

How to Wipe Out Worry

Philippians 4:4-9

- I. Exercise the praise of God. 4:4
 1. Praise god as the Lord.
 2. Praise God for life.

- II. Express your prayers to God. 4:5-6
 1. Recognize His presence. 4:5
 2. Render your petitions. 4:6

- III. Enjoy the peace of God. 4:7
 1. God's peace is great.
 2. God's peace is a guard.
 - a. It protects the heart.
 - b. It protects the head.

- IV. Esteem the principles of God. 4:8-9
 1. There are principles worth cultivating. 4:8
 2. There are people worth following. 4:9