

**Investing In Relationships: The Book Of Philippians**  
**“Investing In A Worry-Free Attitude” 7 of 8**  
**Cornerstone Church of Poway**  
**Pastor Ed Turley**  
**March 21, 2021**

**Big Idea:** To enjoy the people in my life, I need to invest in my relationships.

**I Will Invest In A Worry-Free Attitude By:**

**1. Praying When I Am Anxious**

“Don’t **worry** about anything; instead, **pray** about everything.”

**Philippians 4:6a (NLT2)**

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” **Matthew 6:34 (NIV)**

“Casting **the whole of your care** all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully.” **1 Peter 5:7 (AMP)**

Notes: \_\_\_\_\_

**2. Being Thankful**

“Tell God what you need, and thank him for all he has done.”

**Philippians 4:6b (NLT2)**

“**Be joyful** always; pray continually; **give thanks** in all circumstances, for this is God's will for you in Christ Jesus.” **1 Thessalonians 5:16-18 (NIV)**

“**Rejoice** in the Lord always. I will say it again: **Rejoice!**” **Philippians 4:4 (NIV)**

Notes: \_\_\_\_\_

### 3. Controlling My Thought Life

“And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. **Think** about things that are **excellent** and **worthy of praise**.” **Philippians 4:8 (NLT2)**

“...Meditate on these things...” (NKJ)

“Don’t look out only for your own interests, but take an interest in others, too.”  
**Philippians 2:4 (NLT2) Remember Verse**

“Guard your heart above all else, for it determines the course of your life.”  
**Proverbs 4:23 (NLT)**

Notes: \_\_\_\_\_

#### **The result:**

“Then you will experience **God’s peace**, which exceeds anything we can understand. His peace will **guard** your **hearts** and **minds** as you live in Christ Jesus.”  
**Philippians 4:7 (NLT2)**

“...that tranquil state of **a soul assured of its salvation** through Christ... fearing nothing from God and being content with its earthly lot...” (AMP)  
**Philippians 4:7 (AMP)**

“Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”  
**Philippians 4:9 (NLT2)**

- **Are you trusting God with your concerns or are you giving into worry?**

#### **My next right step, I will invest in a Worry-Free Attitude by:**

- Making a list of things that are out of my control and give it to God
- Making a list of ten things I am thankful for
- Accepting Jesus as my Lord and Savior
- Following Jesus in Believer’s Baptism

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**Icebreaker for families:** What is the best thing that happened to you this week?

**Big Idea:** To enjoy the people in my life, I need to invest in my relationships.

**I Will Invest In A Worry-Free Attitude By:**

**1. Praying When I Am Anxious**

**Read Philippians 4:1-6**

How does Paul advise the Philippians to deal with conflict and disagreements?

What do you do to relieve stress and worry in your life?

What does Paul say to do?

**Read Matthew 6:34**

What point is Jesus making here?

**Read 1 Peter 5:7**

What does Peter suggest we do with our worry? How well do you do this?

**2. Being Thankful**

**Read Philippians 4:6**

What has God done in your life that you can thank Him for?

**Read 1 Thessalonians 5:16-18**

How well do you deal with The ACTS of prayer?

**Adoration**

**Confession**

**Thanksgiving**

**Supplication**

Which one is easiest?

Which one do you sometimes leave out?

### 3. Controlling My Thought Life

#### Read Philippians 4:8

How does what you think about affect the way you feel?

How does it affect your relationship with God?

What are some things that you can think about that fit these attributes?

#### The result:

#### Read Philippians 4:7

What is God's promise if we do these things?

#### Read Philippians 4:9

What do you need to keep putting into practice?

On a scale of 1 to 10, what is the stress level in your life?

What is your body telling you?

How can prayer help you?

Use verse 6-7 as a guide to close in prayer.

#### Philippians 4:6-7 (NLT2)

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

<sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Prayer:

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