**Conquering Your Biggest Worries**

Philippians 4:4-9

**Philippians 4:4 (ESV)**Rejoice in the Lord always; again I will say, rejoice.

**Philippians 4:5 (ESV)**Let your reasonableness be known to everyone. The Lord is at hand;

**Philippians 4:6 (ESV)**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

**Philippians 4:7 (ESV)**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:8 (ESV)**Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**Philippians 4:9 (ESV)**What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

1. **Take your anxieties to God in prayer.**

**Philippians 4:6 (ESV)**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

1. **Trust your heart to God’s protection.**

**Philippians 4:7 (ESV)**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1. **Turn your thoughts to something praiseworthy.**

**Philippians 4:8 (ESV)**Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**Isaiah 26:3 (ESV)**You keep him in perfect peace whose mind is stayed on You, because he trusts in You.

**2 Corinthians 10:5 (ESV)**We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

1. **Trade your fears for God’s peace and presence.**

**Philippians 4:9 (ESV)**What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.