

**Dealing with Doubt: Part 3 March 25, 2012    Philippians 4:4-9**  
**“When I Don’t Feel its True”**

Driving thought: When the “what if” comes, cling to the “what” you know about the “who” you know.

“The best way to make Christians into atheists is to stop them thinking about God, and get them thinking about their own states of mind about God! Get them hopelessly preoccupied with their feelings and doubts, and stop them turning to God. Make them wallow in their uncertainties, so that they get despondent and discouraged.” – C.S. Lewis, *The Screwtape Letters*

What to do when experiencing anxiety:

- \_\_\_\_\_ in the Lord – 4:4

When?

- ...\_\_\_\_\_ ; again I will say – 4:4

- \_\_\_\_\_ God is near – 4:5

- Allow God’s \_\_\_\_\_ to influence how you deal with people – 4:5

*Let your reasonableness be known to everyone.*

- Do not be anxious about \_\_\_\_\_ – 4:6 (Easier said than done?)

Q. How do I obey the command not to be anxious about anything?

A. *but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* – 4:6

What is the result of thanking God for His blessings vs. anxious worry?

- *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.* – 4:7

How can I be proactive before anxiety strikes?

- Occupy your mind with \_\_\_\_\_ vs. the possibility of worse-case scenarios – 4:8 *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*
- Occupy your time with \_\_\_\_\_ the Truth (obeying the Gospel) – 4:9 *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

Key: Rejoice/Always/Remember/nearness/anything/Truth/practicing

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