



Philippians 4:7-9

Message Video:

[Bless My Stress - Living Across The Street From Batman](#)

What has been your favorite quarantine binge food?
Quarantine is a good time for a Bible binge.

Mother's Day next weekend. Moms -- use your superpower by inviting your family to watch church with you.

Philippians 4:19

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.

- God will supply ALL your needs.
- God has an inexhaustible supply and He is willing to resource your life.
- The magnitude of this one promise is so big that all other promises in the Bible fit under this one verse.
- No matter what you are lacking, God will supply YOUR need.

Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

- Paul learned the secret to contentment in EVERY situation.
- This contentment superseded his circumstances (he was in prison)

Philippians 4:4-7

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

No matter what's going on, you can experience the peace of God.

1. God is near - God whispers because he wants you to come near
2. Make a critical substitution
 - a. Put worry on the bench.
 - b. Get worry out of the game
 - c. You can't just remove worry, you have to make a substitution.
 - d. Put Prayer in the game.
 - e. Invite God into the dialogue when you're feeling anxious.
3. Substitute two players for worry: Prayer and THANKSGIVING
 - a. Everyone can be grateful.
 - b. Turn the page and remember the good things in your life.
 - c. Remember all the positive things.
 - d. You don't have to work hard to remember the negative things.
 - e. You must work to remember the GOOD things in life.

Lamentations 3:19-21

*I'll never forget the trouble, the utter lostness,
the taste of ashes, the poison I've swallowed.*

*I remember it all—oh, how well I remember—
the feeling of hitting the bottom.*

*But there's one other thing I remember,
and remembering, I keep a grip on hope:*

- You can always be honest with GOD
 - Faith is not spiritualized denial
 - Our God is highly secure.
 - Your pain, frustration, and sorrow will not knock God off His throne.
- The Israelites were taken captive.
 - They had hit bottom: Lost city, economy, neighbors

- Jeremiah keeps a grip on HOPE.
- Hope is the “product” of the church
 - We dispense authentic Hope

Lamentations 3:22-24

*God's loyal love couldn't have run out,
his merciful love couldn't have dried up.
They're created new every morning.
How great your faithfulness!
I'm sticking with God (I say it over and over).
He's all I've got left.*

- When God is all you have, you find He's all you need.
- Remember and be thankful for all the good things He's done.

Phil 4:7-8

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- You should think about what you think about
- Guard your thought life
- Protection matters
- Protect your mind
- The centerpiece of your God-transformation is in your mind
- In football, the quarterback is only as good as his protection.
 - Quarterback is the most valuable position on the field, but cannot do his job if he is not protected.
- It's vital you guard your thoughts and protect your mind.
- It's not about what passes through your mind. It's about what you dwell on.
- You need a brain bouncer.
- Before any thought enters your mind, measure it against the checklist in Phil 4:8.

- Watch Fearless 5 to find out more about these qualities, what they mean, and how critical they are.

Phil 4:9

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

- The Peace of God is His promise.
- The God of Peace is His presence.
- We can do life between God's promise and His presence and live a secure life.
- We do life in the safe place between the promise and the presence of God.

Be anxious for NOTHING.

Discussion Starters

Remember to pick and choose which questions make the most sense for your group.

1. What has been your favorite quarantine binge food?
2. What are some ways you could stay accountable to a Bible Binge?
3. Moms, who are you planning to invite next week?
4. How do you feel about the fact that God will supply ALL your needs?
5. When have you seen God supply your need when you were lacking?
6. How have you drawn near to God this week?
7. Have you practiced bringing God into the dialogue of anxiety?
8. How have you experienced God's peace by benching worry and putting prayer in the game?
9. What are some ways you can work to remember the good, positive things?
10. Are you afraid to be honest with God? How does learning that God is secure change the way you think of prayer?
11. Have you ever hit bottom? How did you cling to hope?
12. What are some ways you can cling to hope when you hit bottom?
13. What are some good things God has done for you?
14. What practical steps will you take to guard your mind?
15. How can you stay in the mindset of living between God's Promise and His Presence?