



Being Thankful In Tough Times
November 29, 2020

Philippians 4:4-8

“May you always be joyful in your life in the Lord.” Philippians 4:4 (GN)

1. STEP ONE: _____ about nothing!

“Do not be anxious about anything...” “Do not fret or have any anxiety...”
vs. 6

The Facts About Worry:

40% never happen

30% concern the past

12% needless health concerns

10% insignificant / petty issues

8% are legitimate concerns

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own.” Matthew 6:34

Key: _____

2. STEP TWO: _____ about everything.

“...but in everything, by prayer and petition with thanksgiving, present your requests to God.” vs. 6b

“Petition”: _____

“When you pray, tell God every detail of your needs.” (PH)

“Unload all your worries on Him since He is looking after you!” 1 Peter 5:7 (JB)

3. STEP THREE: _____ in all things.
“...in everything (pray)... with thanksgiving...” vs. 6b

“Give thanks in all circumstances for this is God’s will for you in Christ Jesus.”
1 Thessalonians 5:18

4. STEP FOUR: _____ the right things.

“Finally, brother, whatever is true...noble...right...pure...lovely...admirable...if anything is excellent or praiseworthy - think about such things.” vs. 8

The root cause of stress: _____

“As a man thinks in his heart, so is he.” Proverbs 23:7 (KJV)

The Result:

“If you do this, you will experience, God’s Peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.” vs. 7 (LB)