

## Do Not Be Anxious Series: Joyful

*Rejoice in the Lord always. I will say it again: Rejoice!* Philippians 4:4 (NIV)

### EXPERIENCING VICTORY OVER WORRY

#### 1. Right \_\_\_\_\_

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:6-7 (NIV)

*"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.* John 14:27 (NLT)

*Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.* 1 Thessalonians 5:17-18 (NLT)

#### 2. Right \_\_\_\_\_

*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.* Philippians 4:8 (NIV)

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* 2 Corinthians 10:5 (NIV)

### THREE QUESTIONS TO HELP TAKE THOUGHTS CAPTIVE

What am I thinking?

Is what I'm thinking true, noble, right, pure, lovely, admirable?

What would be different about myself if I were to stop believing what I'm currently believing and choose to believe something different, something truer about myself?

What would be different and what do I need to do?

#### 3. Right \_\_\_\_\_

*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.* Philippians 4:9 (NIV)

*But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you*

*look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. James 1:22-25 (NLT)*