

## ***“Winning Over Worry”***

pt. 27 — Philippians 4:6-7

### **To Live is Christ**

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#### INTRODUCTION

- the human struggle of anxiety

“Anxiety is the income tax of civilization.” — *unknown*

Ex. 4:10; Jer. 1:6

- but worry is a sin against God

Mt. 6:25-34

#### *1. The sin* (4:6a)

- why God gives us prohibitions
  
- His provision and protection from worry...

“Worry does not empty tomorrow of sorrows; it empties today of strength.”  
— *Corrie Ten Boom*

“Anxiety is a thin stream of fear, trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”  
— *Arthur Roche*



*Emmanuel Bible Notes*

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#### *2. The solution* (4:6b)

- God *always* provides a way of escape from sin  
1 Cor. 10:13

- the escape from worry:

When life is \_\_\_\_\_, and life is \_\_\_\_\_,  
trust in the Lord with \_\_\_\_\_.

- thankful when there's not enough...  
Phil. 4:19; Ps. 34:10
- thankful when you're not sure which to choose...  
Ps. 32:8; Prov. 3:5-6
- thankful in the midst of the unknown...  
Rom. 8:28; Job 42:2

#### *3. The spin-off* (4:7)

- peace *of* God v. peace *with* God
  
- the soldier on duty: superlative protection