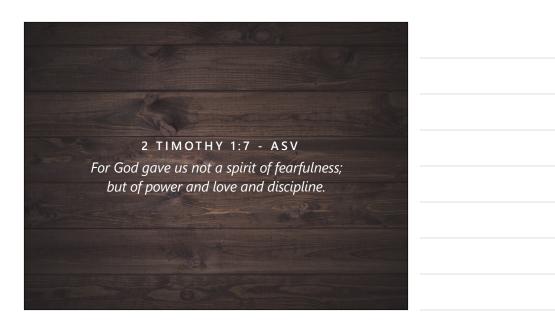




FEAR IS

- 1. Fear is a future without hope
- 2. Fear only sees the worst-case scenario
- 3. Fear ruins relationships
- 4. Fear makes us selfish
- 5. Fear is a spirit



PHILIPPIANS 4:4-7 ESV

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness[d] be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:4-7 ESV

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness[d] be known to

- Notice that it doesn't say, rejoice in your requests be
- Take JOY in who God is eace of God, which surpasses all understanding, will guard your hearts

PHILIPPIANS 4:4-7 ESV

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness[d] be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything but in everything by prayer and

- "Don't be someone who freaks out!" 5 be
- nade known to God. ⁷ And the peace of God, which

 Be reasonable, calm
 urpasses all understanding, will guard your hearts
 and your minds in Christ Jesus.

PHILIPPIANS 4:4-7 ESV

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→ When you know that God is with you, everything should be settled

s all understanding, will guard your nearts and vour minds in Christ Jesus

PHILIPPIANS 4:4-7 ESV

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→ Not everyone is anxious about everything, but everyone has their something.

MATTHEW 11:28 (TLB)

Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens."

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- → Not everyone is anxious about everything, but everyone has their something.
- → Prayer is transferring the burden over to God

PHILIPPIANS 4:4-7 ESV

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness[d] be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding will quard your hearts.

- ➡ Thankfulness takes my eyes off of me and onto the Giver
- ➡ Thankfulness gives me perspective

⁴ Rejoice in the Lord always; again I will say,	
rejoice. ⁵ Let your reasonableness[d] be known to everyone. The Lord is at hand; ⁶ do not be anxious	
about anything, but in everything by prayer and supplication with thanksgiving let your requests be	
made known to God. ⁷ And the peace of God, which surpasses all understanding, will quard your hearts	
and your minds in Christ Jesus.	
➡ This supernatural PEACE guards my	
heart and my mind	
In other words it protects my thoughts and my emotions	
thoughts and my emotions	

PHILIPPIANS 4:8-9 ESV

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned[e] and received and heard and seen in me—practice these things, and the God of peace will be with you.

- **→** Practice these things
- → The God of peace will be with you

GOD'S PROVISION

PHILIPPIANS 4:10-13 ESV

¹⁰ I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³ I can do all things through him who strengthens me.



