

## Clear the Rubble for Better Relationships

### Teamwork Can Change My Life (part 14)



The Lord is near.

Philippians 4:5 NIV

### Find a Personal Base of Joy and Peace

#### ❖ Find My Joy in God Himself

4 Rejoice in the Lord **always**. I will say it again: Rejoice! Philippians 4:4 NIV

#### ❖ Find Satisfaction in Less than I Deserve

5 Let your gentleness be **evident** to all. The Lord is near. Philippians 4:5 NIV

But **the wisdom from above** is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. James 3:17 ESV

All of you, clothe yourselves with **humility toward one another**, because, "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, **under God's mighty hand**, that he may lift you up in due time. **Cast all your anxiety on him** because he cares for you. 1 Peter 5:5-7 NIV

#### ❖ Find Relaxation in Letting God Be in Charge

6 **Do not be anxious about anything**, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6 NIV

7 And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7 NIV

#### Two Keys to Calming My Worry

Do not worry about your life ...But **seek first his kingdom** and his righteousness... Matthew 6:25,33 NIV

"My Father, if there is any way, get me out of this. But please, not what I want. You, **what do you want?**" Matthew 26:39 Msg

This peace **will control the way you think and feel.** Philippians 4:7 CEV

It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:7 Msg