



Sermon Notes: March 27th 2022

Navigating the Soul: Anxiety, Meditation, & Sabbath Philippians 4:4-9

Observations & Conclusions:

- When we replace our _____ of tomorrow with a _____ in our Lord we are freed from anxiety and worry and we are welcomed with _____.

Application: *Principles of Shalom*

1. Stay close to _____
2. _____ continually
3. Treat your trials with _____
4. _____ about what you _____ about
5. Pattern your Christian life after _____
6. _____ and _____ in God

Quiz

- | | Yes | Some | No |
|--|--------------------------|--------------------------|--------------------------|
| 1. Do I commune with Jesus throughout my entire day? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do I keep circumstances from controlling my joy? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do I exercise control over my thoughts throughout my day? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Am I growing in my faith by patterning Godly habits? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Am I resting in God's grace and daily discovering peace? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |