



Pastor Jared Carl – Week 5
Philippians 4:4-9
Antidotes to an anxious mind

1. _____ in the Lord *always*. (Phil 4:4)
Worship washes away worry.
2. Practice _____. (Phil 4:5)
Charity clears out conflict.
3. _____ in a posture of *thanksgiving*. (Phil 4:6-7)
Prayer reorients our perspective.
4. _____ your mind. (Phil 4:8-9)
Captive thoughts produce a calm mind.

NOTES:

WWW.NEWCOV.COM