



**Sermon Notes: October 10, 2021**

**Paul's Advice for the Anxious and Worried**

Philippians 4:4-7

1. Who is near to me? \_\_\_\_\_
2. Do I have anxieties or worries? \_\_\_\_\_
3. Will God fix my problems? \_\_\_\_\_
4. What does God promise? \_\_\_\_\_
5. How do I get better at asking God for help?  
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6. How do I make my relationship with God better?  
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7. Can I handle most things by myself? \_\_\_\_\_
8. What is my Only Comfort?  
\_\_\_\_\_
9. How does that help?  
\_\_\_\_\_
10. Who helps me in all this? \_\_\_\_\_
11. What should I do now to prepare for anxiety, worries?  
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