



- You can choose your **attitude** in all circumstances.

4 Always be full of joy in the Lord. I say it again—rejoice! Philippians 4:4 (NLT)

1 My dear, dear friends! I love you so much. I do want the very best for you. You make me feel such joy, fill me with such pride. Don't waver. Stay on track, steady in God. Philippians 4:1 (MSG)

#### “Whatever you do...”

- Don't let **worry** into your life.  
6 Don't worry about anything... Philippians 4:6 (NLT)
- Worry is a matter of **perspective**.

#### Another key to joy in Paul's life:

- Nothing can **prevent** God's **protection**.

38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. Romans 8:38-39 (NLT)

Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. Philippians 4:4-5 (NIV)

#### We don't have to worry:

- About what will **happen** when we know **who's** in charge.  
6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7 (NLT)
- We don't have to worry about **anything** when we believe that God's involved in **everything**.

#### We won't worry about anything when:

- We **pray** about **everything** that concerns us.  
6 Don't worry about anything; instead, pray about everything. Tell God what you need... Philippians 4:6a (NLT)
- We **thank** Him for everything He's already **done**.  
6...Tell God what you need, and thank him for all he has done. Philippians 4:6b (NLT)

Prayer + Thankfulness = **Peace**

#### We don't have to worry:

- About the **worst** possible outcome when we know who's **with** us.  
8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:8-9 (NLT)

- About what we **have** when we know who really **satisfies**.

11 ...for I have learned how to be content with whatever I have. 12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength. Philippians 4:10-13 (NLT)

19 And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Philippians 4:19 (NLT)

#### Worry kills joy because:

- Worry minimizes God's **power** and **protection**.
- Worry minimizes God's **presence** and **activity** in our circumstances.
- Worry minimizes God's **love** and **concern** for your life.  
7 Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)



**TO CREATIVELY LOVE AND LEAD PEOPLE  
IN A GROWING RELATIONSHIP WITH JESUS.**

**Have Questions? Text them to: (559)-464-5754**

#### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Why?
- How is your worry level? What do you think Paul means when he says: "Don't worry about anything"?
- Read Romans 8:38-39. Why would this be a key to joy in Paul's life?
- Does it remove worry in your life when you realize that God is in charge? Why?
- Do you believe that God is involved in everything in your life? How does that affect your level of worry?
- Do you find that prayer removes your worries? Explain.
- In your experience, does being thankful remove worry? Explain.
- When you are aware that God is present with you, how does that affect your joy and your worries?
- Do you find that God really satisfies your needs? When we know that God provides for our needs how does that affect our worries?
- Talk through the points under "Worry kills joy because:"
- What can we do to increase our awareness of God's love, strength, activity, and concern in our lives?

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