
Is It Time To Get Off The Emotional Roller Coaster?

“Winning Over Worry”

Philippians 4:6-9

06-01-25

Introduction: We have been studying the wonderful world of human emotions.

1. Our emotions are great exaggerators so that we can feel as if we are on an out-of-control roller coaster.
2. In this study we are focused on getting off!
3. Today our focus will be on winning over worry.
4. When you live in a broken world, there is a steady stream of things that can provoke worry.
5. Once it begins, it aims to take over.
 - It divides our minds.
 - It saps our energy.
 - It changes nothing.
 - It is totally unnecessary
6. How can I know if worry is a problem?
 - Do you control your worries, or do they control you?
 - Does worry lead to neglect in responsibilities and relationships?
 - Is your worry unproductive, depressing, or solution oriented?
 - Is it affecting you physically, mentally, emotionally, or spiritually?
7. If worry is a problem ...
 - Confront it as sin.
 - Restructure your life.
8. Philippians 4 shows us how to win over worry!

I. Transfer Your Worries: Prayer

- A. The Scope Of Prayer
- B. The Attitude Of Prayer
- C. The Outcome Of Prayer

II. Limit Your Worries: Thought

- A. The Command
- B. The Content

III. Defeat Your Worries: Obedience

- A. A Standard
- B. A Solution

Conclusion: If we are not careful, worry can become a way of life.

1. This contradicts who we are in Christ and the peace He wants us to experience.
2. Do not let Satan get a foothold through worry.
3. Through prayer, right thinking, and behavior, we can win this battle.
 - Instead of anxiety and stress.
 - We can be at peace.