

SERMON NOTES 3-13-2022
ARE YOU LISTENING?
ANXIETY, STRESS, DISCOURAGEMENT AND DEPRESSION
PHILIPPIANS 4:5-7

IF these attitudes characterize our lives, these four truths will bring us peace.

1. Possess a continual attitude of prayer. The command is in verse 6. Bring everything to the Lord in prayer, small issues, big issues and in-between issues. Let's digest Romans 12:12.
2. We can be free from anxiety because we know the Lord is near. The promise in verse 5. Let's digest Psalm 46:1.
3. We must rely on the Lord's understanding and not ours. The Lord possesses perfect intelligence, perfect insight, perfect intellect and perfect analysis. Let's digest Isaiah 26:3.
4. We can be sure the Lord will guard our hearts and minds. The promise in verse 7. We can be sure Jesus guards our inner being with His perfect peace. Let's digest Psalm 121:5-8.

Let's Turn Our Minds to verse 8:

- True: The Gospel of Christ.
- Noble: Possessing fine personal qualities and high moral principles.
- Right: Morally good, justified or acceptable.
- Pure: Not mixed or adulterated with any foreign substance.
- Lovely: Exquisitely beautiful.
- Admirable: Deserving respect or approval.
- Excellent: Extremely good or outstanding.