

WEATHERING TURBULENT TIMES

March 15, 2020 Philippians 4:6-9 By Bob Branch
Responding to the Coronavirus Crisis

BIG IDEA: “Anxiety and how to weather these uncertain times” How do we navigate the anxiety that is on us?

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Philippians 4:6-9

“Do not be anxious about anything”

1. You don’t _____—You have options.

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.” **2 Tim. 1:7** CSB

“...but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

2. _____ your attention to God by praying, asking and thanking.

“...the one who is in you is greater than the one who is in the world.” **1 John 4:4**

Prayer is connecting.

Petitioning is simply making your needs known.

Prayer is also asking.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

Matt. 7:7-8

Start to thank him.

“And the peace of God... will guard your hearts and minds in Christ Jesus”

3. _____ will follow your redirected-to-God thoughts.

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” **John 14:27**

“whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy—think about such things.”

4. _____ the direction of your thoughts.