



# 21 twenty one lessons for life.

series by  
Mark Evans



## HOW TO DEAL WITH WORRY DURING A CRISIS

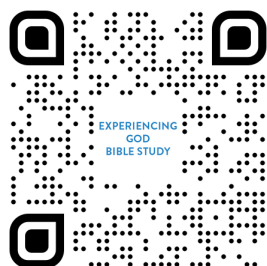
### Philippians 4:6-13

“God looks down from heaven on the whole human race to test and see who is acting with understanding and truly seeking Him.” Psalm 53:2

**GOD IS USING \_\_\_\_\_  
TO TEST OUR FAITH**

“King Uzziah had a contagious skin disease for the rest of his life and had to live in quarantine. He was not permitted to set foot in the Temple of God. So his son, Jotham, managed the royal palace and governed the nation.” 2 Chronicles 26:21 (MSG)

“My friends and companions must keep their distance because of my plague. Even my relatives must stay far away.” Psalm 38:11 (ESV)



EXPERIENCING GOD  
BIBLE STUDY



HERE IS WHAT'S  
COMING UP



GIVE NOW

## WHAT TO DO WITH WORRY

### 1. Decide \_\_\_\_\_.

“Be anxious for nothing” Philippians 4:6  
“Don’t worry about anything.” Philippians 4:6 (nlt)

### 10<sup>TH</sup> LESSON FOR LIFE:

Worry will never \_\_\_\_\_.

### 2. Talk to God \_\_\_\_\_.

“but in everything by prayer and supplication with thanksgiving  
let your requests be made known to God”. Philippians 4:6

### 11<sup>TH</sup> LESSON FOR LIFE:

\_\_\_\_\_ more than you

\_\_\_\_\_

### 3. Thank God \_\_\_\_\_.

“with thanksgiving let your requests be made known to God.”  
Philippians 4:6

“...When you ask God for what you need also thank  
him for all he's done.” Philippians 4:6 (nlt)

### 4. Think about \_\_\_\_\_.

“And now, dear brothers and sisters, one final thing. Fix your thoughts  
on what is true, and honorable, and right, and pure, and lovely, and  
admirable. Think about things that are excellent and worthy of praise.”  
Philippians 4:8(nlt)

### 5. Be \_\_\_\_\_ with anything.

<sup>11</sup> Not that I was ever in need, for I have learned how to be content  
with whatever I have. <sup>12</sup> I know how to live on almost nothing or with  
everything. I have learned the secret of living in every situation,  
whether it is with a full stomach or empty, with plenty or little.  
Philippians 4:11-12

### 12<sup>TH</sup> LESSON FOR LIFE:

Contentment allows me to \_\_\_\_\_

as it is right now.

For I can do everything through Christ, who gives me strength.  
Philippians 4:13