

MEETING GOD IN FAMILIAR PLACES  
GOD'S PEACE IN PHILIPPIANS 4  
PHILIPPIANS 4:4-9



### The Heart of the Matter

Addictions abound. And they're not limited to those who don't follow Christ. Many Christians struggle with nagging, relentless, recurring habits that defy quick and easy solutions. Curiously, we don't identify the most common of all addictions as such. Instead, we rationalize our way around it. We shrug our shoulders and mumble that everyone does it. But this habit is never treated lightly in the Scriptures—the addiction of anxiety. Just plain *worry*. Thankfully, God has a plan of escape.



### Discovering the Way

#### 1. Getting Serious about Resting

God has promised liberty and release, but too often we have ignored His provision.

#### 2. Looking Deeper into Worry

Before we can overcome our addiction to anxiety, we must understand what it means, analyze the solution, and correct our perspective.



### Starting Your Journey

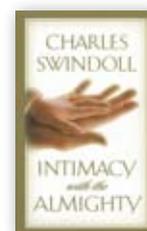
Putting peace to work in your life begins with coming to Christ in faith and then trusting Him with every aspect of your life. As Isaiah 26:4 promises, "In GOD the LORD, we have an everlasting Rock."



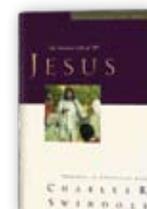
### Tools for Digging Deeper



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study guide



**Jesus, the Greatest Life of All**  
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