

# You Have a Defense: Philippians 4:4-8

Week 3 in *My Anxious Thoughts* Series

April 21, 2024

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## Concern

Understanding

\_\_\_\_\_ about a possible problem

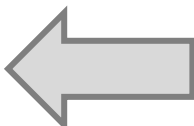
## Worry

Begin preoccupied

\_\_\_\_\_ of a possible problem

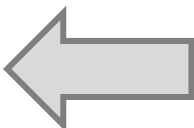
My worry:

Flourishes in a soil of **J**\_\_\_\_\_



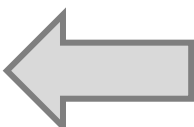
Flourishes in a soil of negativity

**P**rays to sort out \_\_\_\_\_  
from God's part



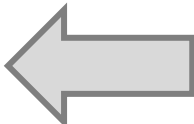
Stews about what  
cannot be controlled

**R**\_\_\_\_\_ God's part



Constantly cycles through  
the same thoughts

**T**\_\_\_\_\_ for the good in life



Doesn't see the good

Worry Prayer Stone: JPRT

Remember!

To allow God to change our hearts, we need to meet with Him. *The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review)* open up our lives to allow God to change us from the inside out.

*Good Morning God* is to be done when we first wake up in bed at the beginning of every day. Your *Spiritual Boost* connects you with God's words in the Bible during the day sometime when you have 10 minutes of quiet. Finally, you finish your day with *Good Night Review*, and you allow God's joy and forgiveness to come to you as you drift to sleep.

These three spiritual exercises take only 20 minutes each day, and they have been part of following Jesus for many of Jesus' followers over the last 2000 years. Try it yourself and see how your relationship with God deepens and how you are fundamentally changed by spending time with God!

### **Spiritual Boost Bible Readings**

Day 1: Philippians 4:4-5

- ✳ What can you be joyful about today?

Day 2: Philippians 4:6

- ✳ What concern can you take to God in prayer?

Day 3: Philippians 4:7

- ✳ What picture do you see when God says that His peace "guards your heart and mind?"

Day 4: Philippians 4:8

- ✳ Think of one true, honorable, lovely thing and make that your recurring thought throughout the day. Write it down on a piece of paper that you put in your pocket or on your phone to remind you today.

Day 5: Philippians 4:9

- ✳ What are you thankful for today? Talk to God and tell Him how thankful you are for this gift.