

## **Skit Guys Video - More Than Enough for Tomorrow**

### **God's Answer to Anxiety**

**Philippians 4:4-9**

**Reading of Text: Philippians 4:4-9**

**Discussion Question - Share a time when you didn't follow instructions and what was the result?**

#### **1 Peter 5:6-7**

- God wants to lift you up
- Need to be convinced of His care for you
- Anxiety - must be dealt with (see Luke 8:14)  
The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.
- Humble - be willing to follow God's instructions

#### **Five Steps to Experiencing God's Peace**

#### **Attitude Is Important**

**Philippians 4:4-5**

#### **Cast Your Care on Him**

**Philippians 4:6**

- Prayer and Petition
- Thanksgiving is an act of faith

#### **Peace of God**

**Philippians 4:7**

- Beyond our understanding
- Guards our hearts & minds

#### **Take Control of Your Thought Life**

**Philippians 4:8**

- The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:4-5**

#### **Put It Into Practice**

**Philippians 4:9**