



Sermon Notes: October 10, 2021

Paul's Advice for the Anxious and Worried

Philippians 4:4-7

1. Who is near to me? **The Lord**
2. Do I have anxieties or worries? **Oh, Yes.**
3. Will God fix my problems? **Maybe, but that's not the promise.**
4. What does God promise? **Peace that guards my heart and mind**
5. How do I get better at asking God for help? **Build my relationship with God now**
6. How do I make my relationship with God better? **Bible, Prayer, Worship**
7. Can I handle most things by myself? **Ha! No.**
8. What is my Only Comfort? **That I belong to Jesus Christ**
9. How does that help? **He watches over me and protects me**
10. Who helps me in all this? **Holy Spirit**
11. What should I do now to prepare for anxiety, worries?

Practice - Bible Study, Prayer, Worship, Friendship with Christians.