

Prayer for Deliverance from Anxiety

*For without cause they hid their net for me;
Without cause they dug a pit for my soul.*

There are people who want to create _____ .

*Let destruction come upon him unawares,
And let the net which he hid catch himself;
Into that very destruction let him fall.*

Let God turn evil's intentions into His _____ .

*And my soul shall REJOICE IN THE LORD;
It shall exult in His salvation. Psalm 35.7-9*

Use the _____
against _____ & _____

God's direction to C.A.L.M. Christians

*Finally, my brethren, rejoice in the Lord.
To write the same things again is no trouble to me,
and it is a safeguard for you. Phil. 3.1*



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C.A.L.M. CHRISTIANS

Philippians 4.4-9

Week ONE
REJOICE in the LORD

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Series Overview

- ◆ 6 weeks to cover the highlights
- ◆ The Key scripture is Philippians 4.4-9
- ◆ Using the Acronym C.A.L.M.
 - _____ God's Goodness
 - _____ God for help
 - _____ your concerns with Him
 - _____ on good things



The Really Anxious, Stressed Out Country

- ◆ U.S.A. is ranked as the most _____ nation on the planet. CONGRARULATIONS !
- ◆ Spend 2.1 _____ dollars on anti-anxiety medications each year.
- ◆ Citizens from other countries are rated at _____ the stress levels of those living in the U.S.
- ◆ When foreigners come to our country their stress level goes _____ to the American levels.
- ◆ "The average child today exhibits the same level of anxiety as the average psychiatric patient in the _____."

What is causing this STRESS?

- ◆ It is being caused by _____ !
- ◆ The Western world's "environment and social order have _____ more in the last thirty years than they have in the previous three hundred"!
- ◆ What has _____ ?
- ◆ _____ and Information
- ◆ _____ and speed
- ◆ _____ acceptance of declining Morals
- ◆ _____ factor is exponentially higher

Paul lived with and understood STRESS

- ◆ _____ Fanatic: Hebrew, Israelite, Abraham descendant, Christian apostle, missionary, theologian.
- ◆ _____ times given 39 lashes – one short of death sentence
- ◆ _____ times beaten with rods – Causes severe internal damage
- ◆ _____ stoned – This was a death sentence.
- ◆ _____ time he was shipwrecked – Without travel insurance
- ◆ _____ journeys, Danger from rivers and robbers, in the cities, in the deserts, and as mentioned at sea.
- ◆ _____ pastors turned against him, Own people hated him (Jews)
- ◆ Life of _____ , _____ , _____ , not enough _____ to stay warm.
- ◆ Spent enough time in _____ to get frequent flyer miles.

Paul's letter to the Church at Philippi

- ◆ Written from prison in _____ where he might be put to death.
- ◆ To a _____ full of tension and in disagreement.
- ◆ They were facing coming and daily _____ .

- ◆ They lived in a stressed filled, high anxiety world. Theirs's was not imagined or implied it was _____ and everyday.
- ◆ Paul writes them a letter because he is not able to come and he writes the letter around the theme of _____ .
- ◆ He writes to them like everything is _____ and they are all on a tropical island drinking lemonade and getting a tan.
- ◆ Paul writes to them and keeps talking about _____ and _____ .

Paul's directions to the church at Philippi

Finally, my brethren, rejoice in the Lord. To write the same things again is no trouble to me, and it is a safeguard for you. ^{Phil. 3.1}

- ◆ _____ , in conclusion, ending letter....NO WAY he is a preacher!
- ◆ _____ – members of the church, born again believers, friends and family of God.
- ◆ _____ IN THE _____ – Four words that can remove anxiety and stress and turn your world around if applied like Paul tells us to.
- ◆ _____ things again – Repeating or repetition is one of the best ways how to do something and make it a reflexive action.
- ◆ _____ for you – It means so you will not trip or fall. Bad things are going to happen so you need to know what to do.

Living in the Joy of the Lord

_____ and _____ are Incompatible

One will always _____ .

You can choose _____ or just default to _____