

## Philippians 4:6-7 Dealing with Worry, Anxiety, Homesickness

<p>应当一无挂虑， 只要凡事 借着 祷告， 祈求，和 感谢， 将你们所要的告诉神。 神所赐出人意外 的平安， 必 在基督耶稣里， 保守你们的心怀意念。</p>	<p>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (ESV)</p>
<p>Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. Then God's peace will watch over your hearts and your minds. He will do this because you belong to Christ Jesus. God's peace can never be completely understood. (NIRV)</p>	<p>Do not be anxious <i>or</i> worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]. (AMP)</p>

1. Command: Don't Worry.
2. Solution: Tell God what you need.
3. How should I tell God?
  - a. prayer, i.e., worship/sharing
  - b. supplication, i.e., specific request
  - c. thanksgiving
4. Result: God's peace will protect your thinking & emotions.
5. God's peace is
  - a. beyond man's understanding.
  - b. In Jesus Christ