

WORRY — THE MOST UNIVERSAL & COMMON ADDICTION
Sermon Outline & Devotional Guide
Philippians 4:4-9
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- + Nehemiah 8:10, “Don’t be dejected and sad, for the joy of the Lord is your strength!” (NLT).
- + Psalms 118:24, “This is the day the Lord has made. We will rejoice and be glad in it” (NLT).
- + Proverbs 10:28, “The hope of the righteous brings joy” (ESV).
- + 1 Thessalonians 5:16, “Always be joyful” (NLT).

- Joy is not only a _____ that the Holy Spirit produces in us as Gal. 5:22-23 states, joy is also a _____ that is also supposed to stand out above all other traits.
- The Greek New Testament word he uses is [μεριμνάω; merimnaō]. This word means “to worry, to be apprehensive, to be anxious.” This word refers to an emotionally agitated preoccupation with burdens and fears that obsesses and possess you you and represses and suppresses you. This same word is sometimes translated as _____.
- The word “worry” comes to us from the German word würgen, which means to strangle, to choke.”

When We Worry, We Are Saying These 3 Things:

1. God is a _____.
2. God cannot be _____.
3. I am a better _____ for myself than Jesus Christ.

God Offers Us 3 Alternatives To Worry:

1. _____ (vv. 4, 8).

+ 2 Corinthians 10:4, “We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments” (NLT).

- What are God’s mighty weapons? His _____, His _____, His _____ and His _____.

+ 1 Corinthians 15:33, “Bad company corrupts good character” (NLT).

+ Proverbs 15:15, “All the days of the afflicted are bad, But a cheerful heart has a continual feast” (NASB).

2. _____ (vs. 5).

- The Greek New Testament word translated as “enter” is [ἐπιεικής; epieikēs] and it means “calm, gentle, to desire, wish for, crave.” We might say _____.

3. _____ (vv. 6-7).

Bible Suggestions On How To Experience These 3 R’s Above

1. Fuel your mind with _____ thoughts (vs. 8).

+ 2 Corinthians 10:5b, “We are taking every thought captive to the obedience of Christ” (NASB).

2. Focus your attention on _____ models and examples (vs. 9).

+ Philippians 1:21, “For to me, to live is Christ and to die is gain” (NASB).

3. Fix your concerns on the _____ of God (vs. 9b).

How Do We Fix Our Concerns On The Peace of God?

(a) You can feed your heart with worry or you can feed it with _____.

- + Philippians 4:4, "Rejoice in the Lord always, I say it again, Rejoice." (NASB).
- + Acts 16:25, "Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening" (NLT).
- + Jeremiah 17:7-8, "But blessed are those who trust in the Lord and have made the Lord their hope and confidence. ⁸They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit" (NLT).
- + Psalms 8:3-4, "When I look at the night sky and see the work of Your fingers—the moon and the stars you set in place—⁴what are mere mortals that you should think about them, human beings that You should care for them?" (NLT).

(b) You can feed your heart with worry or you can feed it with the _____.

- + Philippians 4:19, "And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus" (NLT).
- + Matthew 6:34, "Jesus said, 'So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today'" (NLT).
- + Psalms 94:19, "When anxiety was great within me, Your consolation brought me joy" (NIV).

(c) You can feed your heart with worry or you can feed it with the _____ of the Holy Spirit.

- + Acts 1:8, Jesus says, "But you will receive power when the Holy Spirit comes upon you" (NLT).
 - The Greek New Testament word for power here is [δύναμις; dunamis]. This is where we get our English word dynamite..
 - Worry forces us to focus on all the _____.

***** Next Steps Devotional Questions *****

1. What do you tend to worry about the most in life?
2. When you worry, is God your choice you go to first, or later? Why?
3. You were given 3 R's as alternatives to worry. Which one of these should you start doing when you worry?
4. You were given 3 Biblical options on how to experience the 3 R's so that you do not feed your addiction to worry. Which one do you need to start with today and why?
5. You were give 3 options on what you can feed your heart with instead of worry. Since worry forces us to focus on all the wrong things, how will each of these 3 options will be your focus?