



Notes: 1. Introduction

- a. Philp 4:6 Anxious for nothing
 - prayer-supplication-thanksgiving
 - pray your requests to God
 - pray every thing to God
- b. Christians' own strengths & resources limited
- c. God always hears - unlike some human parents
- d. ^{Christian} special condition: If I regard sin (iniquity) in my heart, God will not hear - Psalm 66:18
 - wall of separation
- e. Philp 4:7 God's peace guards (keeps) Christians' hearts & minds
 - God can help your worry

2. Don't Worry - Pray!

- a. No indulgence or obsess in worry
 - no anxious thinking
- b. You can do something!
 - PRAY to God who can do more
 - supplication: pray again & again

3. Don't Just Pray - Give Thanks

- a. Say thank you to God
 - find blessings in your life & thank God
 - health, children, job, etc

- 3b. Thank God for what He did
for you
- Jesus death, burial, resurrection
 - Jesus helping me in the past
- c. Thank God for who He is
- the forever God - my God
 - my strength - my Rock
 - my defense - my Fortress

4. Enjoy God's peace

- a. Pray + Thank God → God's peace
- b. inner peace on the inside
- calmness of mind
 - steady calm emotions
- c. Inner peace more than you can understand
- d. Jesus says, "Peace, be still."
- said to a raging sea - Mark 4:39
 - Jesus gives calm & peace