







**How to be
Worry-Free!**



Rejoice in the Lord always.
I will say it again: Rejoice!

Let your gentleness
be evident to all.

The Lord is near.

(Philippians 4:4-5)

Do not be anxious about anything,
but in every situation, by prayer and
petition, with thanksgiving,
present your requests to God.
And the peace of God, which
transcends all understanding,
will guard your hearts and
your minds in Christ Jesus.

(Philippians 4:6-7)




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but in every situation, by prayer and petition, with
thanksgiving, present your requests to God (Philippians 4:6)



μεριμνάω (merimnao)
“to draw in different directions”
“divided in parts”
“to go to pieces”

Do not be anxious about anything,
but in every situation, by prayer and petition, with
thanksgiving, present your requests to God (Philippians 4:6)



προσεύχομαι (proseuchomai)
“to interact with the Lord by
switching human wishes
for His wishes”



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but in every situation, by prayer and petition, with
thanksgiving, present your requests to God (Philippians 4:6)



δέομαι (deomai)

“having deep personal need”

“to make urgent appeal”

“to beseech or beg”

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but in every situation, by prayer and petition, with
thanksgiving, present your requests to God (Philippians 4:6)



Not **NEEDS**
But **REQUESTS**

A waitress in a black top and red skirt is smiling and holding a menu, talking to a man and a woman seated at a table in a restaurant. The man is wearing a dark shirt and the woman is wearing a light-colored top. The table is set with coffee cups, glasses, and a water bottle. The background shows a window with patterned curtains and other tables in the restaurant.

I am really hungry!

Great! You've come to the right place. What can I get you from the menu?







**We don't
ship
anything
without a
requisition!**

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Not **NEEDS**
But **REQUESTS**

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“...[God] has given us his
very great and precious promises,
so that through them you may
participate in the divine nature”

(2 Peter 1:4)



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God's Response:

1. Yes
2. No
3. Wait
4. I've got a better idea

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εὐχαριστία (eucharistia)
“the giving of thanks
for God’s grace”


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Degrees of Faith:

- God **Can!**
- God **Will!**
- God **Already Has!**

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but in every situation, by prayer and petition, with
thanksgiving, present your requests to God (Philippians 4:6)



This is the **confidence** we have in
approaching God: that if we ask
anything according to his will, he
hears us. And if we know that he
hears us—whatever we ask—
we know that we have
what we asked of him.

I John 5:14-15

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)



NOT peace WITH God
BUT the peace OF God



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

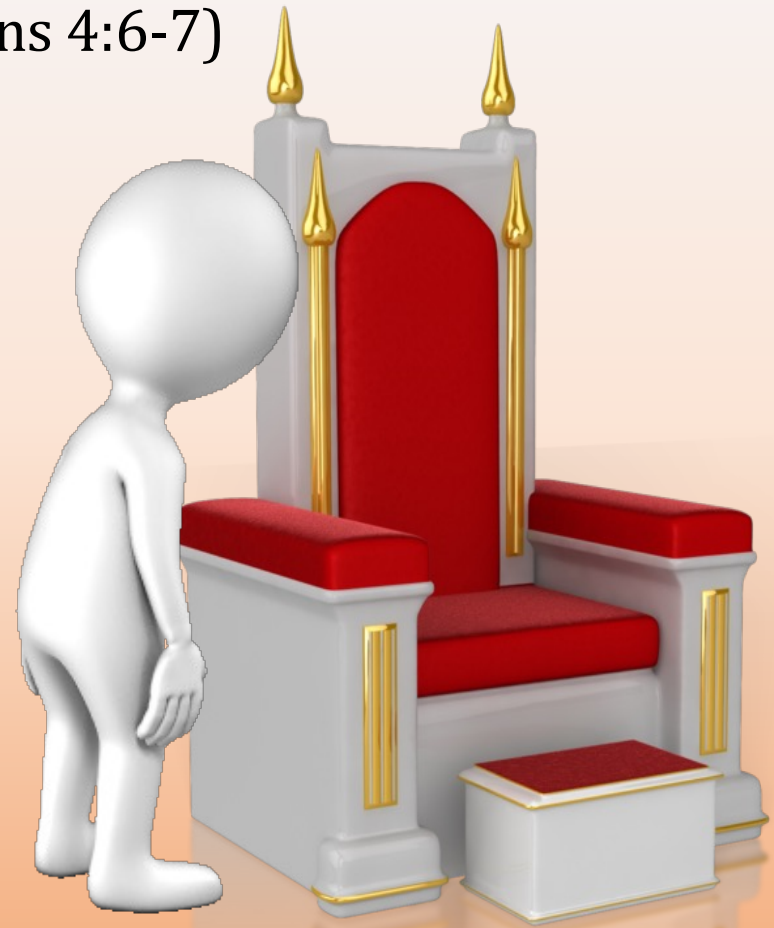
(Philippians 4:6-7)



**Do you think God
is ever anxious?**

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)

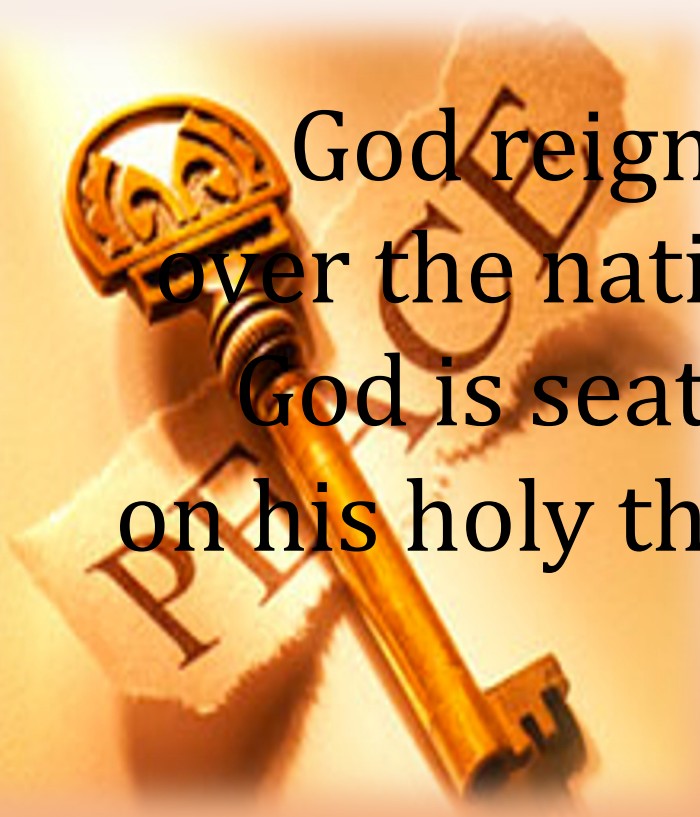
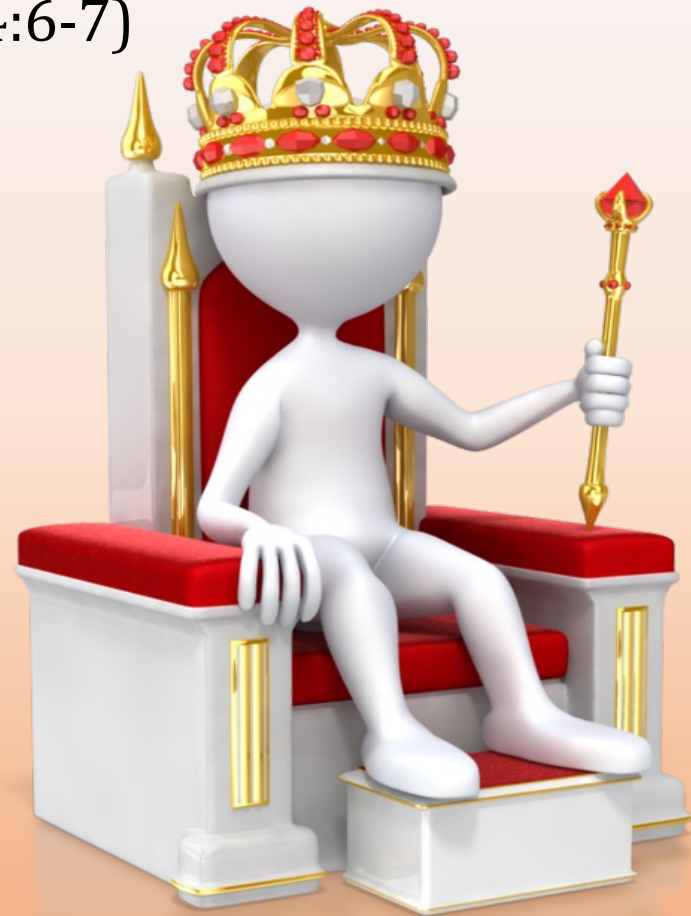


And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)

God reigns
over the nations;
God is seated
on his holy throne.

Psalms 47:8



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)



Blows our minds!
Make no sense!



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)

φρουρέω (phroureo)

**To guard like a
military sentinels**



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)



But the fruit of the
Spirit is love, joy,
peace, forbearance,
kindness, goodness,
faithfulness, gentleness
and self-control.

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)



Christians are **NOT**
inwardly **anxious**,
seeking outside peace,
Christians **ARE**
inwardly **peaceful**,
seeking God to guard it!

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)



And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

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Christians are **NOT**
the inwardly **anxious**,
seeking outside peace,
Christians **ARE**
the inwardly **peaceful**,
seeking God to guard it!



And God's peace
[shall be yours, that tranquil state of
a soul assured of its salvation
through Christ, and so fearing
nothing from God and being content
with its earthly lot of whatever sort
that is, that peace]
which transcends all understanding
shall garrison and mount guard over
your hearts and minds
in Christ Jesus.

(Philippians 4:6-7 AMP)



**“I’ve tried to worry about it,
but God won’t let me”**



**“I’ve tried to worry about it,
but God won’t let me”**

