



the gift exchange

EXCHANGE WORRY FOR PEACE

December 7 & 8, 2024

Philippians 4:6a (NLT)

Don't worry about anything...

Exchanging Worry for Peace

1 _____ never to worry about anything.

What is Worry?

Allowing my mind to focus on potentially negative outcomes beyond my _____.

Matthew 6:25-34 (NLT)

That is why I tell you not to worry about everyday life—whether you have enough food and drink or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Four Reasons Jesus Said to Refuse to Worry

- **Worry is _____.**
Why? It exaggerates or magnifies the problem.

Matthew 6:25 (NLT)

That is why I tell you not to worry about everyday life—whether you have enough food and drink or enough clothes to wear. Isn't life more than food, and your body more than clothing?

- **Worry is _____.**
Why? I wasn't born to worry—I learned it.

Matthew 6:26 (NLT)

Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?

We are the only creation of God that doesn't _____
_____.

Proverbs 12:25 (NLT)

Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 14:30 (NLT)

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

- **Worry is _____.**
Why? It makes me miserable.

Matthew 6:27 (NLT)

Can all your worries add a single moment to your life?

- **Worry is _____.**
Why? It doesn't change the past or the future.

Matthew 6:30 (NLT)

And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

1 Peter 5:7 (TPT)

Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.

2

_____ to God about everything.

Philippians 4:6b (GW)

But in every situation let God know what you need in prayers and requests while giving thanks.

How Do We Talk to God About Everything?

- Trade my worry for _____.
- Recognize that worry is practical _____.

James 4:2b (GW)

You don't have the things you want, because you don't pray for them.

Romans 8:32 (NLT)

Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?

3

_____ **God in every situation.**

Philippians 4:6c (NLT)

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

1 Thessalonians 5:18 (GW)

Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this.

4

_____ **about all the good God has given me.**

Philippians 4:8 (TPT)

Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.

Proverbs 14:9 (GNT)

Foolish people don't care if they sin, but good people want to be forgiven.

Isaiah 26:3 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

5

_____ **God and be content with anything.**

Philippians 4:11-12 (TLB)

Not that I was ever in need, for I have learned how to get along happily whether I have much or little. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want...

How Do I Learn Contentment?

- Stop _____
- Stop _____
- Start _____

Matthew 6:33-34 (TPT)

So above all, constantly seek God's kingdom and his righteousness, then all these less important things will be given to you abundantly. Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself.

Philippians 4:19 (NLT)

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.



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1

Try never to worry about anything.

What is Worry?

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Four Reasons Jesus Said to Refuse to Worry

- **Worry is unreasonable.**
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- **Worry is unnatural.**
Why? I wasn't born to worry—I learned it.

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We are the only creation of God that doesn't trust Him.

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- **Worry is unhelpful.**
Why? It makes me miserable.

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Can all your worries add a single moment to your life?

- **Worry is unnecessary.**
Why? It doesn't change the past or the future.

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And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

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Talk to God about everything.

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But in every situation let God know what you need in prayers and requests while giving thanks.

How Do We Talk to God About Everything?

- Trade my worry for worship.
- Recognize that worry is practical atheism.

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How Do I Learn Contentment?

- Stop comparing
- Stop complaining
- Start celebrating

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