

Freedom from Worry

Philippians 4:5b-9

Freedom from worry requires 4 actions:

1. Remembering the _____
Psalm 34:18

2. Being _____

To be _____

English origins: to _____

From a spiritual perspective, anxiety is:

Wrong _____ and wrong _____

about _____ and _____

3. Praying _____
Psalm 145:18; Matthew 7:7-8; 1 Peter 5:6-7; Hebrews 4:14-16

Purposeful Prayer:

A _____: focus on _____

C _____: focus on _____

T _____: focus on _____

S _____: focus on _____

The _____ of purposed prayer: _____

Peace that _____

4. Changing our _____
Romans 12:2

a. Focus on _____

b. Focus on the _____

c. Focus on _____

d. Focus on _____

e. Focus on what _____

f. Focus on the _____