

Top Ten Worries:

10. Diet
9. Job security
8. Rent/mortgage payment
7. Credit card debt
6. Low energy level
5. Overdrafts and loans
4. Overall fitness
3. Lack of savings/financial future
2. Growing old
1. Overweight

Here are three observations about that list:

1. These items fall into two categories: health and finances.
2. These are universal human concerns.
3. These are issues that will be with us as long as we live.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

A Prohibition

Philippians 4:6 “Do not be anxious about anything”.

A Precept

Philippians 4:6b “But in every situation, by prayer and petition, with thanksgiving, present your requests to God”.

1. Prayer

2. Petition

3. Thanksgiving

4. Requests

A Promise

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Here's the Big Promise for today: **You can have the peace of God.**