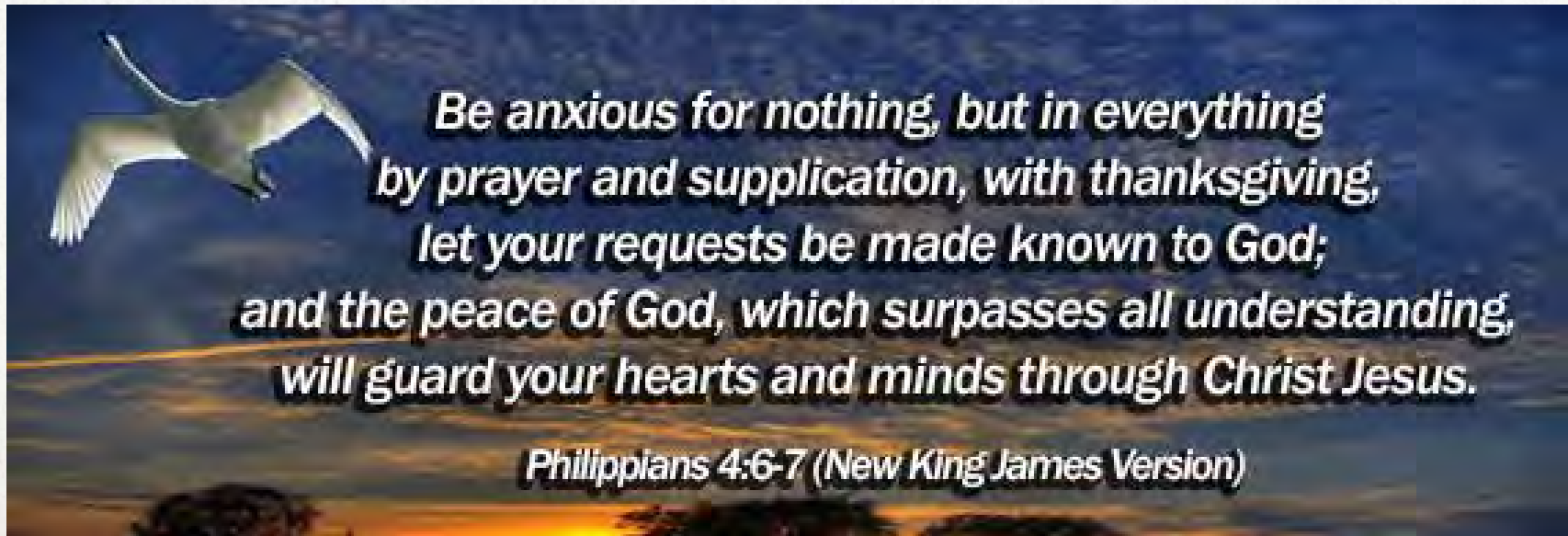




Handling Worry

Philippians 4:6-7

Handling Worry



*Be anxious for nothing, but in everything
by prayer and supplication, with thanksgiving,
let your requests be made known to God;
and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.*

Philippians 4:6-7 (New King James Version)

Handling Worry



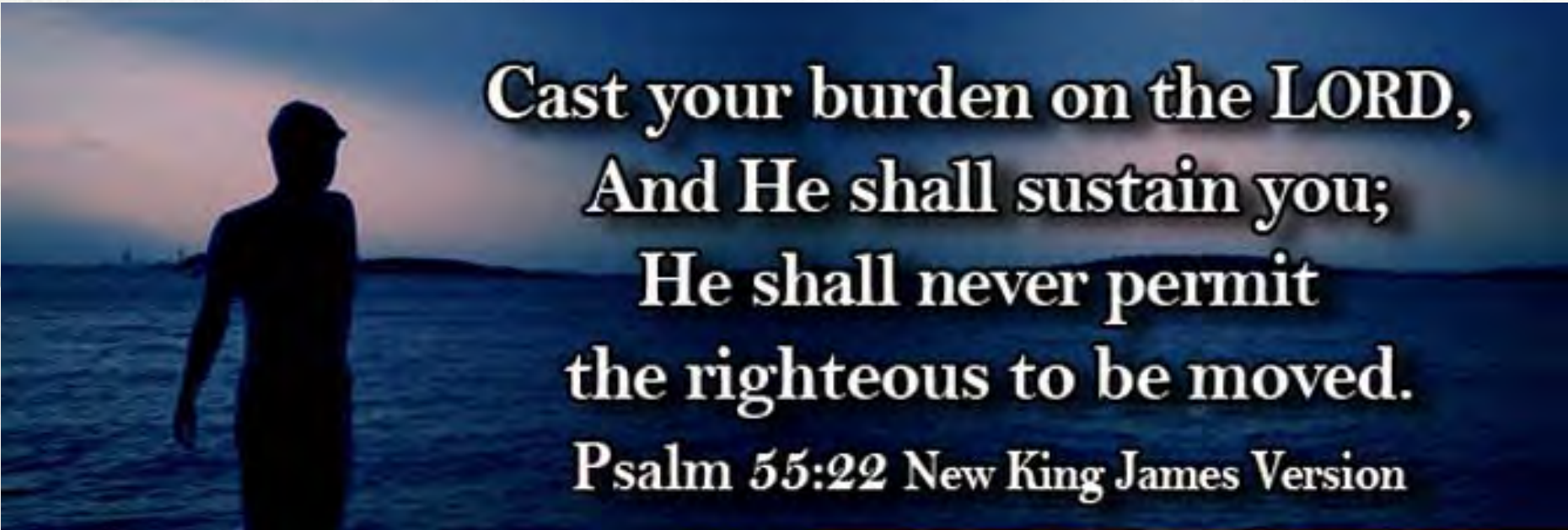


Worry about Nothing
Pray about Everything

Handling Worry

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ Which of you by worrying can add one cubit to his stature? Matthew 6:25-27

Handling Worry



**Cast your burden on the LORD,
And He shall sustain you;
He shall never permit
the righteous to be moved.**

Psalm 55:22 New King James Version

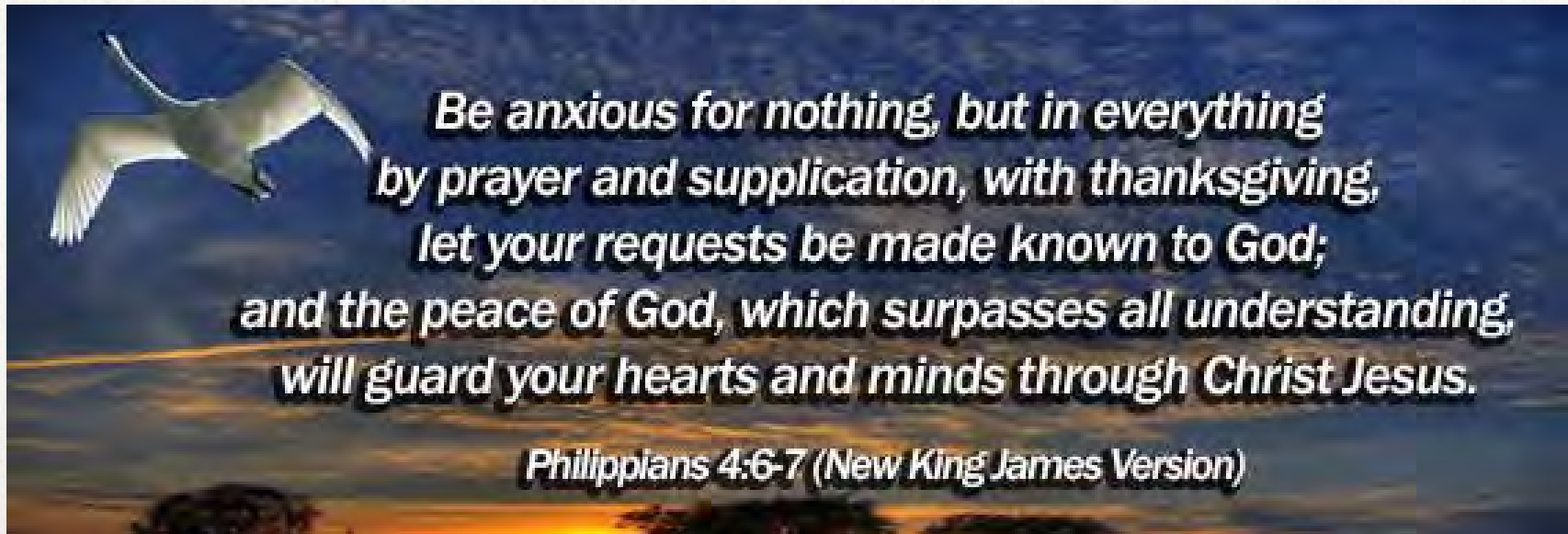
Handling Worry



**Casting all your anxiety
on Him, because
He cares for you.**

1 Peter 5:7 (New King James Version)

Handling Worry



*Be anxious for nothing, but in everything
by prayer and supplication, with thanksgiving,
let your requests be made known to God;
and the peace of God, which surpasses all understanding,
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Philippians 4:6-7 (New King James Version)

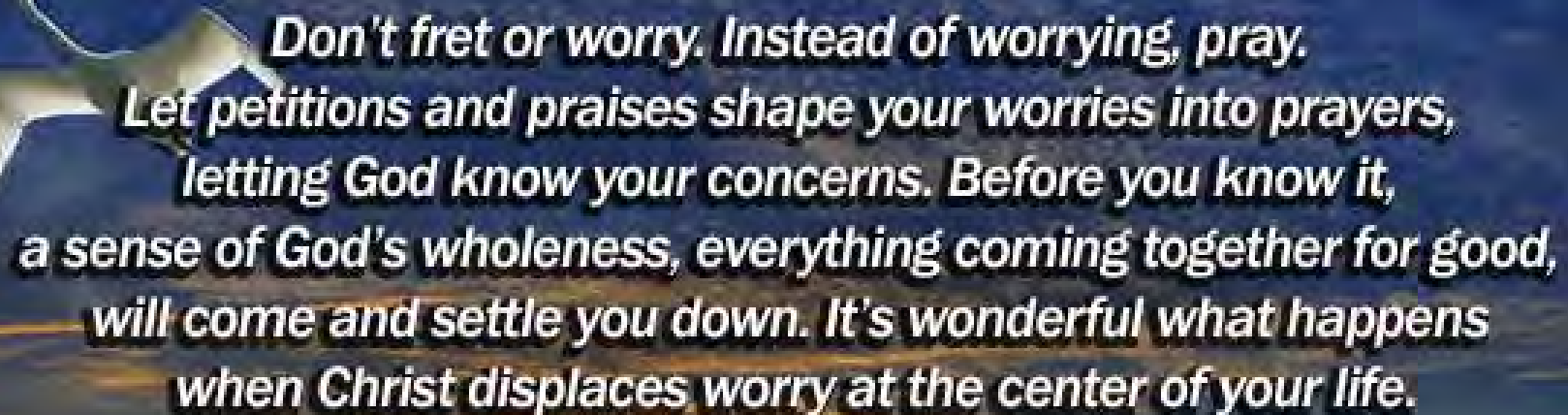
Handling Worry



Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks. Then God's peace, which goes beyond anything we can imagine, will guard your thoughts and emotions through Christ Jesus.

Philippians 4:6-7 (God's Word Translation)

Handling Worry



Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 (The Message)

Snow Goose flies because of a law



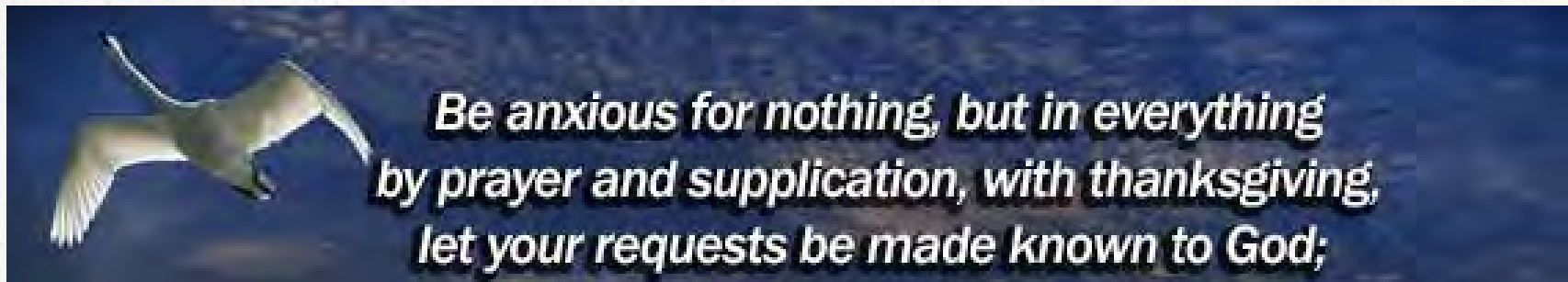
Thrust and Lift overcome gravity



Prayer in Faith overcomes worry



Handling Worry



*Be anxious for nothing, but in everything
by prayer and supplication, with thanksgiving,
let your requests be made known to God;*

Prayer – coming to someone greater who has ability to meet your need

Supplication – specific request

Thanksgiving – remembers the past when God has provided help

Handling Worry

Peace of God

*and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.*

Philippians 4:6-7 (New King James Version)

HANDLING WORRY

Peace of God

*You will keep in perfect peace those whose minds are steadfast,
because they trust in you.*

Isaiah 26:3

HANDLING WORRY

Peace of God

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

HANDLING WORRY

Surpasses – *huperechó*

All Understanding



***and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.***

Philippians 4:6-7 (New King James Version)

HANDLING WORRY

Guard = *protect by a military guard to prevent hostile invasion*



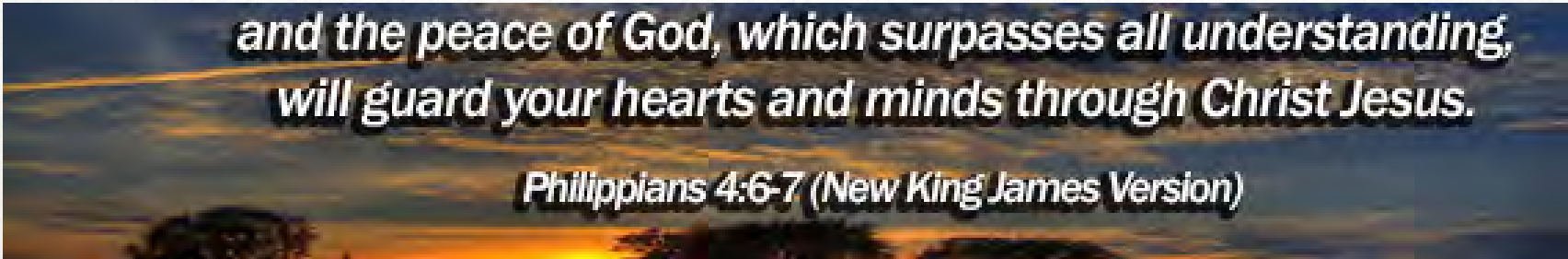
*and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.*

Philippians 4:6-7 (New King James Version)

HANDLING WORRY

Hearts = seat of passions, desires, appetites, affections, purposes, Inner Man

Minds = a mental perception, thought, Rational Man



***and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.***

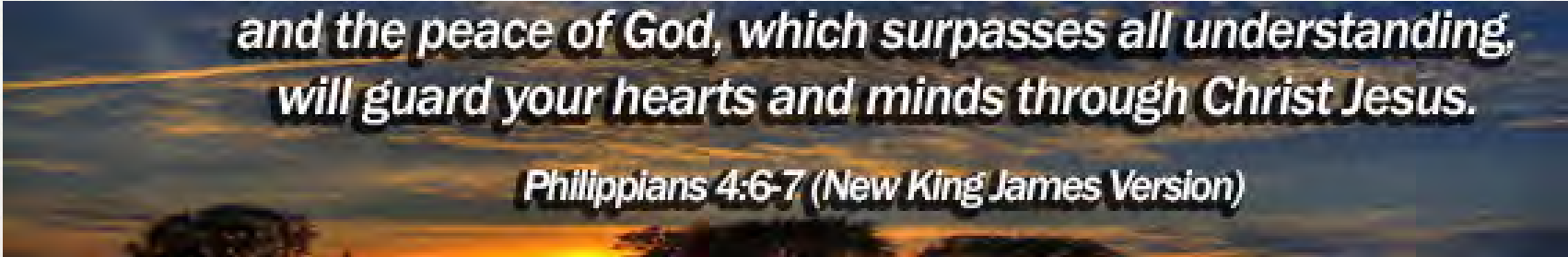
Philippians 4:6-7 (New King James Version)

HANDLING WORRY

Hearts = seat of passions, desires, appetites, affections, purposes, Inner Man

Minds = a mental perception, thought, Rational Man

Through Christ Jesus – In Him

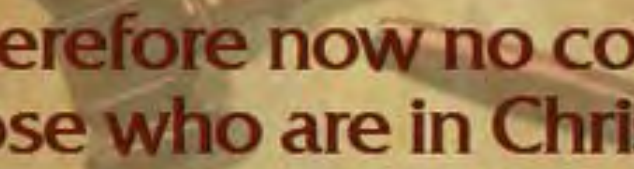


***and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.***

Philippians 4:6-7 (New King James Version)

HANDLING WORRY

Through Christ Jesus – Being “In Him” and “Him in Me”

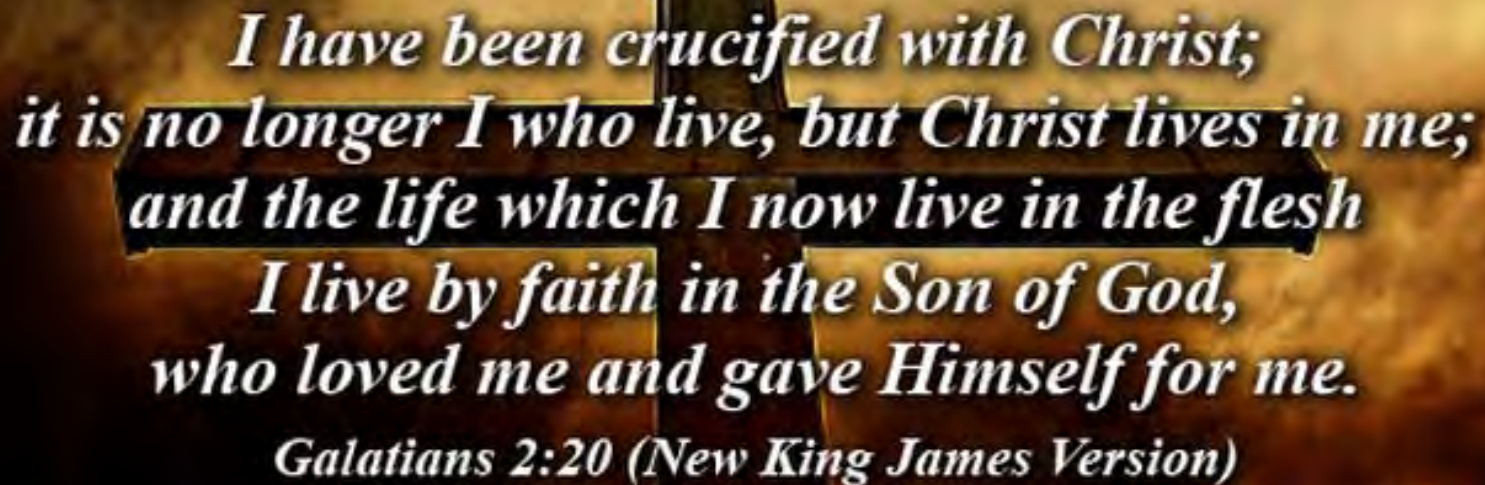


**There is therefore now no condemnation
to those who are in Christ Jesus,
who do not walk according to the flesh,
but according to the Spirit.**

Romans 8:1 (New King James Version)

HANDLING WORRY

Through Christ Jesus – Being “In Him” and “Him in Me”



*I have been crucified with Christ;
it is no longer I who live, but Christ lives in me;
and the life which I now live in the flesh
I live by faith in the Son of God,
who loved me and gave Himself for me.
Galatians 2:20 (New King James Version)*

HANDLING WORRY

Through Christ Jesus – Being “In Him” and “Him in Me”




HANDLING WORRY

Through Christ Jesus – Being “In Him” and “Him in Me”



Handling Worry



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Philippians 4:6-7 (New King James Version)