

Sermon: Trading Anxiety for Peace  
Scripture: Philippians 4:4-7

Introduction: Success through systems

- I. Rejoice in the Lord at all times (vs. 4).
- II. Insofar as you are able, be easy to get along with towards others; let God deal with the people who are a pain in your life (vs. 5; Ps. 37:7-11; Rom. 12:9).
- III. Instead of being anxious and worried, pray about your circumstances – refocus your energy and thinking (vs. 6; Matt. 6:33-34).
  - A. Times when anxiety is okay
  - B. Times when anxiety isn't okay
  - C. Focus energy and thinking
- IV. Pray this way: make requests to God about your circumstances and do it with thanksgiving (vs. 6; I Peter 5:7).
- V. God's peace will be yours in spite of your circumstances. You will know His love and care for you (vs. 7; Is. 26:3-4).

Concluding Notes:

- A. Problems in obtaining peace
- B. Problems in retaining peace
- C. The Lord is our salvation, not the system or formula or our use of it (vs. 4-7).