

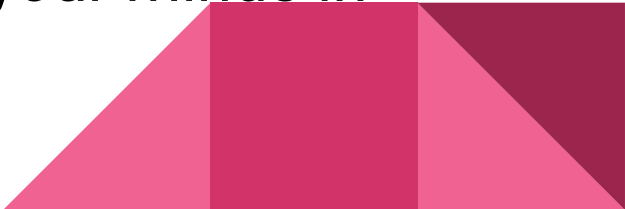


No longer a slave to fear

Philippians 4:6-7

NIV

⁴ 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 4:6-7

The Message

⁴⁻⁵ Celebrate God all day, every day. I mean, *revel* in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

⁶⁻⁷ Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.



- 1) **Rejoice – Celebrate** – this is tool to prepare your heart against the attack of fear. Recognise and celebrate the truth of your circumstance, make this a priority in your life.
 - 2) **Give** – think of others and work to be a blessing. Focusing on others lifts you. Sarah would do things for the kids that she would never do on her own.
 - 3) **Prayer**– Take it to Jesus, whatever concerns you may have, take them to Jesus and hand them to him. This affirms to you and to the enemy that you trust the Lord to resolve any difficulties in your life.
 - 4) **...and thanksgiving** – Stay thankful, force it if you have to, even if you don't feel thankful be thankful. This positions you correctly and allows you to shift your perspective on your circumstance.
 - 5) **Peace of God WILL** – Seek his presence, get into his presence and make this a priority. Worship can be a key to this.
 - 6) **Guard you hearts** – There is hysteria at the moment so I would say don't get drawn in. With the news obviously stay informed but don't get drawn in to the fear based reporting and sensationalism. It will suck you in if it can so watch for fear and don't entertain it. If you spot it, shut it down.
 - 7) **Meditate on the truth**
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33 VERSES ABOUT FEAR AND ANXIETY

Isaiah 41:10

Psalm 56:3

Philippians 4:6-7

John 14:27

2 Timothy 1:7

1 John 4:18

PSALM 94:19

Isaiah 43:1

Proverbs 12:25

Psalm 23:4

Joshua 1:9

Matthew 6:34

1 PETER 5:6-7

Isaiah 35:1

Luke 12:22-26

Psalm 27:1

Psalm 55:22

Mark 6:50

Deuteronomy 31:6

ISAIAH 41:13-14

PSALM 46:1

Psalm 118:6-7

Proverbs 29:25

Mark 4:39-40

Psalm 34:7

1 Peter 3:14

Psalm 34:4

DEUTERONOMY 3:22

Revelation 1:17

Mark 5:36

Romans 8:38-39

Zephaniah 3:17

Psalm 91:1-16