



Be Still

MY ANXIOUS HEART

Philippians 4:4-9 (Pg. 1181)

Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy— think about such things. 9 Whatever you have learned or received or heard from me, or seen in me— put it into practice. And the God of peace will be with you.

The context of Paul's letter is that he is in prison in chains. (Phil. 1:13)

Philippians 1:13

As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

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The word “guard” is a military term.

The phrase “hearts and your minds” refers to the seat of intellect and emotions.

Paul's commands for dealing with anxiety

1. Be _____ to rejoice.

2. Pursue _____.

3. _____, with _____, and with _____.

4. Think about those things that are _____
or _____.

5. _____ godly people in your life.

Paul's commands for dealing with anxiety

1. Be intentional to rejoice.

2. Pursue _____.

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Paul's commands for dealing with anxiety

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3. Pray, with requests, and with thanksgiving.
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Paul's commands for dealing with anxiety

1. Be intentional to rejoice.
2. Pursue gentleness.
3. Pray, with requests, and with thanksgiving.
4. Think about those things that are excellent or praiseworthy.
5. Emulate godly people in your life.



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Questions to reflect on ...

- **Am I choosing to rejoice?**
- **Am I perceived by others as gentle?**
- **Is prayer a consistent part of my life?**
- **What am I feeding my mind and heart with?**
- **Who am I emulating?**



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