

**THE PRESCRIPTION FOR PEACE — AN ANTIDOTE FOR ANXIETY** (Part One)

(Philippians 4:4-9)

**A. God Wants You to Find Your CONTENTMENT and Joy in the Lord** (vs.4-5)

 **Philippians 4:4-5** Rejoice in the Lord always. Again I will say, rejoice! <sup>5</sup> Let your gentleness be known to all men. The Lord is at hand.

✓ ***God wants to address your CONTENTMENT in Life***

1. The **COMMAND** for You is to — “ \_\_\_\_\_.”



*What does it mean to “rejoice” or to have joy, and what does it have to do with your contentment?*

2. The **SOURCE** of Contentment and Joy is found — “ \_\_\_\_\_.”

3. The **TIME** of Joy is — “ \_\_\_\_\_”

4. The **REMINDER** for Joy is — “ \_\_\_\_\_, I say rejoice.”

5. The **CHARACTER** of Joy Displayed is to — “Let your \_\_\_\_\_ be known to all men.”



*How is “gentleness” defined, and how is this character to be reflected to others in your life?*

6. The **REASON** for Contentment and Joy is recognizing — “The Lord is \_\_\_\_\_.”

**B. God Wants You to COMMUNICATE Your Concerns to Him in Prayer** (vs. 6)

 **Philippians 4:6** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

✓ ***God wants to address your PRAYER LIFE***

1. God’s **PROHIBITION** regarding Your Anxiety is to “Be \_\_\_\_\_ for \_\_\_\_\_”  
(4:6a)

2. God's **PRECEPT** is to Cast Your Burden upon Him as you — "let your \_\_\_\_\_ be made known to \_\_\_\_\_." (4:6b)
- The **Contrast** of anxiety and the **Scope** of prayer is — " \_\_\_\_\_ in \_\_\_\_\_."
  - The **Command** of God is to transfer all of your cares upon Him, as you — "let your requests \_\_\_\_\_ to God."
  - The **Concepts** involved in addressing your anxiety are — "by \_\_\_\_\_ and \_\_\_\_\_, with \_\_\_\_\_, let your \_\_\_\_\_ be made known to God."



What is Prayer?



What elements or concepts are involved in our communication with God? How might they apply in your life?

3. God's **PROMISE** is to Replace Your Anxiety with "the \_\_\_\_\_ of God." (4:7)
-  **Philippians 4:7** and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- The **Definition** of Peace: a state of \_\_\_\_\_ and \_\_\_\_\_ brought about by being bound together as a whole and standing complete with no friction or discord.
  - The **Source** of True Peace is — " \_\_\_\_\_ "
  - The **Present Nature** of God's Peace is that — "which \_\_\_\_\_ all understanding."
  - The **Future Protection** of God's Peace — "will \_\_\_\_\_ your hearts and minds through Christ Jesus."