
Key Christian Passages: Philippians 4:4
How Do I Stay Calm in Life's Storms?

1. _____ **In The Lord** _____

- **Definition:** willful delight; purposeful pondering
- **Duration:** every circumstance; all the time
- **Direction:** in the Lord

Why?

Because of God's _____ **: Who He** _____ (Ps 9:1-2)

*I will praise [You], O LORD, with my whole heart;
I will tell of all Your marvelous works.
I will be glad and rejoice in You;
I will sing praise to Your name, O Most High.*

Because of God's _____ **: What He** _____ (Ps 5:11-12):

*But let all those rejoice who put their trust in You;
Let them ever shout for joy, because You defend them;
Let those also who love Your name be joyful in You.
For You, O LORD, will bless the righteous;
With favor You will surround him as [with] a shield.*

2. **Identify Ineffective Anchors – Those That Won't Hold:**

- A. _____: only temporarily satisfy; if they can satisfy
- B. _____: hobbies, work, sports
- C. _____: cannot meet your expectations fully
- D. _____ **Appearance:** age, accident
- E. _____ **of Importance:** temporary
- F. _____: lose luster, only temporarily satisfy; wear out; obsolete
- G. _____ **Accomplishments:** soon forgotten; vanity

3. **Focus On *Eternal Unmovables* – Anchors that Hold:**

Not in Our _____ **but in God's** _____

Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." And He said to them, "I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven." (Luke 10:17-20)

Not in _____ **but in** _____

Blessed *are* those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you. (Matt 5:10-12)

Not on _____ **but in God's** _____

Yes, and if I am being poured out as a *drink offering* on the sacrifice and service of your faith, I am glad and rejoice with you all. For the same reason you also be glad and rejoice with me. (Phil 2:17-18)
Finally, my brethren, rejoice in the Lord. For me to write the same things to you is not tedious, but for you it is safe. (Phil 3:1)

Not on _____, **but on what God is doing**

_____ **them**

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. (James 1:2-3)

*Though the fig tree may not blossom, Nor fruit be on the vines;
Though the labor of the olive may fail, And the fields yield no food;
Though the flock may be cut off from the fold,
And there be no herd in the stalls—Yet I will rejoice in the LORD,
I will joy in the God of my salvation. (Hab 3:17-18)*

Connect everything with God & His goodness

"Highlight God in every circumstance"