

How to Be Worry Free – Part I
An Absence of Worry Brings Joy
Philippians 4:1-7

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Pastor Greg Smith

A Worry Antidote

(Antidote - A remedy given to counteract the effects of poison.)

1. Be _____ – Stand together
 - When troops scatter, the enemy wins

2. Be _____
 - On-going quarreling shuts out Christ
 - Romans 12:18 – *Be at peace...*

3. Be _____
 - Life is not stress free – rejoice anyway
 - Habakkuk 3:17-18(CEV) – *...I will still celebrate*

4. Be _____
 - Words wound
 - Proverbs 15:1 – *A gentle answer turns away wrath*
 - Ephesians 4:15 – *Speak the truth in love*

Always Remember:

Worry is the greatest _____ of joy