

## **Overcoming the HINDRANCES TO STANDING FIRM: Worry**

The Three R's For the Walk of Faith

**Philippians 4:4-7**

- I. REVIEW: **Be RECONCILED!** Find your UNITY in the Lord (2-3)
  
- II. REJOICE! Find your JOY in the Lord (4)
  
- III. RELAX (Trust)! Find your PEACE in the Lord: (5-7)
  - A. YIELD, let your sweet reasonableness shine (5)
  
  - B. PRAY, rather than worry (6)
    - 1. **Don't worry about anything**
  
    - 2. **Humbly Pray about every**
      - a) Humble petition
  
      - b) In the context of Thanksgiving
  
      - c) Make your requests known to God
  
  - C. **TRUST HIS PROMISE: Your heart will be guarded with His peace (7)**

NEXT WEEK

- IV. **How is all this done? RENEW!** Thinking about the things of Him (8-9)