CHURCH OF THE SAVIOR

Steve Pearson – 11/15/26
Philippians Series #13

How Do I Stop Worrying?

Scripture Reference: Philippians 4:5-7

I. Learn This: "Let you _____ be known to all people.
(Because) The LORD is _____." V.5

1. The Greek word for Gentle is **"epieikes"** …. Meaning to have steady character that refuses to be _____, hostile, or _____.

2. To be Gentle does not mean to be _____, or passive. Gentle means to have great _____ but under control. Gentleness reflects how you _____ with people. Gal. 5:22-23 It means you are always _____, never doing harm or taking advantage of people. It means that your motives are _____. Gentle means that your heart is to be _____ (always) to others.

3. Gentleness grants wisdom to know when to apply _____, rather than demanding the _____.

4. Our LORD JESUS was the strongest of all, yet HE described Himself as _____ … completely yielded to the Father Will. Mt. 11:29

II. What we should NOT do:

1. "Be _____" – the root word means to _____, or _____.
To be anxious means to be _____, to _____.

2. "For _____," Nothing means, _____, _____, _____, _____, _____, _____.
   A. Worry is _____, because it shows you are not _____ GOD.
   Rom. 14:23 The _____ wants you to worry. He _____ it.
   B. Worry will _____ you, and keep you from _____.
   C. Worry will steal your _____, take your joy, and can ruin your _____.
   D. Worry is ungodly concern about the _____. (what might happen)
   E. Worry is fear about something you can _____.
   F. Make it a _____ that you will _____ to worry … about _____.

III. What should we do: Matthew 6:25-34

1. "But in _____," This is a spiritual _____ you can learn.
   Learn to _____your thoughts. Take every thought _____. 1 Cor. 10:5

2. "By _____ and _____ with _____,"
   A. You pray about _____. (only if you want GOD's help)
   B. Supplication means you are _____ or petitioning a King to help.
      (pray as _____ as you can)
   C. _____ is the key to _____ your fear and worry.
      "I thank You, LORD" – "I trust You, LORD."

3. "Let your _____ be made known to God."
   A. When we pray, we _____ our concerns, by placing them in
      _____. 1 Peter 5:7
   B. Then we _____ them in GOD's Hands. Don't take them _____.
   C. How do you know if you took your concerns back from GOD?
      You start _____.

4. Is Praying all you do? _____. Once you pray, you _____.
   James 2:18-26 ASK, SEEK, KNOCK. Mt. 7:7-8
   A. Worrying is _____. Matthew 6:27-34 _____ on how to resolve
      issues is good. Prov. 16:3
   B. Being _____ is good. Ps. 37:5, Being _____ because you are
      _____ to take a step is bad. Prov. 22:13
   C. GOD's Plans are _____. Steve's Plans (and yours) can be _____.
      Gen. 6, Exodus 25, Jer. 29:11, Nehemiah 1, Acts 16:9-15

IV. GOD promises this will happen if we do the above:

A. "And the _____ of God" John 14:27, Isaiah 9:6 Would you rather be filled with supernatural peace? OR be filled with fear and worry?

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 _____.