

Philippians: Anxiety
Philippians 4:6-9

1. Pursue Prayer (6-7)

a. The Command

b. The Practice

c. The Peace

2. Practice Purity (8-9)

a. Dwell

b. Dwell on what?

i. **True** - as opposed to a falsehood. What God's Word say is true.

ii. **Honorable** - or noble, dignified, lofty, elevated. Think about those things that pull your heart and mind heavenward, upward.

- iii. **Right** - this is the idea of righteousness
- iv. **Pure** - the root idea here is the idea of holiness and unmixed with moral impurities.
- v. **Lovely** - an ethical beauty; a beauty of holiness. God is the one who defines what is pleasing.
- vi. **Good repute** - Well-spoken of or highly regarded by God.
- vii. **Excellence** - Whatever reflects the holiness of Almighty God. That which is morally excellent and pleasing.
- viii. **Worthy of Praise** - Whatever is or can be praised by God.

c. Paul's Example

Discussion

1. Have you ever considered, or accepted, that "worry is a failure to believe the promises of God in his word"? List some reasons that people are not able to apply this principle in day to day life. (Example: they aren't familiar with the word of God)
2. What habits and choices help you to dwell on "these things"? What habits and choices handicap you from dwelling on "these things"?
3. How will you apply the cure for worry that Paul lays out in these verses to your anxieties?