

“Rejoice in the Lord Always” ...
Overcoming Anxiety from Philippians 4:4-9
February 11, 2024

Philippians 4:4-9

1. Why is it difficult to "Rejoice in the Lord ALWAYS" and what are the characteristics about who the LORD is that help you to rejoice regardless of your current circumstances?

2. How do you respond to others when you are giving into anxiety that impacts the relationships around you and what is the alternative, so you are reasonable/gentle?

3. How does the LORD'S presence with you impact how you respond to anxiety?

4. Why does God command us to not be anxious and how is prayer described as the replacement for anxiety?

5. How would you describe the peace of God to another person?

6. How does what you think/dwell on impact your emotional state?

7. Why is verse 9 the secret to overcoming anxiety?

Some Questions to Ask As You Apply Any Passage in the Bible
(SPACEPETS)

1. Is there a **Sin** to confess?

2. Is there a **Promise** to claim

3. Is there an **Attitude** to change?

4. Is there a **Command** to obey?

5. Is there an **Example** to follow?

6. Is there a **Prayer** to pray?

7. Is there an **Error** to avoid?

8. Is there a **Truth** to believe?

9. Is there **Something** to praise God for?

- 10. How can you pray for one another?**

Next Sunday: New Sermon Series Nehemiah

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