

## **“Reconciling Worry”** ***Philippians 4:1-9***

### **What do you worry about?**

We worry about the things we can not control. That worry then interferes with relationships causing distance, isolation and bitterness, especially in our relationship with God. The Greek word for worry is translated “to be pulled in different directions”. V.1-5

How can you do a don't? You Can't!

The only way to do a don't is to turn the don't into a do and do a do rather than doing a don't.

### **Don't V. 6-7**

Prayer – A petition, An identification of the problem. *Psalm 51:1-4*

Supplication – Doing something with it *James 1:22-25*

Thanksgiving – Implies a letting go *Isaiah 36-37*

The result is a lifting of the burden, peace.

### **Do V. 8-9**

Fill the void with good things. Focusing on the relationship with God and His fruit. *Galatians 5:22-24*

The result is an outward change based on the inward relationship. It can not happen the other way around.

### **Application / Notes**

### **Discussion Questions**

What does worry produce in your life?

How can you better respond to the “don’ts” in your life?

What things are the “good and true and Holy things for you?

### **Homework**

**Read *Philippians 4:10-13***

**Answer the following questions:**

1. What does God’s Word say? List the facts.
2. What does God’s Word mean? Learn the lessons.
3. What does God’s Word mean to me? Listen to His voice.
4. How will I respond to God’s Word today? Live it out.

**Actively implement the practical guidelines of responding to the don’ts and meditating on the do’s.**