

## Rest and Delight in God - Steve Blair

### **We were made to rest and delight in God.**

**For many of us our problem is not the problem... it is the worry about the problem that becomes our problem.**

*(Philippians 4:6-9 NASB) "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you."*

### **Put an End to the Strangle Hold of Worry**

- 1. Deliver my anxious thoughts to God.**
- 2. Deliver specific requests to God.**
- 3. Grow In Thankfulness.**
- 4. Grow In Rest.**
- 5. Grow In Truth.**