

# REJOICE INSTEAD

## Plan to Stop Worrying Philippians 4: 4-7

Rejoice in the Lord always; again I will say, Rejoice. 5 Let your gentleness be known to everyone. The Lord is nearby. 6 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. NRSV

1. **STOP Worrying.** Instead of sitting down in a puddle of worry, make up your mind to REJOICE in the Lord.
2. **PRAY.** Pray for your needs and the needs of others. Talk to Jesus about your life. He is listening.
3. **THANK.** For every need you express in prayer, offer a related thanksgiving. Always try to wrap your petitions in thanksgivings.
4. **RECEIVE.** Take a quiet moment to receive God's peace, love, and JOY. Be still, receive and rest in the arms of Jesus.  
Remember: Be gentle. The Lord is near.

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## Matthew 6: 25-33

[Jesus] "Therefore, I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? 31 Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' ... your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. NRSVCE

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