

Philippians 4:6-7 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.

But, today, let’s back up a bit and add verse 4 and 5. Philippians 4:4-5 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. Rather than walking in anxiety we should be walking in joy.

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

Therefore, to combat the feeling of _____, begin to _____ in the Lord!

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

Next Step: Where do I fall on The Gentleness Meter?

0 1 2 3 4 5 6 7 8 9 10

Not Gentle at All

Very Gentle

The Lord is Near Philippians 4:5 ...The Lord is near.

The more I am _____ of the Lord’s _____, the less anxious I become.

Overflowing Joy! John 15:9-11 / John 15:11 (NLT) / 1 Peter 1:8-9 8

_____ joy _____ stress and anxiety.

Finding Joy in the Lord Acts 16:23-25

Joyful Worship _____ the _____ of Anxiety

1. Worship takes our eyes off our external circumstances and focuses us on God.
2. Worship is zooming out and seeing the big picture.
3. Worship is refocusing our faith in God and He restores the joy of our salvation.

Paul and Silas knew that joyful worship sets the stage for _____! Acts 16:25-31

Next Step: When anxiety comes, I will choose to focus on what’s right about God, instead of what’s wrong with my circumstances, and begin to worship with joy.

God’s Will for You 1 Thessalonians 5:16-18

Life App Group and Family Devotional Application

1. How well do you do with the commandment to rejoice ALWAYS? How do we do that?
2. How does joy combat anxiety?
3. How does gentleness combat anxiety? How did you rate yourself on the Gentleness Meter?
4. How does understanding that “The Lord Is Near” combat anxiety in our lives?
5. What kind of joy does Jesus want His children to have? John 15:11 (NLT) / 1 Peter 1:8-9 8
6. In Acts 16, what did Paul and Silas do when they were full of pain and anxiety in a dungeon?
7. Discuss the three statements about what worship does for our perspective.
8. Do you believe that worship can bring your deliverance or help you escape the prison of anxiety?
Can you share any personal examples of praising until you saw a breakthrough?

Answers: Rejoice – Always / Anxiousness – Rejoice / aware – nearness / Overflowing – washes – away / Breaks – Prison / deliverance