

# CHOOSING PEACE OVER WORRY

## Replacing Worry with Prayer

PHILIPPIANS 4:1-9

Pew Bible pg # 1223

- What is the alternative to worry? The alternative is \_\_\_\_\_.
- How can we choose peace over worry?

First, by becoming a \_\_\_\_\_ vs. 1-3

Second, by daily \_\_\_\_\_ in the Lord. vs. 4

Third, by replacing your \_\_\_\_\_ with \_\_\_\_\_ vs. 6-7

- I can't think of anything more **destructive** than \_\_\_\_\_, but on the other hand, I can't think of anything more **constructive** than \_\_\_\_\_.
- Here is the principle: When you are tempted to worry, \_\_\_\_\_ instead.
- In verse 6, Paul uses four different words or phrases to emphasize his point and to encourage these believers to replace their worry with prayer.

“ \_\_\_\_\_ ”

“**Supplication**” - This carries the idea of earnestly, from our hearts, sharing our \_\_\_\_\_ and problems with God.

## “Thanksgiving”

“Let your \_\_\_\_\_...”

- There is \_\_\_\_\_ problem too big or too small that you cannot take to God in prayer.
- God desires for us to take everything to Him in prayer.
- *“Casting all your care upon him; for he careth for you.”*  
**1 Peter 5:7**
- When we do this, the \_\_\_\_\_ of God guards our hearts and minds.
- When we accept Jesus Christ as our personal Savior, we have peace **with** God.
- *“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.”* **Romans 5:1**
- Here we have not just peace **with** God, but the peace **of** God.
- As the Bible says, it is a peace that passes all understanding. The world can’t figure it out, but it is a \_\_\_\_\_ for the child of God that chooses to replace his or her worry with prayer.