

“WINNING OVER WORRY”  
PHILIPPIANS 4: 1 – 9

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By Pastor Benny Ho

# Philippians 4: 1 - 9

“Therefore, my brothers and sisters, you whom I love and long for, my joy and my crown, stand firm in the Lord in this way, dear friends! I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 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-brothers, whose names are in the book of life.

# Philippians 4: 1 - 9

Rejoice in the Lord always. I will say again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# Philippians 4: 1 - 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, think about such things. 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.”

**MAX LUCADO:**

“Somewhere in the storm, I lost my song.”

**Worry is a  
habit.**



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“Worry is like a rocking chair,  
it will give you something to do,  
but it won't get you anywhere.”

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“Worry can’t change the past, but it can certainly ruin the present.”



- vs 6 – “*Do not be anxious...*”
- “*anxious*” – “*to be pulled in different directions*”
- “*worry*” – “*to strangle*”

# WHAT IS WORRY?

Worry is wrong  
thinking in the mind  
and wrong feelings in  
the heart.



Paul said: “*The Lord is near...*”

- God is with us – Our ever-present help in times of trouble.
- The Lord Jesus is omnipresent now and coming back soon.

# 3 THINGS

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1. PRAY RIGHT

- 1Peters 5: 7 – *“Cast all your anxieties on Him because He cares for you.”*

- John 14: 1 – *“Do not let your heart be troubled. Trust in God, trust also in me...”*

1

**Prayer**  
Person of  
God

2

**Petition**  
Problem  
You Have

3

**Thanksgiving**  
Power of  
Praise

- Result – “peace of God” which transcends all understanding will guard (“garrison”) your hearts and minds in Christ Jesus.

- “hearts” - Wrong Feelings

- “minds” - Wrong Thinking



# 3 THINGS

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1. PRAY RIGHT
2. THINK RIGHT

- Isaiah 26: 3 – *“Thou wilt keep him in perfect peace whose mind is stayed on thee because He trusteth in Thee...”*

- Proverbs 23: 7 – *“As a man thinketh in his heart, so he is...”*
- *“What you think about all day long, you become.”*
- Thought – Action – Habit – Character –  
Destiny

# 3 THINGS

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1. PRAY RIGHT
2. THINK RIGHT
3. LIVE RIGHT

- Isaiah 32: 17 – *“The fruit of righteousness will be peace, and the effect of righteousness will be quietness and confidence forever...”*

- Philippians 4: 9 – *“Whatever you have learned, received or heard from me or seen in me – put it into practice...”*

**Isaiah 30: 15** – “In quietness and confidence is your strength. And your ears will hear a voice behind you saying: This is the way, walk ye in it.”

- **Philippians 4: 9** – *“And the God of peace will be with you...”*



From the Peace of God to the  
God of Peace!

- *“The beginning of anxiety is the end of faith. The beginning of true faith is the end of anxiety.”*

- *“When you become wrinkled with care and worry, it’s time to have a faith-lift.”*

## DISCUSSION QUESTIONS:

1. How has the Lord spoken to you through this message?
2. What are some key takeaways from the message?
3. Share one incident where you have experienced the weight of worry.
4. What is one thing you would do as a result of this message.