



Pastor Kris Beckert  
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#winning peace  
Philippians 4:1-9

**When you were a kid, did someone make you irrationally afraid of something? What was it?**

### 5 Practices that unfreeze us from anxiety:

#### #1. Practice

Philippians 4:1 *Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!*

Philippians 3:20-21 *But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.*

On what do people stand firm?

- Nothing
- Investments
- Career and Job Performance
- Relationship
- In the Lord

#### #2. Practice

Philippians 4:2-3 *I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.*

#### #3. Practice

Philippians 4:4-5 *Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.*

#### #4. Practice

Philippians 4:6-7 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

#### #5. Practice

Philippians 4:8-9 *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—dwell on these things. 9 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.*

**Point:**

#### Doggy Bag: Something to take home and chew on!

1. Where does anxiety/worry threaten to freeze your life and stop you from seeing how Christ finishes the story?
2. On what do you stand firm? Who or what are you trusting in to get you through this life?
3. Where do you need to seek harmony with someone in your life? Who can you ask for help?
4. When was the last time you chose to rejoice, to celebrate?
5. When you are anxious, do you pray? This week, will you ask God to help you do what you can do and to trust Him to do what you cannot?
6. What story are you dwelling on? What would it take to see the extended ending of your story?



If you'd like to talk personally and confidentially w/Pastor Kris about your relationship with Christ, please email [krisbeckert@thevineva.org](mailto:krisbeckert@thevineva.org) or call 215-237-4959 to set up an appointment.