

Understanding two opposites:

Worry = To give way to anxiety or unease - to treat roughly – a tearing apart or continual biting.

Peace = To bring unity or harmony – a calm, quiet.

Finding Peace In Worry Through: Philippians 4:2-9

Relationships Philippians 4:2-5, Matthew 5:23-26, 18:15-17, 1 John 4:19-21

Find the common ground.

Let God be the Judge.

Live with eternity in mind.

Prayer Philippians 4:6-7, Matthew 6:25-34, 1 Thessalonians 5:14-18

Thankfulness is not an option it is an obligation.

See your circumstances through the lens of God's:

Love, Wisdom, Power

Thoughts Philippians 4:8, 2 Corinthians 10:5, Romans 12:1-2, Galatians 5:22-23, Colossians 3:15

Worry keeps you from appreciating what you do have.

Take control of what you can, let go of what you can't.

Actions Philippians 4:9, Mark 14:32-42, John 14:27, James 1:22-25

Peace is a daily decision you make, not an emotion you feel.

Turn a message into a conversation. Consider joining with a friend to review the message and dig deeper into God's word through the following questions.

Most of us experience worry at least some of the time - in spite of God's promises to take care of us. From the list below which one or two of these worries is the most likely to get your attention and why?

- Family concerns (kids, spouse, ex-spouse, siblings, parents, extended family members, etc.)
- Job situation
- Financial challenges (paying the bills, college expenses, retirement, investments, etc.)
- Health issues
- Sudden tragedy (violence, accidents, natural disasters, etc.)
- Spiritual issues (for yourself and others)
- Relationship problems (friendships, dating relationships, neighbors, etc.)
- Self-worth concerns (insecurities, need for approval, peer pressures, etc.)
- Issues from our past
- Other: _____

How we respond to conflict is often affected by how our family handled it when we were growing up. Which of the following statements comes closest to accurately describing the home you grew up in?

- a. conflict was avoided at all cost
- b. conflict was considered no big deal
- c. conflict was allowed to escalate into heated interactions
- d. conflict was present but never talked about
- e. conflict was most often dealt with in a healthy way
- f. other _____

Conflict is a normal part of life. The key to conflict is not trying to avoid it but learning to manage it. What do the following verses tell us about our responsibility in managing conflict?

Matthew 18: 15-17

Romans 12:18

Matthew 7:3-5

What challenges do you face in trying to carry out these responsibilities?

It's easy to find negative things in life to focus on and worry about. Because of that, Paul tells the Philippians four times in his letter to them to rejoice (twice in 4:4). What do the following verses say regarding what we're to rejoice about?

Romans 5:3-4

Psalms 13:5

Psalms 31:7

Psalms 119:62

Proverbs 29:2

How can these verses help you include more rejoicing in your life?