

God's Answer To Anxiety

Philippians 4:1-9

Introduction

- One of the most popular books in the Bible: Philippians.
- Some of the most memorable verses in scripture found here:
 - 1:21 → For to me to live is Christ, and to die is gain.
 - 2:4 → Look not every man on his own things...
 - 3:13 → Forgetting ... reaching forth ...
 - 4:4 → Rejoice in the Lord always...
 - 4:6 → Do not be anxious about anything...(NET)
 - 4:7 → Peace of God , which passeth all understanding
 - 4:11 → I have learned...to be content
 - 4:13 → I can do all things...
- We live in a world that provides many reasons for worry: political, social, moral, economic, spiritual, personal; troublesome times. Things over which we have no control.
- The issue → How are we to respond to these things?
- In Philippians 4:1-9, Paul gives us a set of principles, not for solving the problems, but dealing with the anxiety that they bring on.
- Lesson: Focus on 4:1-9. "Be careful for nothing..." What does that mean? How is that significant for us today, and how can we do that?

Discussion

I. Rejoice In The Lord (4:4)

- Does God want us to be happy?
 - A command.
 - Paul admonishes his readers to rejoice, be joyful. (8 times, at least 1 time in each chapter)
 - If ye know these things, happy are ye if ye do them. (Jn. 13:17)
- Most want to be happy on their own terms rather than God's. (Sinful relationship, materialism, vices, etc.)
- God's way to happiness:
 - The right attitude: (Matt. 5:3-12)
 - The right action: (Jn. 13:17)
 - The right relationship: (Phil. 4:4)

II. Remember The Lord Is Near (4:5)

- The contest on Mt. Carmel. (I Kings 18)
 - Who is really God?
 - Baal? (I Kings 18:26-29)
 - Jehovah?
 - Who is at hand?
 - The One, True Living God makes himself manifest. (I Kings 18:38-39)
- The Lord is at hand:
 - Things will not always be as they are now. (II Pet. 3)
 - Regardless of what is going on in the world, God knows, sees, cares. (I Pet. 3:10-15; Heb. 13:5-6)

III. Be Anxious For Nothing (4:6)

- Don't be filled with worry over the physical, material, temporal things of this life. (Matt. 6:25-34)

- V-27 → which of you by taking thought...
- V-28 → why take ye thought for raiment...
- V-31 → take no thought saying...
- V-34 → take no thought for tomorrow...
 - The futility of worry.
 - Many things we can't control. We can control what goes on in our minds.
 - Stop worrying, start praying. (v-6)
 - Focus on things we do something about:
 - Obeying the gospel
 - Godly living
- Result is a peace that passes understanding

IV. **The Peace of God Will Guard Your Hearts and Mind (4:7)**

- Look at Paul's mindset as he realizes that his death is near in II Tim. 4:6-8.
 - Paul practiced what he preached.
 - He was looking forward to a crown of life.
 - Key to freeing ourselves from anxiety if focusing on the next life, to recognize that our citizenship is in heaven. (Phil. 3:19)

V. **Feed Your Mind On Spiritual Things (4:8)**

- With what do we fill our minds?
 - There are a lot of things that we can focus on which do nothing to further our growth and development as Christians, or the kingdom of God.
- Paul's list: true, honest, just, pure, lovely, etc.
- We need to fill our minds with the word of God. (Eph. 5:19; Col. 3:16)

VI. **Do Those Things You Have Learned (Phil. 4:9)**

- Paul tells us to practice those things that we have learned. To get busy serving God.
- I Kings 19:1-21
 - Elijah is despondent.
 - Wants to die.
 - Thinks he is left alone to serve God.
 - God instructs him to get busy. (vv. 15ff)
- Religion is about loving and serving God and others: (Matt. 6:33; 22:36-39)