

WEEK ELEVEN

His Presence + His Peace

Gary J. Oliver

TH.M., PH.D | GOING DEEPER TOGETHER

Philippians 4:4-6a ^{NIV}

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything...


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What is worry?



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Worry divides our **emotions...** our **understanding...**
our **perceptions...** our **discernment...**
& our **decision-making** ability...



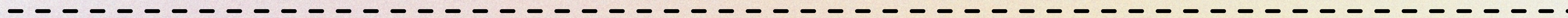
What is worry?

Worry takes us to the almost-always-negative *“what if”* land

GARY'S SLIPPERY SLOPE OF

Worry

concern



GARY'S SLIPPERY SLOPE OF

Worry

concern ➤ worry ➤ -----

GARY'S SLIPPERY SLOPE OF

Worry

concern ➤ worry ➤ anxiety ➤ -----

GARY'S SLIPPERY SLOPE OF

Worry

concern ➤ worry ➤ anxiety ➤ fear ➤ -----

GARY'S SLIPPERY SLOPE OF

Worry

concern ➤ **worry** ➤ **anxiety** ➤ **fear** ➤ **emotional paralysis + panic + physical ailments**



How does worry work?

Numbers 13:25-33

STAGE 1 **Observation v. 28**

**How does
worry work?**

Numbers 13:25-33

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STAGE 1 Observation v. 28

STAGE 2 Interpretation v. 31

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STAGE 1 **Observation v. 28**

STAGE 2 **Interpretation v. 31**

STAGE 3 **Exaggeration v. 32**

How does worry work?

Numbers 13:25-33

- STAGE 1 Observation v. 28
- STAGE 2 Interpretation v. 31
- STAGE 3 Exaggeration v. 32
- STAGE 4 The Grasshopper Complex v. 33



How does worry work?

Numbers 13:25-33

➤ 40 YEARS in the wilderness

Philippians 4:6-9 ^{NIV}

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

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FAITH CHOICE # 1

FAITH CHOICE # 2

FAITH CHOICE # 3

FAITH CHOICE # 4

FAITH CHOICE # 5

FAITH CHOICE # 6

Pause v. 6a

FAITH CHOICE # 1

FAITH CHOICE # 2

FAITH CHOICE # 3

FAITH CHOICE # 4

FAITH CHOICE # 5

FAITH CHOICE # 6

Pause v. 6a

Praise v. 4

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FAITH CHOICE # 2

FAITH CHOICE # 3

FAITH CHOICE # 4

FAITH CHOICE # 5

FAITH CHOICE # 6

Pause v. 6a

Praise v. 4

Pray v. 6b

FAITH CHOICE # 1

FAITH CHOICE # 2

FAITH CHOICE # 3

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FAITH CHOICE # 6

Pause v. 6a

Praise v. 4

Pray v. 6b

Perspective v. 8

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FAITH CHOICE # 4

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Pause v. 6a

Praise v. 4

Pray v. 6b

Perspective v. 8

Practice v. 9

JUST DO IT!

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FAITH CHOICE # 1

FAITH CHOICE # 2

FAITH CHOICE # 3

FAITH CHOICE # 4

FAITH CHOICE # 5

FAITH CHOICE # 6

Pause v. 6a

Praise v. 4

Pray v. 6b

Perspective v. 8

Practice v. 9

Peace v. 7

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What's **one** “anxiety” I will *choose* to hand over to Him?

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What's **one** way that I can apply **one** thing that the Holy Spirit revealed to me through this passage this week?

What's **one** thing for which I can “*rejoice*” or give thanks?

What's **one** “anxiety” I will *choose* to hand over to Him?

What's **one** thing God said to me tonight that I will choose to claim and *actually apply* this week?