

**Don't Worry About  
Anything**

**Philippians 4: 4-9**

“Therefore I tell you do not worry about your life, what you will eat or drink; or about your body more than clothes?”

Matthew 6:25

“Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health.”

Charles Mayo

Mayo Clinic in MN

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. 9 Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

## Who We Are In Christ:

### I Am Accepted in Christ:

- I am God's Child (John 1:12)
- I am Christ's friend (John 15:15)
- I have been justified (Romans 5:1)
- I am united with the Lord and one with Him in Spirit (1 Cor. 6:17)
- I have been bought at a price; I belong to God (1 Cor. 6:20)
- I am a member of Christ's body (1 Cor. 12:27)
- I am a Saint (Eph. 1:1)
- I have been adopted as God's child (Eph. 1:5)
- I have direct access to God through the Holy Spirit (Eph. 2:18)
- I have been redeemed and forgiven of ALL my sins (Col. 1:14)
- I am complete in Christ (Col. 2:10)

## **I Am Significant in Christ:**

- I am the salt and light of the earth (Matt. 5:13 - 14)
- I am the branch of the true vine (John 15:1, 5)
- I have been chosen and appointed to bear fruit (John 15:16)
- I am a personal witness of Christ (Acts 1:8)
- I am God's temple (1 Cor. 3:16)
- I am a minister of reconciliation (2 Cor. 5:17-20)
- I am God's co-worker (2 Cor. 6:1)
- I am seated with Christ in the heavenly realms (Eph. 2:6)
- I am God's workmanship (Eph. 2:10)
- I may approach God with freedom and confidence (Eph. 3:12)
- I can do all things through Christ who gives me strength (Phil. 4:13)

## **I Am Secure in Christ:**

- I am free forever from condemnation (Romans 8:1-2)
- I am assured that all things work together for good (Romans 8:28)
- I am free from any condemning charges against me (Romans 8:33-34)
- I cannot be separated from the love of God (Romans 8:35, 38-39)
- I have been established, anointed, and sealed by God (2 Cor. 1:21-22)
- I am confident that the good work God has begun in me will be perfected

(Phil. 1:6)

- I am a citizen of heaven (Phil. 3:20)
- I am hidden with Christ in God (Col. 3:3)
- I have not been given a spirit of fear, but of power, love and self-discipline

(2 Tim. 1:7)

- I can find grace and mercy to help me in my time of need (Hebrews 4:16)
- I am born of God, and the evil one cannot touch me (1 John 5:18)

Cast all your anxiety on him because he cares for you.

1 Peter 5:7