

Sermon Notes

Don't You Worry About a Thing

Scripture- **Philippians 4:6-8 (NLT)**, "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 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. 8 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."

How do I keep myself from worrying?

1. **Resolve to _____ to God.** **Philippians 4:6 (NLT)**, "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."
2. **Relax in God's _____.** **Philippians 4:7 (NLT)**, "7 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."
3. **Refuse to meditate on _____.** **Philippians 4:8 (NLT)**, "8 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."

