

# WORRY-FREE LIVING

*Standing firm through resting in dependent faith. Stand firm part 5*  
*Philippians 4:6a Chris Mueller*

## *Introduction*

Philippians 4:6 *Be anxious for nothing*

1 Corinthians 12:25 *so that there may be no division in the body, but that the members may have the same care for one another.*

Matthew 13:22 *And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.*

Proverbs 12:25 *Anxiety in a man's heart weighs it down, But a good word makes it glad.*

1<sup>st</sup> A Worrier \_\_\_\_\_ God

2<sup>nd</sup> A Worrier \_\_\_\_\_ Scripture

3<sup>rd</sup> A Worrier lives by \_\_\_\_\_

4<sup>th</sup> A Worrier \_\_\_\_\_ God

5<sup>th</sup> A Worrier \_\_\_\_\_ the future

Matthew 6:34 *do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own*

**Corrie Ten Boom** *Worry does not empty tomorrow of sorrows; it empties today of strength*

Lamentations 3:23 *new every morning*

## Philippians 4:1 *Standing firm...*

2-3 Addressing **relational** tension

4 Manifesting genuine **joy**

5 Embracing honest **humility**

6a Resting in dependent **faith**

Philippians 4:4 *Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle spirit be known to all men. The Lord is near. 6 **Be anxious for nothing**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.*

Matthew 6:25-34

1 Peter 5:7

## *The answer to stop worrying starts with God Himself:*

1<sup>st</sup> Trust God to \_\_\_\_\_ **Matthew 6:25-26**

2<sup>nd</sup> Trust God to be in \_\_\_\_\_ **Matthew 6:27-34**

**Romans 8:28** *God causes all things to work together for good to those who love God*

3<sup>rd</sup> Trust God to meet your \_\_\_\_\_

**Psalms 24:1** *The earth is the Lord's and everything in it*

**1 Peter 5:7** *casting all your anxiety on Him, because He cares for you*

4<sup>th</sup> Trust Christ to \_\_\_\_\_ your concerns **1 Peter 5:6a**

5<sup>th</sup> Never forget God's \_\_\_\_\_ for you **1 Peter 5:6b**

**Conclusion: Philippians 4:1-9**

*The answer to stop worrying starts with God Himself*

**#1 Do you know God through \_\_\_\_\_ alone?**

**#2 Are you \_\_\_\_\_ with God now?**

### **QUESTIONS FOR GROWTH**

1. What are the main causes of WORRY in the heart of a non-Christian?
2. What are the main contributors to WORRY in the heart of genuine Christians?
3. Are there any unique struggles with WORRY which are unique to Christians at Faith Bible Church?
4. How is WORRY different than genuine caring CONCERN?
5. How can you tell when your CONCERN turns to WORRY?
6. Why is WORRY such a hateful sin to God? Why isn't WORRY such a hateful sin to many Christians?
7. What does the statement "To stop worrying starts with God Himself" mean?
8. What are the main steps to minimize the habit of WORRY in your life?
9. What practical steps will you begin this week in order to lessen your expressions of WORRY?
10. Who will hold you accountable in order to TRUST MORE and WORRY LESS this next month?

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