

PROVERBS 12:25 Anxiety in a man's heart weighs him down, but a good word makes him rejoice.



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WHERE THE DARK MEETS THE LIGHT

PHILIPPIANS

2 CORINTHIANS 11:23-29

²³I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. 24 Five times I received from the Jews the forty lashes minus one. 25 Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea,

2 CORINTHIANS 11:23-29

²⁶ I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers.

2 CORINTHIANS 11:23-29

²⁷ I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. 28 Besides everything else, I face daily the pressure of my concern for all the churches. 29 Who is weak, and I do not feel weak?

PHILIPPIANS 4:4.6 ⁴Rejoice in the Lord always, again I say rejoice! ⁶Do not be anxious about anything.





APRINCIPLEAND THREEPRACTICES to Release the Burden of Anxiety

PHILIPPIANS 4:1 Therefore, my brothers and sisters...stand firm in the Lord in this way.

PHILIPPIANS 3:20-21

²⁰ 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.

THEPRINCIPLE Our uncertain and temporary status must be filtered through our CERTAIN and ETERNAL STATUS.

PHILIPPIANS 4:2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.

THEPRINCIPLE Our uncertain and temporary status must be filtered through our CERTAIN and ETERNAL STATUS.

THREEPRACTICES of Heaven-Bound Citizens

PHILIPPIANS 4:5 Let your GENTLENESS be evident to all. The Lord is near.

GENTLENESS: "radical evenness of temper"

HEAVEN-BOUND CITIZENS... #1 Keep Composure in Uncomposed Times.

What is rivaling your True Citizenship?

PHILIPPIANS 4:6-7

⁶ 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.

HEAVEN-BOUND CITIZENS... #2 Cast their Burdens onto the King.

1PETER 5:7 Cast all your anxiety on Him because He cares for you.

HEAVEN-BOUND CITIZENS... #2 Cast their Burdens on the King.

What is in your backpack that you have yet to cast onto the King?

PHILIPPIANS 4:8

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.

HEAVEN-BOUND CITIZENS... #3 Think Up!

2 CORINTHIANS 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

TAKING THOUGHTS CAPTIVE: Recognize

TAKINGTHOUGHTS CAPTIVE: Recognize Reject

TAKINGTHOUGHTS CAPTIVE: Recognize Reject Replace

HEAVEN-BOUND CITIZENS... #1 Keep Composure in Uncomposed Times.

HEAVEN-BOUND CITIZENS... #2 Cast their Burdens onto the King.

HEAVEN-BOUND CITIZENS... #3 Think Up!

Believe The Gospel Feel The Gospel Pray The Gospel Think on The Gospel

Monday 10 A.M. facenoo(

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