

November 2, 2025



Welcome to Fellowship!

Thank you for joining us for worship today! If you are a first-time visitor, please visit our Welcome Desk in the foyer or scan the QR code at right to complete a Guest Connect form.



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@fellowshipwaco

## UPCOMING EVENTS

Sun.	Nov. 2	Spanish Bible Study
Sun.	Nov. 2	Foundations Class
Sun.	Nov. 2	ForeRunners Connection
Tues.	Nov. 4	Tuesday Morning Bible Studies
Wed.	Nov. 5	Women's Prayer Group
Wed.	Nov. 5	Wednesday Night Bible Studies
Wed.	Nov. 5	Student Ministry
Wed.	Nov. 5	Children's Ministry - all ages
Thur.	Nov. 6	MomLIFE
Sun.	Nov. 9	Christmas Food Box Interest Mtg.
Thur.	Nov. 13	ForeRunners Thanksgiving Lunch
Sat.	Nov. 15	Men's Breakfast

**Remember to vote on Tuesday Nov. 4th!**

For complete event details and registration, visit our website: [fellowshipwaco.org/events](https://fellowshipwaco.org/events) or scan the QR code at right.



### Need Assistance?

Visit the South Foyer Welcome Desk and our friendly Welcome Team will be glad to answer any questions or help you find the information you're looking for!

### Need Coffee?

Visit our Café in the North Foyer. Our Hospitality Team is ready to serve you!

### Need Prayer?

If you would like someone to pray with you, our Prayer Team is available at the back of the Worship Center after each service.



Visit our website:  
[fellowshipwaco.org](https://fellowshipwaco.org)



Email us:  
[office@fellowshipwaco.org](mailto:office@fellowshipwaco.org)



Read and subscribe to our weekly newsletter: [fellowshipwaco.org](https://fellowshipwaco.org)



Download our church app:  
[fellowshipwaco.org/app](https://fellowshipwaco.org/app)



Telephone:  
254.848.7200

We live in a world weighed down by worry, where anxiety has become a constant companion. In Philippians 4:4–7, Paul shows us how to trade panic for peace by discovering how Christ’s presence can steady our hearts when anxiety attacks.

Grant Kaul, Pastor

# Overcoming Anxiety

## Philippians: The Journey of Joy in Christ

### Philippians 4:4-7

How do we overcome anxiety?

1. Rejoice in the Lord always

4:4

#### 4 Ways to Give



In Service

*Boxes in Worship Center*



Online

*[fellowshipwaco.org/giving](https://fellowshipwaco.org/giving)*



App

*[fellowshipwaco.org/app](https://fellowshipwaco.org/app)*



Mail

*P.O. Box 21655  
Waco, TX 76702*

**2. Respond with Christlike gentleness**

**4:5**

**3. Replace worry with prayerful dependence**

**4:6-7**

When anxiety attacks, respond with prayer.

***Anxiety loses its grip when we rejoice in the Lord,  
respond with gentleness, and rely on God in prayer.***

**Take  
Next  
Steps**



**Membership**

[fellowshipwaco.org/membership](https://fellowshipwaco.org/membership)



**Serve**

[fellowshipwaco.org/serve](https://fellowshipwaco.org/serve)



**Small Groups**

[fellowshipwaco.org/groups](https://fellowshipwaco.org/groups)

## ***My personal application of this passage:***

### **Questions for individual study, small group Bible studies, and LIFE Groups:**

1. What does it practically look like to “rejoice in the Lord always”, especially when your circumstances feel painful or uncertain? How can intentionally choosing joy strengthen your confidence in Christ?
2. How does the example of Paul rejoicing from prison challenge your perspective about finding joy in difficult seasons? What specific habits could help you cultivate daily gratitude and praise?
3. When anxiety surfaces in your relationships, how can responding with Christlike gentleness transform the situation? What are some ways you can demonstrate “strength under control” this week?
4. Philippians 4:5 says, “The Lord is near.” How does remembering Christ’s nearness—both His present help and His coming return—reshape your response to worry or conflict?
5. What is the difference between worrying about something and praying about it? How might your prayer life change if every worry became a cue to turn to God with thanksgiving and trust?
6. Paul says that God’s peace “will guard your hearts and minds in Christ Jesus.” What does this promise mean to you personally, and how can you return to Christ as your Source of peace when anxiety starts to tighten its grip?



**Video from previous messages:** [youtube.com/fellowshipwaco](https://youtube.com/fellowshipwaco)



**Audio from previous messages:** [fellowshipwaco.org/podcasts](https://fellowshipwaco.org/podcasts)



**Sermon notes online:** [fellowshipwaco.org/sermon-notes](https://fellowshipwaco.org/sermon-notes)