

# "An Antidote for Anxiety"

Philippians 4:4-7 // Quentin Self // Wednesday March 25, 2020

## Sermon Notes

The antidote for anxiety is \_\_\_\_\_ your \_\_\_\_\_ to God.

God intends for prayer to fill every \_\_\_\_\_ and \_\_\_\_\_ of your life.

God intends for your \_\_\_\_\_ to be the fuel for your praying life.

God intends for prayer to \_\_\_\_\_ your \_\_\_\_\_ on Him.

When you turn anxious thoughts into prayers, God's \_\_\_\_\_ will \_\_\_\_\_ your heart and mind.

## Home Worship Guide

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Use this guide to: spark **discussion** around a meal, lead a **family** devotional time, direct your **personal** devotional time one morning this week, or lead a **Bible Study**.

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### H - Highlight

What sticks out to you from this passage?

How does this passage stir your heart? What emotions does it produce?

### E - Explain

What did Paul want the Philippians to do as a result of reading this passage?

How would that action affect their lives?

Paul wrote this letter from a prison cell. How does that affect your reading of this text?

### A - Apply

Think about yesterday and today. What anxious thoughts came to mind? How could you turn those into prayers?

What changes would take place in your life if you turned most of your anxious thoughts into prayers?

We all need help on this. Who can you get to regularly ask you: "Have you been turning your anxious thoughts into prayers lately?"

### R - Respond in Prayer

**Adoration:** How does this passage call me to worship?

**Confession:** What sins in my life does this passage call me to confess?

### Thanksgiving:

How does this passage remind me to be grateful?

### Supplication:

Whom does this passage put on my heart?