



September 13, 2020
Part 1: Alleviating Anxiety in My Soul

Philippians 4:4-9 Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ 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. ⁹ 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.

The One Thing:

If I Want Victory Over Worry, I Need to _____ to
_____ Living in the _____ of God.

How Do I Practice Living in the Presence of Jesus?

- 1. Since Jesus is Near, I Can _____ No Matter What.

Philippians 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

2. Since Jesus is Near, I Need to _____ so
that I Can Be _____.

Philippians 4:5 Let your gentleness be evident to all. The Lord is near.

3. Since Jesus is Near, I Must Pray with _____
_____.

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

4. Since Jesus is Near, I Can _____ that I Am
_____.

Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

5. Since Jesus is Near, I Must _____ My
_____ and Dwell on the _____.

Philippians 4:8-9 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.
⁹ 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.