

JOY THAT DEFEATS WORRY

Philippians 4

The Top Five Things We Worry About:

1. _____.
2. The _____.
3. _____ security.
4. _____.
5. _____.

I. Joy that _____ worry.

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

II. Give what _____ you to God.

- _____ = To be pulled in different directions.
We are being pulled apart internally.
- _____ = To strangle. Worry strangles the life right out of us.

III. The Joy Challenge

- As you cry out to God, add what you are thankful for.
- Havening: As you pray do one of the three things below:
 - Rub the palms of your hands together, slowly, as if you're washing your hands.
 - Give yourself a hug. Place your hands on your opposite shoulders and rub them down your arms to your elbows.
 - Place your fingertips up high on your forehead and then let your hands fall down your face to your chin.

Havening, from a neuroscience perspective, is a form of stimulating both sides of the brain which is essential for healing while you mentally bring up a stressful thought or past trauma. It boosts serotonin production in the brain which leads to satisfaction, happiness, and optimism.

Until Jesus Returns... | Pastor Randy Frazee | September 14 & 15, 2024

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