



## How to Handle Worry

**Philippians 4 is one of the most practical chapters in all of the Word of God. It puts the truths of Christianity in shoe leather.**

### TAKING IT IN

1. Read through Philippians 4 to familiarize yourself with the content of this chapter. As you read through your Observation Worksheet, color or mark every use of the following words:
  - a. *God*
  - b. *Paul* (all pronouns referring to Paul)
  - c. *have learned*
  - d. *situation*
  - e. *minds, think about*
2. On a separate sheet of paper, list everything you learn from this chapter about God, Jesus Christ, and Paul. Add the truths about Jesus to the list you've been compiling since chapter 1.
3. What do you learn about the mind from this chapter?



# IN OUT.

## *Philippians* Lesson 8, Chapter 4

4. At the beginning of this course you marked every reference to “joy” or “rejoicing.” What do you learn about joy or rejoicing from observing this chapter?
5. Read Philippians 4:4-9 very carefully and then, in the appropriate column below, list God’s specific instructions (through the Apostle Paul) to His readers. Also, list any promises that are ours. If there are any conditions to those promises, note those also.

God’s Specific Instructions	God’s Promises	Conditions for Fulfillment



IN  
OUT.

*Philippians*  
Lesson 8, Chapter 4

6. In Philippians 4:6 Paul tells us how to handle worry or anxiety. There are three specific things we are to do:
  - a. **Pray.** The Greek word for “prayer” is transliterated *proseuche* and is used for general prayer. Therefore, to pray would be to turn your attention to your Father. Look at Him for who He is.
  - b. **Supplicate.** The Greek word for “supplication” is transliterated *deesis* and implies specific prayer—telling God **specifically** what your need or problem is and requesting His help.
  - c. **Give thanks** (with thanksgiving).

LIVING  
IT OUT

1. Read 2 Chronicles 20:1-30 and record how Jehoshaphat carried out Philippians 4:6-7.