



FREEDOM CHURCH

CAMERON PARK

TODAY'S DATE

MAY 10, 2026

SERVICE TIMES

9 & 10:30 AM

NURSERY (BIRTH-4)

Opens at 10:15 AM

KIDS (K-6) & YOUTH (6-12)

Dismissed after worship

under Pressure

PHILIPPIANS 4:4-9

TODAY'S SERMON:

UNDER PRESSURE

PHILIPPIANS 4

TODAY'S SPEAKERS

PASTOR COLLEEN
WILLIAMS & MISSIONARY
REBEKAH BROWN

JOIN US

4414 COMMODITY WAY
SHINGLE SPRINGS, CA 95682

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MAIL

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SHINGLE SPRINGS, CA 95682

ON THE INSIDE

- SERMON NOTES
- DISCUSSION IGNITERS
- THE LATEST

STAY CONNECTED

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UNDER PRESSURE

PHILIPPIANS 4



COLLEEN WILLIAMS & REBEKAH BROWN
MOTHER & DAUGHTER

Philippians 4:4-9 *4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. 9 Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.*

The more _____ we are the more pressure. The more you _____ the more your going to feel.

When Under Pressure:

1 _____

Philippians 4:4

Rejoicing in the Lord was not _____, it was a _____

When stress builds up _____ it eventually leaks _____

2 INTENTIONALLY _____

Philippians 4:5- 6; Psalms 34:18

Gentleness is _____ under _____

Peace and worry can't _____ together. Peace is the _____ of worry, concern, anxiety.

3 _____

Philippians 4:7; I Peter 5:7

Pressure may still exists _____ but God's peace is standing watch _____

Prayer transfers the weight of your worries from _____ to _____

4 _____ RIGHT

You don't win the battle of the mind by resisting _____ thoughts, you win it by replacing them with _____ ones.

Philippians 4:8-9; 2 Cor 4:8

Pressure is never permission to _____

- 1 *“Pressure makes diamonds, but pressure can also make dumb decisions.”* Can you share a time when pressure either strengthened your faith or pushed you toward a poor decision?
- 2 Paul said, “Rejoice in the Lord always.” Why do you think rejoicing is Paul’s first instruction before talking about anxiety or prayer?
- 3 What is the difference between rejoicing in circumstances and rejoicing in the Lord? Why is that distinction important?
- 4 It was stated *“Pressure leaks.”* How have you seen stress or anxiety affect the way you treat the people closest to you?
- 5 **Philippians 4:6** says, *“Do not be anxious about anything.”* What kinds of situations tend to trigger anxiety or worry in your life?
- 6 What usually happens first in your life—worry or prayer? Why do you think that is?
- 7 How does prayer practically help transfer the weight of your worries from you to God?
- 8 **Philippians 4:8** teaches us to intentionally redirect our thinking. What unhealthy thought patterns do you most often battle under pressure, and what truths from God’s Word can replace them?
- 9 Can you share a specific time when God came through for you and how remembering that helps you today?
- 10 Which of the four responses to pressure challenged you the most this week: **REJOICE, BE GENTLE, PRAY, THINK RIGHT**

WED
13**LADIES BIBLE STUDY**

5:00 PM

*Unpacking Philippians by Darlene Zschech*THU
14**PRAYER NIGHT**

7:00 PM – 8:00 PM

▼ Freedom Church Sanctuary

FRI
15**MEN'S BIBLE STUDY**

8:00 AM – 9:00 AM

▼ Freedom Church Café

MAY
15-16**MEN'S CONFERENCE***\$55 Super Early Bird Tickets (only a few left)
Sign-up in the foyer!*MAY
17**WATER BAPTISM**

During 10:30 AM Service

Contact Pastor Scott to sign up!

JUNE
18-21**FAIR VOLUNTEERS***Come share Jesus at the El Dorado County
Fair! Sign-ups in lobby*

ANNOUNCEMENTS

FINANCIAL PEACE UNIVERSITY*Need help with money?*

At Freedom Church, we believe God wants to give you freedom in every area of your life, including your finances. That's why we're providing a free 1-year online Financial Peace University subscription to help you learn how to budget, get out of debt, and build savings with biblical principles.

If you'd like access to this online subscription, please email pastorscott@freedomchurchcp.org and we'll send you the link to get started.

LADIES BIBLE STUDY*Wednesdays at 5 PM*

Ladies, you're invited! Our current women's Bible study, "Unpacking Philippians" by Darlene Zschech has started but it's not too late to join!

Come for teaching, discussion, and connection with other women as we walk through this encouraging letter together. For more information, contact the church office or Pastor Colleen by sending an email to pastorcolleen@freedomchurchcp.org.

WAYS TO GIVE

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