

Living in the Power of His Resurrection #4

“Overcoming Worry”

Philippians 4:6-7

The Serious Problem

Worry can take away our h_____, leading to sleeplessness, heart disease, ulcers, and acid reflux disease.

Worry is u_____, requiring much effort but not getting anywhere.

Worrying is s_____. Worrying tells God that He is l_____.

“Worry doesn’t empty tomorrow of its s_____; it empties today of its s_____.” (Corrie ten Boom)

The Simple Prescription

Matthew 5:25-34 - Jesus says “D_____ worry about anything.”

Worry is irrelevant because it can’t c_____ anything, and it is irreverent because it d_____ God.

_____ percent of what we worry about never h_____ or is out of our c_____!

Philippians 4:6-7 - Don’t worry about a_____; pray about e_____.

Prayer should be a f_____ response, not a l_____ resort.

The Soothing Product

Philippians 4:7 - The p_____ of God will g_____ our hearts and minds when we don’t worry and pray about everything.

“Peace” is the Hebrew term *shalom* which means w_____.

“Guard” is a military term—God’s peace p_____ us.

2 Peter 1:3 - “His divine p_____ has given us e_____ we need for life and godliness.”

Don’t say, “I c_____”; in the power of Jesus you c_____!

Word Search - Philippians 4:6-7

P D A A N Y T H I N G C X U
P G N I H T Y R E V E J I V
T G N T P V A H G Y G E W Y
N R N I W I T H B O U S G S
Q N A I D S V P Y U A U L P
S T T N V N T P E R R S W E
R U S H S I A S W A D T I T
Q E O I H C G T E I C D L I
H A Y I R E E S S U P E L T
C B Y A X H A N K R Q B R I
I O T B R N C R D N E E A O
H U M E M P A W T S A D R N
W T N E S E R P I S O H N T
Y H N K B S D N I M U K T U

ABOUT	JESUS	THANKSGIVING
ANXIOUS	MINDS	TRANSCENDS
ANYTHING	PEACE	UNDERSTANDING
CHRIST	PETITION	WHICH
EVERYTHING	PRAYER	WILL
GUARD	PRESENT	WITH
HEARTS	REQUESTS	YOUR

Don't Worry—Pray!



Don't worry about anything;
pray about everything!
(Philippians 4:6-7 NLT)

Overcoming Worry



“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”

(Matthew 6:25)