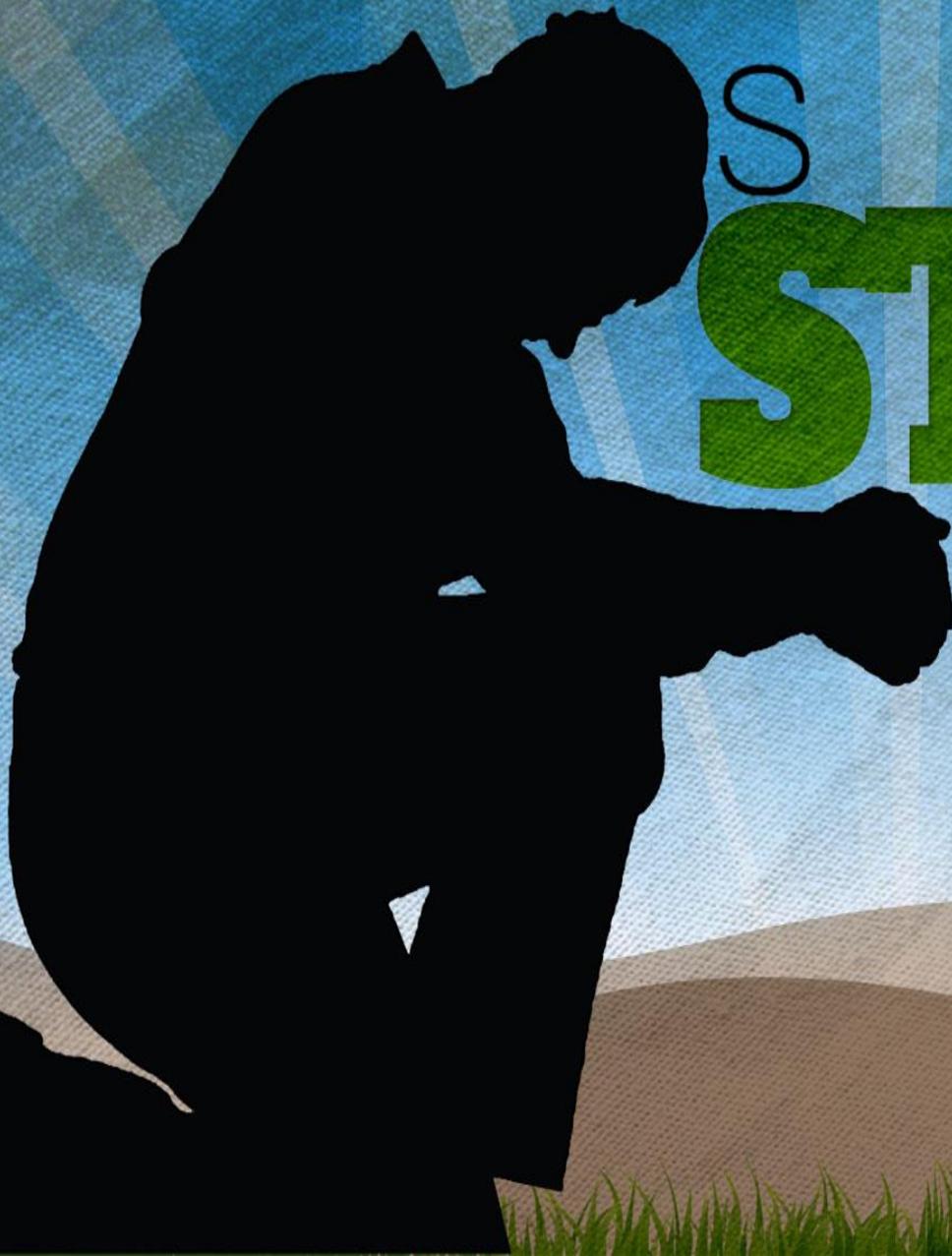


S T A N D
STRONG



**do not be anxious about
anything, but in
everything by prayer and
supplication with
thanksgiving let your
requests be made known
to God.**

Philippians 4:6



Every Good and
Perfect Gift is
from Above

James 1:17





*"I will give thanks to you,
LORD, with all my heart;
I will tell of all your
wonderful deeds." Ps. 9:1*

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Philippians 4:6



scared
chest pain

tense

panic attacks

trembling

phobia

tension

ANXIETY

tension

angst

jumpy

worry

emotional

restlessness

disorder

symptoms

headache

stress

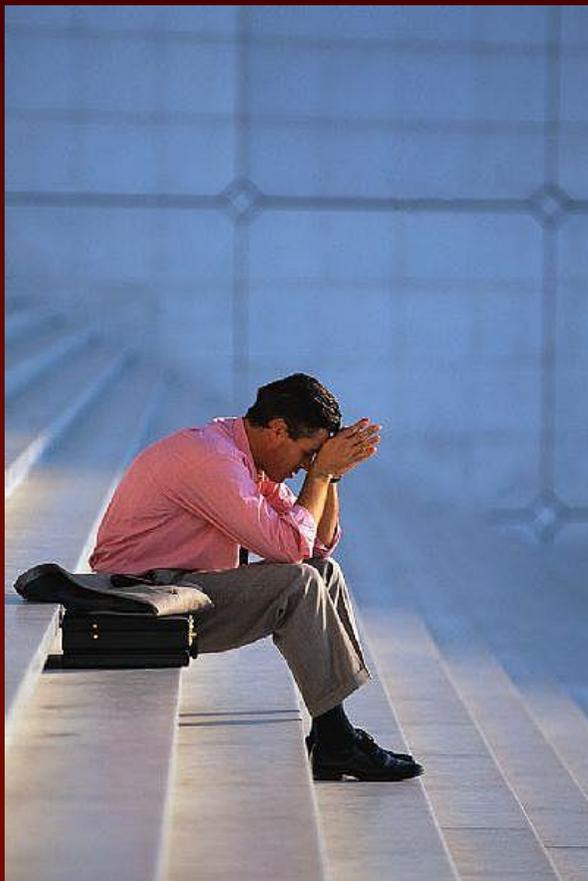
fear

eating

feelings

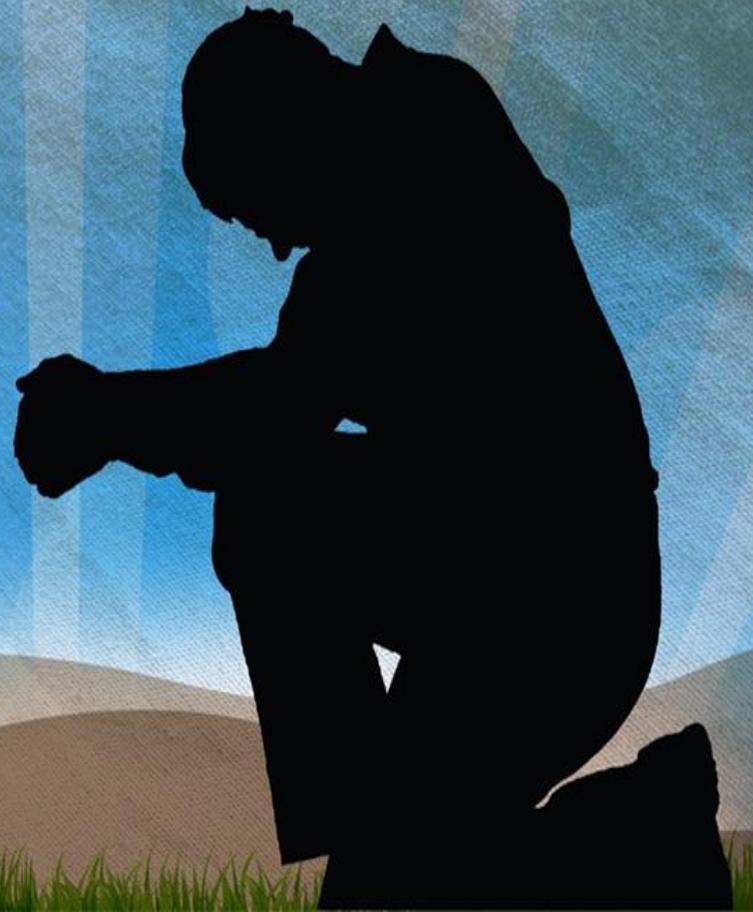
disorder

disorder





**WHO
Wrestles
with
Worry?**





Denial and Worry

1. Willful Ignorance





What, me worry?

Denial and Worry

1. Willful Ignorance

2. Self-Reliance







HAVE IT YOUR WAY.[®]

You have the right to have what you want, exactly when you want it. Because on the menu of life, you are "Today's Special".

And tomorrow's. And the day after that. And... well, you get the drift. Yes, that's right. We may be the King, but you my friend, are the almighty ruler.

EST. 1954

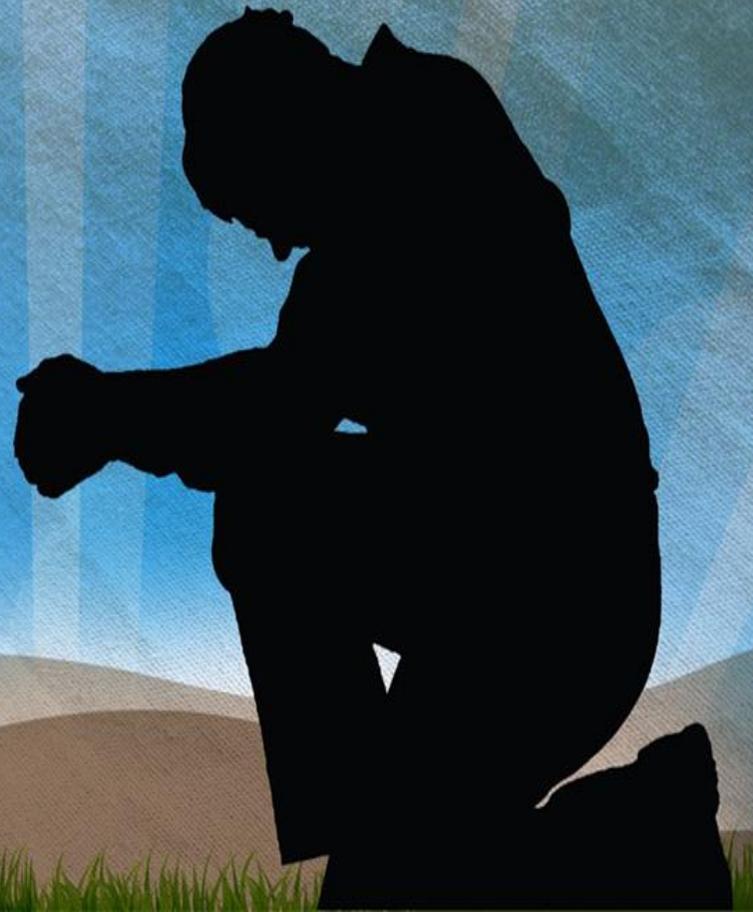
Be ~~Have It~~ Your Way.



MY COMPLAINT

**I just like
to complain**

**Where does
Worry come
from?**



Matthew 6:34

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Every day has troubles enough for that day.”



Heightened
Sense of
Vulnerability



Diminished Sense
of Power



Worry



Please take
this trash
can...
it is trash.



**I want you to know,
brothers, that what has
happened to me has
really served to advance
the gospel ... my
imprisonment is for
Christ.**

Philippians 1:12-13

What REALLY
matters is not
at risk!



**Who shall separate us
from the love of Christ?
Shall tribulation, or
distress, or persecution,
or famine, or nakedness,
or danger, or sword?**

Romans 8:35

**For I am sure that neither death
nor life, nor angels nor rulers,
nor things present nor things to
come, nor powers, ³⁹ nor height
nor depth, nor anything else in
all creation, will be able to
separate us from the love of God
in Christ Jesus our Lord.**

Romans 8:39

**I can do all things
through him who
strengthens me.**

Philippians 4:13

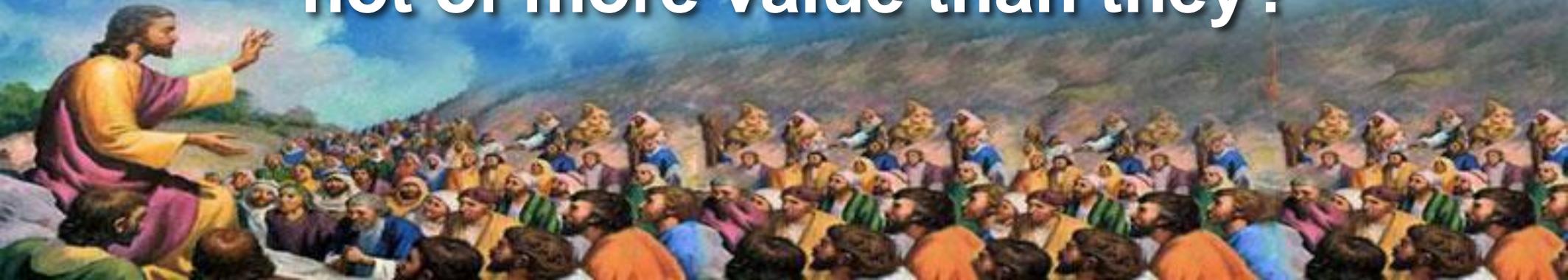
Don't worry about
anything; instead,

Pray about everything.

Philipians 4:6

Matthew 6:25-26

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”



**Today I have God,
and he has the
provisions.**

**Tomorrow it will be
the same.**

What is the Alternative to Worry?



**do not be anxious about
anything, but in
everything by prayer and
supplication with
thanksgiving let your
requests be made known
to God.**

Philippians 4:6

**Humble yourselves,
therefore, under the mighty
hand of God so that at the
proper time he may exalt
you, 7 casting all your
anxieties on him, because
he cares for you.**

1 Peter 5:6-7

Prayer and Worry

1. “in everything”



**do not be anxious about
anything, but in
everything by prayer and
supplication with
thanksgiving let your
requests be made known
to God.**

Philippians 4:6

do not be anxious about
anything, but **in**
everything by prayer and
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requests be made known
to God.

Philippians 4:6









Fiddler
on the
Roof



Prayer and Worry

1. “in everything”

2. Act accordingly.



**Answered
prayer is
often in the
form of New
Opportunities**



**Behold, I have set before
you an open door, which
no one is able to shut.**

Revelation 3:8b

**When you pray,
consider how you
expect God to
ANSWER that
prayer...**



Matthew 6:26

**Look at the birds of the air:
they neither sow nor reap
nor gather into barns, and
yet your heavenly Father
feeds them. Are you not of
more value than they?**



The Result- Peace



**do not be anxious about
anything, but in
everything by prayer and
supplication with
thanksgiving let your
requests be made known
to God.**

Philippians 4:6

**And the peace of God,
which surpasses all
understanding, will guard
your hearts and your
minds in Christ Jesus.**

Philippians 4:7



Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

Matthew 11:28-30

S T A N D
STRONG

