

## **Overwhelmed - Moving from overwhelmed to overjoyed. Philippians 4:4-9**

**Trevor Van Laar - 3.22.20**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, 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. <sup>9</sup> 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 4:4-9 NIV**

### **HOW TO MOVE FROM OVERWHELMED TO OVERJOYED**

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**1. \_\_\_\_\_ in the Lord.  
Philippians 4:4**

**2. Think of \_\_\_\_\_.  
Philippians 4:5**

**3. Pray! \_\_\_\_\_ your need for \_\_\_\_\_.  
Philippians 4:6**

**4. Receive \_\_\_\_\_ through prayer.  
Philippians 4:7**

**5. Change your \_\_\_\_\_.  
Philippians 4:8**

### **Research**

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