

“DEAR BELIEVER, WHY ARE YOU SO ANXIOUS?”
(Philippians 4:4-7)

I. CONFLICT IN THE LOCAL CHURCH (4:1-3)

II. THE PREREQUISITES OF INNER PEACE (4:4-7)

A. REJOICE in the Lord (4:4-5)

1. The believer in Christ is _____ to “rejoice” (*pre/act/imper*), this is to be an integral part of one’s _____ to the Lord in good times and bad times. (4:4a)

* In contrast to joy, what is happiness typically based upon in one’s life?

* According to v. 4, how often are you to rejoice?

2. The sphere of your rejoicing can only be _____ the Lord; otherwise it will be merely temporary happiness in your _____ circumstances rather than joy in your _____ blessings. (4:4b)

- a. If you are constantly rejoicing in what God has done for you-- gentleness, _____, kindness, and _____ will be the natural by product. (4:5a)
- b. If you are not rejoicing in the Lord, but constantly complaining-- irritation, _____, edginess, and _____ will be the natural by product.

3. Christ’s imminent return should have a way of reminding us that we ought to be more _____ with people because with His return comes the _____. (4:5b)

B. In NOTHING be anxious (4:6)

1. The believer is forbidden to be “*anxious*,” which means to be _____ or _____ down with many _____. (4:6a)

2. Paul utilized the strong adversative “_____” (*alla*) to contrast worrying about something in your flesh with _____ to the _____. (4:6b)

3. The apostle set forth the remedy to an anxious heart in four ways...
 - a. *by* _____

 - b. *and* _____

 - c. *with* _____

 - d. *let your* _____ *be made known to God.*

C. The PEACE of God (4:7)

1. Until an unbeliever has been justified by faith in Christ he/she cannot know the peace of God, because it _____; although nor can the believer who is walking by _____. (4:7a)

2. The peace of God is likened to a _____ of _____ who constantly patrol and protect your heart and mind. (4:7b)

* How can you have emotional and mental stability in tough times?