

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." [Philippians 4:6-7]

"Always be full of joy in the Lord. I say it again—rejoice!"
[Philippians 4:4]

1. _____ God's goodness

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. [Philippians 4:6]

2. _____ God for help

Fear triggers either despair or prayer.

3. Leave your _____ with God

"With thanksgiving" [Philippians 4:6]

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." [Philippians 4:8]

4. _____ on good things

"You can't control your circumstances, but you can control how you think of them."