

MY EMERGENCY NUMBERS -Philippians 4:6-7

I am Worried

*The people who received this letter were good people; this church in Philippi was a faithful group of believers; they honored God and received good grades from the Apostle Paul. **YET, THESE PEOPLE WORRIED JUST LIKE THE REST OF US.** If not so, why would Paul even mention it?*

1. Fill in the words for Philippians 4:6.

"Be _____ for _____."

2. Instead of worrying, what did Paul tell them to do? (Phil. 4:6)

a. "But in everything by _____ & supplication"

b. "With _____."

c. "Let your _____ be made known to _____."

Have you heard this one? - Worry is a futile thing; It's like a rocking chair; It will keep you occupied; But won't get you anywhere.

3. Match the statement with the Bible verse.

a. Worrying accomplishes nothing. _____ Matt. 6:30

b. Worrying is not good for you. _____ Matt, 6:33

c. Worrying is the opposite of trusting God. _____ Matt. 6:27-29

d. Worrying focuses on the wrong thing. _____ Proverbs 12:25

Why do people worry? It sounds harsh to say, "Because we don't trust God." It is not easy to just sit back and let God do it. I guess I worry for three reasons: God is not handling it fast enough & that drives me crazy; I am concerned that the whole thing won't end up the way I want it to; I have to prove to God that this thing is important to me.

Dumb reasons, right? Lighten up on me; you do it too!!

4. If we talk to God about the issue (pray), what does God promise in Philippians 4:7? _____

It almost sounds like "worrying" is the opposite of "praying".

5. What good is peace? How does peace help me? (Phil. 4:7)

a. "Surpasses all _____."

b. "_____ your hearts & minds."

Have you ever put irrigation in a grass area of your yard with PVC pipe (the white plastic pipe that bends)? You need to go 40 feet but the lengths of PVC pipe are 10 feet each. In the old days, you could not connect them without a small piece called a "coupler".

"Peace" is the coupler for our lives. God puts peace in our hearts that connects all the parts of our lives together. He helps us see how things connect. We don't understand it all but we feel sort of ok about it. Isn't that odd but also wonderful?

6. How can we have peace in an unpeaceful world? (John 16:33)

a. "But take heart; I have _____ the world."

7. How good is this peace? (Psalm 4:8)

a. "In peace, I will both _____ and _____."

b. "For You alone, Lord, make me dwell in _____."

8. Write out John 14:27.

It's easier to preach about peace than to practice it. We cannot make our own peace. It comes from God only. Only His peace works. Talk to Him.

If you do not use a coupler on the PVC pipe, but rather duct tape, it will leak.