

Text: Philippians 4:6-7  
Topics: Anxiety, Thankfulness, Peace, Prayer  
Series: Overflowing Thankfulness

Monroe Bible Church  
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## Dealing with Troublesome Circumstances

### I. The Prescription (4-6)

Replacing worrisome thoughts with \_\_\_\_\_  
is God's prescription for dealing with troublesome circumstances.

### II. The Promise (7)

God promised a \_\_\_\_\_ that would become a  
\_\_\_\_\_ from the destructive power of worry.

Application Questions - *These questions are provided for your further study and application of the subject of today's message. Thoughtfully writing out answers to these questions will help drive home the point. They are designed to be discussed in your home, with other believers, and in a Life Group for even more benefit.*

1. Philippians 4:4-7 teaches us about dealing with troublesome circumstances. Read verses 4-6. Write the command in each verse, then briefly explain how it would be helpful in dealing with worrisome situations.

Verse 4 –

Verse 5 –

Verse 6 –

2. What kind(s) of situations tend to cause you anxiety? (Either the situation itself or just thinking about it.) (Skim through Matthew 6:25-34 for examples Jesus gave.)

3. In verse 6 the reader is urged to apply prayer to worrisome situations. Why might we call prayer the “cure” for worry?

Notice the word “with” in this verse. How would keeping thankfulness a part of all your prayers be helpful in dealing with worrisome situations?

4. In Philippians 4:7 we see peace as God's provision to address our anxieties. Three things are said about this peace that help us know it is the answer to our anxieties and that it will be effective. Write down each word and briefly explain how knowing and believing this would be helpful in dealing with your anxiety.

People are available Sunday mornings at the conclusion of each service to pray confidentially for your concerns. Simply come to the front as others are leaving ~ look for those wearing name tags. You can also email us your prayer requests.