

“BEING THANKFUL IN TOUGH TIMES”

Pastor David Brown

Message Notes – Sunday, November 18, 2007

Text: Philippians 4:4–8

Key verse:

“May you always be joyful in...the Lord.”

Philippians 4:4 (GN)

HOW CAN I BE THANKFUL IN TOUGH TIMES?

STEP 1. WORRY ABOUT NOTHING

“Do not be anxious about anything.”

Verse 6a (NIV)

“Do not fret or have any anxiety about anything.”

Verse 6a (Amp)

Facts about worry:

- _____ % never happen
- _____ % concern the past
- _____ % are needless health concerns
- _____ % are insignificant or petty issues
- _____ % are legitimate concerns

(Jesus) *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

Matthew 6:34 (NIV)

STEP 2. PRAY ABOUT EVERYTHING

“...but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

Verse 6b (NIV)

“...whenever you pray tell God every detail of your needs in thankful prayer...”

Verse 6b (Ph)

Petition: _____

“Give all your worries and cares to God, for He cares about what happens to you.”

1 Peter 5:7 (NLT)

“You can throw the whole weight of your anxieties on Him, for you are His personal concern.”

1 Peter 5:7 (Ph)

STEP 3. THANK GOD IN ALL THINGS

“...in everything, by prayer and petition, with thanksgiving...”

Verse 6b (NIV)

“...always asking Him with a thankful heart...”

Verse 6b (GN)

“...give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:18 (NIV)

STEP 4. THINK ABOUT THE RIGHT THINGS

“Finally, brothers, whatever is true...noble...right...pure...lovely...admirable – think about such things.”

Verse 8 (NIV)

What is the result of doing these four things?

“If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.”

Verse 7 (LB)