

"Don't Worry; Instead PRAY"

The Holy Spirit is your COACH for life. He wants to teach you how to beat the Devil's assaults of fear and worry that rail against you.

1. Install a new personal policy this year: **Philippians 4:6**

- Decide you will not _____.

"Be Anxious for _____" 4:6

a. Worry is being anxious over something you can _____

_____. **Matthew 6:25,27,28,31,34**

b. Worry is always _____. **Mt. 6:27 "Can you?"**

- it steals your _____.

- it paralyzes your _____.

- it wastes your _____. (you feel overwhelmed)

- it makes you part of the _____, instead of part of the answer.

c. Worry focuses on what _____ tomorrow.

6:34 (the Devil's Day Planner)

d. Worry is _____. (a learned pattern of not dealing with things) **2 Timothy 1:7**

e. Worry forgets Who _____ you and Who is in _____.

f. Worry is _____ and disobedience. **"Do Not" – 5 X's**

g. Worry is a _____.

- Either you are worrying or you are _____.

- You cannot _____.

- It must be _____, to be fixed.

2. To Not Worry does not mean:

- I do _____.

- I _____ because something is unpleasant.

- I am _____, lazy, or unconcerned.

Instead of Worrying:* **Philippians 4:7*

3. I _____ about _____. **"in Everything"**

a. Prayer is the greatest _____ you can develop over time.

b. Prayer is the greatest _____ you have. **Heb. 4:16**

- To _____ with Him.

- To receive what you _____.

c. Prayer is a _____.

d. _____ Him (supplication) for your needs.

- He _____ to hear your requests.

Matthew 6:32 "The Father knows"

- He _____ to meet all your needs.

Philippians 4:19

e. Learn to _____ your problems with Him. **1 Peter 5:7**
(WHO has them?)

f. Continually _____ (thanksgiving) Him for His goodness and
His provision. **1 Thess. 5:18**

- _____ and trust will replace fear and worry.

h. Then commit _____ what He tells you to do.

Mt. 6:33 – Seek the Kingdom – (The King and His Perspective.)

- Seek His Righteousness – (Commitment to do the
Courageous _____ thing.)

Philippians 4:7

4. If you learn to do this, you will cultivate (with time) a life of
supernatural _____ that will _____:

a. Your _____ (emotions) – you will become more stable.

b. Your _____. (thinking) – you will make wiser choices.

c. It is a Grace (power) that _____ from the Holy Spirit.

John 14:27 "I give to you"

d. The _____ you learn to let go and trust, the quicker
God's peace comes.

e. Peace is not the _____ of problem. It is supernatural trust
in the _____ of great problems.