



NO WORRIES

Philippians 4:6-7

THE COMMAND AND THE CURE

The command about anxiety: Stop it!

- Anxiety as a state of being
- Good news: Anxiety is avoidable

The cure for anxiety: Peace

- Peace is the opposite of anxiety
- Un-anxious peace = God's peace

The means of getting God's peace: Prayer

3 PRINCIPLES FOR CURING ANXIETY

Want the right thing: God's peace

Talk to the right person: God

Trust in the right fortress: "in Christ"

Pathway Principle

Christians should not be anxious and can be safe from anxiety through prayerful trust in the Lord.