



**Solid As A Rock**  
**(That's What My Prayer Is)**  
**Wednesday, April 1, 2020**

**1. Develop the Discipline of Saying No to Anxiety**

**Philippians 4:6-7**

- This is not as nearly as complicated as we make it out to be.
- If you're anxious about an issue, you've been thinking about the thing that makes you anxious.
- If you want to stop being anxious, you'll have to intentionally think about other things (*difference between concern and worry*)
- This will take a great amount of discipline.
  - Crystal clear instructions – Don't Worry!!

Proverbs 10:17

Hebrews 12:10-11

**2. Choose to Rejoice No Matter the Circumstances**

**Romans 5:3-5**

- We must have:
  - Joy in the Lord
  - Joy in One Another
    - Paul rejoices in the Lord and he rejoices in his people.
    - He prays always for the saints.
    - We must learn to celebrate each other.
    - We rejoice in people when we see Good move in their lives. (*Do you rejoice in God's people?*)
  - Joy in Ourselves
    - We are tempted to compare and compete because we don't understand that we're complete in Christ.
    - Rejoice that you are saved
    - Rejoice that you are secure
    - Rejoice that you are a servant

Nehemiah 8:10

Hebrews 6:10

Colossians 2:10

**3. Secure Your Foundation in Christ Alone**

**Isaiah 54:17**

- Rejoice how? In your own strength? Never!! Rejoice in the Lord always!!
  - And the peace of God
  - The Knowledge of God
  - The Care of God

Galatians 5:13