

Philippians 4:4-9

4 Rejoice in the Lord always. I will say it again: Rejoice!

5 Let your gentleness be evident to all. The Lord is near.
6 Do not be anxious about anything, but in everything, 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.

8 Finally, brothers, 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.

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.

RECIPE

for

calm



REJOICE

- ✓ **inventory rejoicing** –v.4– “Rejoice in the Lord...”
- ✓ **intentional rejoicing** –v.4– “I will say it again: Rejoice!”
- ✓ **incessant rejoicing** –v.4– “Rejoice in the Lord always...”

RELEASE & RELAX

- ✓ **release your self-sufficiency** –v.5– “Let your gentleness be evident to all.”
- ✓ **release your situations** –v.6– “By prayer and petition, with thanksgiving, present your requests...”
- ✓ **release your stress** –v.6– “Do not be anxious about anything...”
- ✓ **relax in supernatural security** –v.6– “Present your requests to God...”

REFOCUS

- ✓ **refocus your mind** –v.8– “If anything is excellent or praiseworthy...think about such things.”
- ✓ **refocus on your mission** –v.9– “Whatever you have learned...put it into practice.”

RECEIVE REST

- ✓ **God's presence will settle you** –v.9– “The God of peace will be with you.”
- ✓ **God's peace will shield you** –v.7– “The peace of God...will guard your hearts and your minds...”