

## 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