

DON'T PANIC! Series Conclusion

Scriptures used: Philippians 4:11-13; 1 Timothy 6:6; Psalm 27:1-4 (NLT).

OVERVIEW

Pastor Hurmon preached the final message in a series on the theme, Don't Panic. We've been dealing with an anxiety which generates a dominating fear and worry. It keeps us from speaking up, when we should be saying something. Your faith ought to give you the tools you need to cope with this anxiety. Pastor Hurmon provided us with guidance on how to effectively handle these situations in our lives. He used an example from the U.S. Constitution: "... life, liberty and the pursuit of happiness." Pastor Hurmon taught how the Apostle Paul wrote to the people in Philippi with gratitude and provided them with instruction and encouragement.

KEY POINTS

The Big Idea: We need to cultivate a contented soul.

Here is what we should do in our lives:

- 1) Pray. Schedule four minutes each day to pray.
- 2) Invite. Make a list of seven people whom you will invite. Spend time with people to hear their story. The Lord will show you when it's a good time to invite them.
- 3) Serve. Pastor Rick Warren says that God will show us how we should serve.

Our relationship with Christ should give us, in some way, the tools with which to deal with life and to obtain contentment.

- 1) The synonym for happiness is contentment.
- 2) The pursuit of happiness is about your internal condition. It is not about the external.
- 3) The one thing you should seek, more than anything else, is intimacy with God.
- 4) The secret of soul contentment involves you defining what is the one thing which will provide you with that contentment.

In Psalm 27:4, the Apostle Paul tells us to:

- 1) Dwell in the House of The Lord.
- 2) Gaze upon the beauty of The Lord. Experience God's love. Savor it.
- 3) Seek The Lord in His Temple. Live in the presence of God.

DISCUSSION Philippians 4

- 1) **HEAR** - The Apostle Paul was still learning about how to follow Christ. Have you decided how you should follow Christ? What effect has the decision made on your life?
- 2) **UNDERSTAND** - Do you have happiness and contentment in your life? How might your life improve with a greater amount of contentment? Have you been able to help someone else find happiness and contentment?
- 3) **DO** - Pastor Hurmon directs us to schedule (at least) four minutes each day for prayer. Have you already reached that goal? If not, what is preventing you from doing so? When facing a challenging situation in your life, you have a choice: a) Have a pity party. Or, b) Consider what God has for you to learn. Which will you choose?