**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!***