Spiritual Stability through Rejecting Worry

Philippians 4:6-7

**Opening Thoughts/Background**

(Phil. 1:28-30, 2:2, 2:14, 3:18-19, 4:2) (2 Cor. 8:1-2) (Phil. 4:1)

**I. The commands (v. 6):**

**A. Put off every shred of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (6a)**

(Matt. 6:24-25) (Matt. 6:27) (Luke 10:38-42)

**B. In place of worry, put on:**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(6b)**

(1 Thes. 5:17)

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(6c)**

(Heb. 4:14-16) (Matt. 6:34)

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(6d)**

(1 Pet. 5:7) (Ps. 23:4,6) (Matt. 28:20)

**II. The promise: the unexplainable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of God (v. 7)**

**Application**

**A. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

**B. Develop a lifestyle of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!**

(Phil. 4:4)

**Points to Ponder**

* In what ways (if any) has worry affected your life in the past? What situations tend to tempt you to worry? How might knowing these tendencies be helpful? What plans might you put in place ahead of time for when these tempting situations manifest themselves? Remember to practice your plan!
* Read (Philippians 2:18, 3:1, 4:4). In each of these verses, Paul EMPHATICALLY COMMANDS his Philippian readers to continually rejoice in the Lord, with the last of these verses connected to his flow-of-thought regarding worry. How do you think continual rejoicing might affect your temptation to worry? Why? How might you put this into practice?