

“Don’t Worry - Pray” Philippians 4:6-7

The truth in these two verses is life-changing, if you learn to practice it.

I. What we should NOT do:

- A. “Be _____” – the root word means to _____, or _____.
To be anxious means to be _____, to _____.
- B. “For _____,” Nothing means, _____, _____,
_____, _____, _____, _____.
1. Worry is _____, because it shows you are not _____ GOD. Rom. 14:23
The _____ wants you to worry. He _____ it.
 2. Worry will _____ you, and keep you from _____.
 3. Worry will steal your _____, take your joy, and can ruin your _____.
 4. Worry is ungodly concern about the _____. (what might happen)
 5. Worry is fear about something you can _____.
 6. Make it a _____ that you will _____ to worry ...
about _____.

II. What we are to do: Matthew 6:25-34

- A. “But in _____,” This is a spiritual _____ you can learn.
Learn to _____ your thoughts. Take every thought _____. 1 Cor. 10:5
- B. “By _____ and _____ with _____,”
1. You pray about _____. (only if you want GOD’s help)
 2. Supplication means you are _____ or petitioning for a King’s help.
(pray as _____ as you can)
 3. _____ is the key to _____ your fear and worry.
“I thank you, LORD” – “I am grateful for your help”
- C. “Let your _____ be made known to God.”
1. When we pray, we _____ our concerns, by placing them in
_____. 1 Peter 5:7
 2. Then we _____ them in GOD’s Hands. Don’t take them _____.
 3. How do you know if you took your concerns back from GOD?
You start _____.
- D. Is Praying all you do? _____. Once you pray, you _____.
James 2:18-26 ASK, SEEK, KNOCK. Mt. 7:7-8
1. Worrying is _____. Matthew 6:27-34 _____ on how to resolve
issues is good. Prov. 16:3

2. Being _____ is good. Ps. 37:5, Being _____ because you are _____ to take a step is bad. Prov. 22:13
3. GOD's Plans are _____. Steve's Plans (and yours) can be _____. Genesis 6, Exodus 25, Jeremiah 29:11, Nehemiah 1, Acts 16:9-15

III. IF we do the above, this is what GOD promises will happen:

- A. "And the _____ of God" John 14:27, Isaiah 9:6 Would you rather be _____ By Peace ? OR by _____ and Worry?
It is a _____ you make.
- B. "Which surpasses all _____," - Having Peace in the midst of a storm, when the _____ have not changed, makes no earthly sense. But it makes _____; because HE is now _____ in helping you, and you can now _____.
- C. "Will _____ your _____," This supernatural peace _____ and soothes your out-of-control _____.
- D. "And your _____ in Christ Jesus." And this Peace of GOD settles your mind and allows you _____ of the issue and go to sleep at night. It is no longer in your _____.
- E. Even when things have a _____ outcome, HE still is at work in bringing about a _____ than you had hoped for. Romans 8:28 We trust GOD for _____ and for every day afterwards.

