**Welcome to Philippians: Serving and Suffering Joyfully**

**Session 12, Part 3: Overcoming Stuff Christians Deal With**

**Philippians 4:6-9**

**Relieve Anxiety Through Prayer (4:6-7)**

* prayer
  + what
  + why
  + affects
  + relief
* how to deal with it
  + truth (v.6)
  + cost (v.6-7)
  + fight (v.5-7, 19)

***Worry is what we choose to do, not what we are forced to do!***

**Think on Praiseworthy Things (4:8-9)**

* thought life:
  + Romans 12:1-2; Ephesians 4:23
  + John 17:17
  + Psalm 139:23-24
  + Matthew 5:21-22, 27-30
  + 2 Corinthians 10:5

**Godly Examples**

* Philippians 4:9

***Unclutter your mind; Follow Godly People!***