

If you “do” those three steps:

...*the peace of God* which transcends all understanding will guard your hearts and your minds in Christ Jesus.” Vs. 7

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. Vs. 8

Step 4- Change the way you _____

Whatever you have learned or received or heard from me, or seen in me—*put it into practice*. And **the God of peace** will be with you. Philippians 4:9

And you’ll not only have the peace of God you’ll have the _____ with you.



“Peace to Defeat Worry”

“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5

“Blessed are those whose strength is in You, who have set their hearts on pilgrimage. As they pass through the valley of tears they dig a well and they go from strength to strength until each appears before God in Zion.” Psalm 84:5-7

Blessed... set their hearts on pilgrimage-

As they pass through the valley of tears-

they dig a well-

“The Lord has His way in the whirlwind and in the storm and the clouds are the dust at His feet.” Nahum 1:3

“Be still and know that I am God.” Psalm 46:10

What Jesus says about worry:

“Therefore I tell you don’t worry about your life, what you will eat or drink or about your body, what you will wear. Isn’t life more important than food? And the body more important than clothes? Look at the birds of the air. They do not sow or reap or store away in barns. Yet your heavenly Father feeds them. Are you not much more valuable than they are? [That’s a great question!] *Who of you by worrying can add a single hour to his life?* Why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all of his splendor was dressed like one of these. If that is how God clothed the grass of the field which is here today and tomorrow is thrown into the fire will He not much more clothe you, O you of little faith? So don’t worry saying what shall we eat or what shall we drink or what shall we wear. For the pagans run after all of these things and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness and all these things will be given to you as well. Therefore do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew Chapter 6

Worry is a _____

The Real Issue is: _____

“You, Lord, will keep in perfect peace Him whose mind is stayed on You because he trusts in You. You give perfect peace to the one who trusts in You.”
Isaiah 26:3

In other words if you want the perfect peace of God,

you’ve got to _____ of perfect peace.

Steps to Conquer Worry

Apostle Paul writes:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Step 1- Worry is _____

...by prayer and petition,

Step 2- Give your _____

...with thanksgiving

Step 3- Don’t forget to _____