Philippians 4:4-7 (NIV) Rejoice in the Lord always. I will say it again: Rejoice! [5] Let your gentleness be evident to all. The Lord is near. [6] <u>Do not be anxious about anything</u>, 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.

Phil. 4:6-7 (MSG) [6] ...<u>shape your worries into prayers</u>... [7] ...It's wonderful what happens when Christ displaces worry at the center of your life.

****Where was Paul when he wrote these words? He was in a Roman prison. That makes these words even more powerful. In a practical application Paul was showing that his attitude and heart did not have to be impacted negatively by his horrible circumstances. Paul could experience JOY because he was trusting in the Power and Presence of God in His life.

Life App. Bible Notes: "Ultimate joy comes from Christ dwelling within us. ...He who lives within us will fulfill his final purposes for us. ...Imagine never being "anxious about anything"! It seems like an impossibility - but Paul's advice is to turn our worries into prayers."

PRAYER: Lord, God please help me to take all my concerns and fears straight to YOU. Help me to Trust You with them and to seek your ongoing Joy in my life.

Pastor Mark Kieft