

# "When Times Are Tough"

## Being Thankful in Tough Times (part 5)

Philippians 4:4-8

**Sermon Notes**

November 20, 2011

### *Two Keys to Being Thankful in Tough Times*

"May you always be joyful in your life in the Lord." Vs. 4 (GN)

Philippians 4:4-8

I. Key #1: Worry about nothing.

"Do not be anxious about anything..." vs. 6a

"Do not fret or have any anxiety..." (Amp)

The facts about worry:

40% never happen

30% concern the past

12% needless health concerns

10% insignificant/petty issues

8% are legitimate concerns

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own."

Matt. 6:34

*The key to reducing stress in your life is living one day at a time.*



Dr. Larry G. Shelton • • • • • Contemporary Service

*A copy of today's sermon can be purchased at the Information Center  
and is also posted on our web site, [paradisecma.org](http://paradisecma.org).*

Paradise Alliance Church • 6491 Clark Rd • Paradise, CA 95969 • 530.877.7069

II. Key #2: Pray about everything.

"... but in everything, by prayer and petition with thanksgiving, present your requests to God." Vs. 6b

Prayer: talking to God as an act of worship and devotion.

Petition: a specific, detailed direct prayer. Earnest/intense sharing of our personal needs and problems with God.

Thanksgiving: simply saying thank you....expressing our gratitude for His actions and attitude towards us, on our behalf.

"When you pray, tell God every detail of your needs." (Ph)

"Unload all your worries on Him since He is looking after you!"  
1 Peter 5:7 (JB)

"You can throw the whole weight of your anxieties upon Him, for you are His personal concern!"  
1 Peter 5:7 (Ph)

"... You do not have, because you do not ask God." James 4:2

*No problem is too big/small to pray about.*