

**The Path to Peace**  
**Philippians 4:6-13**  
**Sunday, August 30, 2020**

*"If you do these things you will experience God's peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus." Philippians 4:7*

**STEPS ON THE PATH TO PEACE**

**1. REFUSE TO \_\_\_\_\_ ABOUT ANYTHING.**

*"Never worry about anything..." Philippians 4:6*

\*Worry is \_\_\_\_\_

*"But a heart at peace gives life to the body" Proverbs 14:30*

\*Worry is \_\_\_\_\_

*"Don't worry about your life, what you'll eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" Matthew 6:25*

\*Worry is \_\_\_\_\_

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? And why worry about clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was never clothed as beautifully as they." Matthew 6:26,28,29*

\*Worry is \_\_\_\_\_

*"Who of you by worrying can add a single hour to his life?" Matthew 6:27*

\*Worry is \_\_\_\_\_

*"If God cares so wonderfully for the flowers that are here today and gone tomorrow, won't he more surely care for you, O you of little faith?" Matthew 6:30*

**2. TALK TO \_\_\_\_\_ ABOUT EVERYTHING.**

*"Never worry about anything. Instead, in every situation let God know what you need in your prayers and requests." Philippians 4:6*

The key to stress management is worry \_\_\_\_\_ and ask \_\_\_\_\_.

*"Unload all your worries on God since He is looking after you!" 1 Peter 5:7*