

AfterThoughts
November 7, 2021
Sermon Title: Hope For The Worried Heart
Scripture: [Philippians 4:6-7](#)

This week, Pastor David continued the sermon series from Philippians with encouragement from Philippians 4.

1. **The Root Of Our Worry: Trust**
2. **The Antidote To Our Worry: Prayer**
3. **The Fruit Of Our Prayer: Peace**

Going Deeper:

- Worry is always connected to trust. What cares and concerns are strangling you right now? How do Jesus' words in [Matthew 6:25, 30, and 34](#) comfort you and call you to deeper trust in Him?
- Pastor David shared that prayer is the primary cure for worry. How is prayer similar to weeding a garden? What weeds do you have that need to be submitted to God as you pray?
- While prayer doesn't always change the circumstances, faithful prayer always changes us. What do you need to change in your schedule this week to allow more time for you to pray?
- When have you experienced peace, even in the midst of uncertainty or difficult circumstances? How are you encouraged by this peace that only comes from God?

Additional Discovery:

[Philippians 4:2-3](#)

[Matthew 6:25, 30, 34](#)

[Philippians 4:6](#)

[Romans 16:20](#)

[Ephesians 2:14](#)

[John 14:27](#)

*Thou art coming to a King, large petitions with thee bring,
For his grace and power are such, None can ever ask too much.*

~ John Newton

R: Reflect On God's Trustworthy Character Revealed In His Word

E: Engage God In Prayer

S: Surrender Your Fear & Anxiety to Him

T: Trust Him With Today & Tomorrow

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

~ Ephesians 3:20–21

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