

Sermon Notes: “Christ and Anxiety: An Inverse Relationship” Philippians 4:6–7

André Dumas
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- I. Paul and the Philippians: an example of sacrifice for the sake of the gospel
- II. Tracing thought flow in Philippians
- III. Anxiety in the Bible
- IV. Fear vs. anxiety
- V. When anxiety becomes debilitating
- VI. To worry well (v. 6)