

OVERCOMING FEAR
(PART 3)
Fear's Greatest Disguise

Philippians 4:4-9

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We can overcome the faithless habit of worry by thinking differently and taking proactive steps that provide an antidote for anxiety.

*** We must see through the disguise of worry and take steps to overcome it.**

1. The first step is _____.

Rejoice in the Lord always. I will say it again: Rejoice!
Philippians 4:4

I will bless the LORD at all times; His praise shall continually be in my mouth. Psalm 34:1

Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him. Psalm 33:1

2. To Praise add _____.

Let your gentleness be evident to all. The Lord is near.
Philippians 4:5

The LORD is near to all who call on Him, to all who call on Him in truth. Psalm 145:18

3. To Praise and Poise add _____.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

**4. To Praise, Poise, and Prayer add _____
_____ = Peace.**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:8-9

Win the war against worry . . .

1. One reason we worry is living by our feelings instead of by faith. We cannot “feel” our way into right thoughts and right actions, but through right thinking and right actions of faith we can experience good feelings.
2. Evaluate your thoughts and your words. Are you thinking and speaking the positive things of faith about situations that cause worry or are your thoughts and words bringing you and others down?
3. For further reflection: Read Matthew 6:19-34. Evaluate what your heart really treasures and adjust your values system if needed. Remember that worrying does no good—it won't add any days to our life or help in any way.