

**Unbreakable Joy Comes from Trusting God and  
Overcoming Worry and Anxiety  
Unbreakable Joy, Pt. 6  
Philippians 4:1-7**

Sunday, February 9, 2025

**Philippians 4:6**, *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Psalms 30:5**, *... weeping may stay for the night, but rejoicing comes in the morning.*

**How Do We Overcome Worry and Anxiety?**

**1. Face Life with a Positive ATTITUDE**

**Philippians 4:4**, *Rejoice in the Lord always. I will say it again: Rejoice!*

**James 1:2**, *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance.*

**Psalms 46:1**, *God is our refuge and strength, an ever-present help in trouble.*

**2. Treat Others with GENTLENESS**

**Philippians 4:5**, *Let your gentleness be evident to all. The Lord is near.*

**Philippians 4:1**, *Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! 2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these*

*women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.*

**3. Turn Your Worry Into PRAYER**

**Philippians 4:6**, *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**1 Peter 5:7**, *Cast all your anxiety on him because he cares for you.*

**Matthew 6:25**, *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 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? 27 Can any one of you by worrying add a single hour to your life?”*

**4. Tap Into God’s PEACE**

**Philippians 4:7**, *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Isaiah 26:3**, *You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

**John 14:27**, *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

**5. Focus On What Is True and GOOD**

**Philippians 4:8**, *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if*

*anything is excellent or praiseworthy—think about such things.*

**Romans 12:2**, *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

**Colossians 3:2**, *Set your minds on things above, not on earthly things.*