

Concering Anxiety

Phil 4:4-9

Intro / Context

Most mature new testament believers were found in Philippi

There's possibly some anger between some members.

Why do you tell them to stand firm in the context of conflict?

Because it is the aim of Satan to cause division. When things get tight it is so easy to give in to the flesh and divide.

4 Dominant Commands that Paul Gives answering the question (How do I face anxiety? Or Better what is the recipe for Joy that enables us to conquer anxiety?)

Rejoice In The Lord! (v4)

Rejoice - Find your joy in Him at all times!

This is a prison epistle. This is written from a dungeon in Rome. The black filth was nothing compared to the hope and joy He had from His relationship in Christ.

Example from Tony Evans: Hotel running on gas generator not from the electric grid.

This is foundational attitude of dealing with anxiety.

R With Others (v5)

Having a heart of grace.

When you don't have to carry everyone's burden it's a freeing matter.

Resting in the Lord (v6-7)

Literally: "Stop being anxious!"

What naws at us are things we can't control.

"anxiety": "merimnao" - to be pulled into two different directions; pulled apart. A divided soul. It's the gap between that which we know what to be true and reality.

How do we do this?

Make your requests made known to God.

We often stress and worry because of a sense of inadequacy. It comes because a person assumes an obligation that is too big for Him to carry.

Ps. 37:3-5

- Trust
- Commit
- Delite

“Cast your cares on Him” - the picture is that of a soldier carrying a large bag, and he gives it over to God.

When you have the attitude of thanksgiving: “the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus”.

“Peace is not a hallowed feeling that comes over us”

Reflecting Upon His Promises (v8-9)

40% of things that don't happen

30% about past things

12% about criticism from others

10% health problems.

8% real problems -> The only thing that is worth worrying over.

“Think”: to dwell, carefully consider,

Proverbs 23:7a -> Whatever you put into your mind so you will be.

You must remind yourself of the promises of God, and train your mind to lead your heart.

Application

1. Know Christ personally. Christ has done everything for us.
2. Relinquish your burden to the Lord