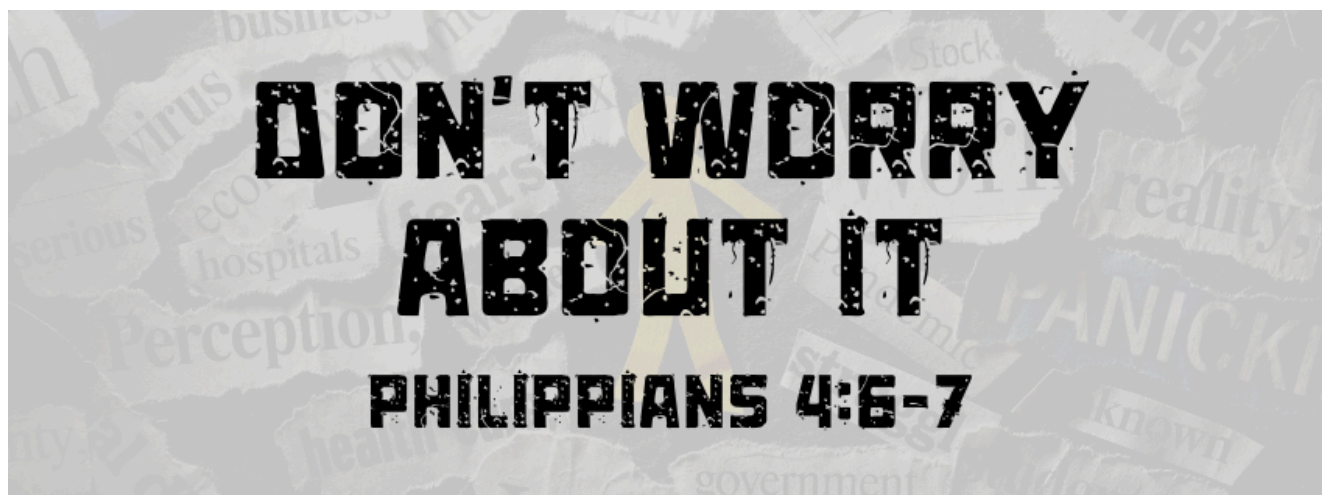


**April 12, 2026**

Don't Worry About It

Pastor Corey Miller



**Philippians 4:6-7**

**The \_\_\_\_\_ - We Were Never Meant To Carry This**

- Merimnao - "a divided mind"
- There is No Amount of \_\_\_\_\_ That Produces The Result We Are Looking For.
- We've Accepted a Burden We Were Never Designed to \_\_\_\_\_  
\_\_\_\_\_.

**The \_\_\_\_\_ - Pray With Specificity and Gratitude**

- Proseuche - Prayer
- Deesis - Petition
- Eucharistia - Thanksgiving
- Busyness is Not The Same Thing as \_\_\_\_\_
- Handing Something Over Means You Can't \_\_\_\_\_ \_\_\_\_\_

**The \_\_\_\_\_ - A Peace That Doesn't Make Sense**

- Peace Comes Before \_\_\_\_\_
- Phroureo - Stand Watch
- Asking For Help is Not Weakness, it's \_\_\_\_\_

**Replace the Worry With \_\_\_\_\_**

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## Sermon Talks:

1. When you find your mind spinning, do you tend to worry more about the "what-ifs" of the future or the "if-onlys" of the past?
2. Paul uses the word *merimnao*, which means a "divided mind." In what area of your life right now do you feel most "divided"—where you find it hardest to be fully present because your mind is somewhere else?
3. If you were being totally honest, do you find it harder to trust God with your finances, your family's safety, or your professional reputation? Why that specific area?
4. 1 Peter 5:7 tells us to *cast* our anxieties on God. What makes "letting go" of a worry feel so risky? Why do we often prefer the "uncomfortable control" of worry over the "vulnerable peace" of trust?
5. How would your prayer life change if you began to "set the table" with specific requests as Paul suggests?
6. Paul says to pray with *thanksgiving* before the problem is solved. Why is looking backward at what God *has* done so essential for facing what He *is* doing?
7. Have you ever witnessed someone (or experienced it yourself) who had a "settledness" during a crisis that didn't make sense? What did that look like, and how did it affect your own faith?
8. Paul describes peace as a *guard* for our hearts and minds. If God's peace is currently standing watch at the door of your heart, what specific "intruder" thoughts is it trying to keep out today?
9. How does it change your perspective to realize that you can have total peace even if your current "spreadsheet" doesn't balance and the problem doesn't go away?

**Pray about it: Meditate on God's Word (Philippians 4:6-7) and this week's message**

**Adoration:** What can I praise God for in light of what this teaches me?

**Confession:** What sin can I confess because of what this teaches me?

**Thanksgiving:** What can I thank God for in light of what He has done?

**Supplication:** What do I need to ask God in order to grow in light of this?