.

Leave your concerns with God

What specific anxieties are weighing on you today?

Write each worry down and then write how you might face it with calmness.

Worries	How I can face it with Calmness
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Meditate on good things

Study Philippians 4:5 *Let your gentleness be evident to all. The Lord is near.* Try to memorize this verse so that every time you feel anxious you can bring it to mind.



*Do not be anxious about anything,
but in every situation, by prayer and petition, with
thanksgiving,
present your requests to God.
Philippians 4:6 (NIV)*

Celebrate God's goodness

Read the following passages about some of the undeserved gifts God has given to God's children:

Philippians 4:19

Psalm 34:7

John 14:2-3

John 14:26

What gifts does God promise you?

Which blessing stirs the most gratitude in your heart today?

Ask God for help

When you are facing a problem, what hurdles tend to keep you from taking it to God first?

Leave your concerns with God

Have you ever started a sentence with the phrase "if only"?

If only I could have.... If only I did this.... If only.....

The antidote to the "if only" syndrome is gratitude.

Gratitude forces you to recognize what God has *already* given to you.

The anxious heart says, "Lord, if only I had this or that or the other, I'd be okay...", the grateful heart says, "Lord you've already given me this, that, and the other, and I thank you."

What are the *if onlys* in your life today? What are the *alreadys*?

If Onlys _____

Alreadys _____

Meditate on good things

Study Philippians 4:6. *Do not be anxious about anything,
but in every situation, by prayer and petition, with thanksgiving,
present your requests to God.*

Try to memorize this verse so that every time you feel anxious you can bring it to mind.



*And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.
Philippians 4:7 (NIV)*

Celebrate God's goodness

Read the following passages about the peace that God uses to guard your heart and mind.

Isaiah 26:3

Galatians 5:22-25

Psalms 119:165

Isaiah 9:6

What particular promise brings you the most comfort today?

Why does this promise speak so personally to you?

Ask God for help

Unfortunately, at times we may try to find peace in what the world has to offer instead of what God has promised. Jesus promises to give us peace that comes directly from him and surpasses anything we can ever comprehend.

Is there something or someone in your life that you are relying on to give you peace? Include God in your petition for peace; remember to be specific!

Leave your concerns with God

What specific anxieties are weighing on you today?

Write down any worry on your heart. Be as specific as you can be.

Meditate on good things

Study Philippians 4:7. *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Try to memorize this verse so that every time you feel anxious you can bring it to mind.



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.

Philippians 4:8 (NIV)

Celebrate God's goodness

Our thoughts influence everything that we do, feel, and believe. If your thoughts are anxious, then your life will be anxious. If your thoughts are centered on peace, then your life will be peaceful. Meditate on the following passages:

Isaiah 53:7

Zechariah 9:9

Matthew 20:28

2 Corinthians 5:21

Revelation 19:11, 15-16

Ask God for help

You have an enemy who is out to poison your mind with negativity, fear, bitterness, anxiety ... anything that is not of God. Often, the enemy will attack when you have been weakened by a difficult circumstance, rocky relationship, lack of sleep, or anything else that make you feel defeated.

Ask the Lord to help you sense when the enemy is attacking your mind so you don't dwell on his lies. Ask God to help you "Stand firm then, with the belt of truth buckled around your waist." (Ephesians 6:14), daily reading his Word so you can recognize and fend off any thoughts that are not of him.

Leave your concerns with God

What worries are on your mind today? Be specific with what is burdening you. Then list the gifts that God has given you that are true, noble, right, pure, lovely, admirable, excellent, or worthy of praise.

Worries

Gifts God Has Given You

Meditate on good things

Study Philippians 4:8. *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. Try to memorize this verse so that every time you feel anxious you can bring it to mind.