

# "Nothing to Worry About"

Saturday, December 1 & Sunday, December 2, 2018 • Pastor Kalae George

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*"Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup>Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. <sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup>Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you." (Philippians 4:4-9 NLT)*

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33 NIV)*

## **Worry about nothing.**

*"Don't worry about anything..." (Philippians 4:6 NLT)*

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34 NIV)*

### • **Live one day at a time.**

## **Pray about everything.**

*"...instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (Philippians 4:6-7 NLT)*

*"Give all your worries and cares to God, for he cares about you." (1 Peter 5:7 NLT)*

### • **God cares.**

## **Think about the right things.**

*"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." (Philippians 4:8 NLT)*

*"For as he thinks in his heart, so is he..." (Proverbs 23:7 NKJV)*

### • **Our life is shaped by our thoughts.**

## **Be content with our things.**

*"Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little." (Philippians 4:11-12 NLT)*

*"But godliness with contentment is great gain." (1 Timothy 6:6 NIV)*

### • **Christ is enough for me.**

## **Trust God for all things.**

*"For I can do everything through Christ, who gives me strength...And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." (Philippians 4:13, 19 NLT)*

### • **Trust is born out of real relationship.**