

Sermon Notes

Help for Anxiety & Our Minds

Philippians 4:6-8

by Christian Sanich, 3/22/2020

There may be Q&A at the end as time allows. So note your questions.

4:6-7 **To be anxious about nothing, pray about everything.**

Worry & Anxiety

Pray - talk to God

Supplication - an urgent request to God to meet a need

With thanksgiving

Pray every time a thought of concern rises up.

Power and protection of peace

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4:8 **What's good, and what's bad, to put in & keep on our minds**

True, *untrue*

Put in and keep God's word on your mind.

Dignified, *depraved*

Right, *not right*

Pure, *impure/sinful*

Toward brotherly love, *unloving*

Good report, *gossip*

Excellent (pleasing to God) & praise worthy (by God)

What is your response to this? Discuss it with someone today.

Suggested memorization: Philippians 4:6-7