

Overwhelmed: When the Cares of Your Heart are Many

**How to Fight Worry**  
**Phil. 4:4-8**

1. **Prayer**  
(v6)

2. **Thanksgiving**  
(v6b)

A. Thankfulness ushers us into the **presence**  
of God  
(Ps. 100:4)

B. Thankfulness reorients our **perspective**  
(Romans 8:28, 1 Thes. 5:18, Gen. 50:20)

C. Thankfulness links us to God's **promises**

D. Thankfulness is a **preventative** for other sins  
(2 Cor. 9:15, Rom. 8:32)