

A dark, atmospheric landscape featuring a road that recedes into the distance, flanked by hills and leading towards a range of mountains under a dim sky. The overall tone is somber and contemplative.

BE ANXIOUS FOR NOTHING

JUNE SERMON SERIES

“A thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”

REASONS FOR ANXIETY:

- Finances
- Health
- Children

Philippians 4:6-7 (NKJV)

Scripture Lesson

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The Answer to Anxiety

Lesson Three

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- ✓ The Problem
 - ✓ The Procedure
 - ✓ The Promise

**1. BEING ANXIOUS IS THE PROBLEM
WE ARE TOLD TO PUT OFF.**

IF YOU ARE ANXIOUS:

- ❖ Examine your lack of FAITH
- ❖ Examine your FOCUS

Philippians 4:11-13; I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty or hunger, abundance and need. I can do all things through Him who strengthens me.

**2. PRAYER IS THE PROCEDURE
WE ARE TOLD TO PRACTICE.**

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- Prayer
 - Supplication
 - Thanksgiving
 - Requests

a. **Prayer** in the Greek denotes
“face to face with God,” to come
directly before Him.

Hebrews 4:16, Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

b. Supplications—denotes a sense of need, a specific request. It means to bend or stoop in kindness to an inferior.

Psalm 28:2 (NJKV), Hear the voice of my supplications
When I cry to You, When I lift up my hands toward
Your holy sanctuary.

Psalm 130:2 (NKJV), Lord, hear my voice! Let Your ears
be attentive to the voice of my supplications.

c. **Thanksgiving** in the Greek is “eucharistia,” which translates to “the giving of thanks for God’s grace.”

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1. Remembrance of God's supply in the **past**.
 2. Submission to God's sovereignty in the **present**.
 3. Trust in God's sufficiency for the **future**.

d. Requests--emphasizes the specific and definite nature of our petitions to the Lord.

Matthew 7:7-11 (NKJV), “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

**3. PEACE IS THE PRODUCT WE
ARE PROMISED BY GOD.**

Philippians 4:7 (NKJV), And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The Greek word for **Peace** is “**Eirene**”
meaning to join or bind together that which
has been separated.

The Greek definition for **ANXIETY** means to be drawn in different directions, dividing, and fracturing a person's being into parts.

PEACE “a state of untroubled,
undisturbed wellbeing.”

Colossians 3:12 (AMP), "Let the peace (soul harmony which comes) from Christ rule (act as an umpire continually) in your hearts [deciding and settling with finality all questions that arise in your minds]"

John 14:27(NKJV), Peace I leave with you,
My peace I give to you; not as the world
gives do I give to you. Let not your heart
be troubled, neither let it be afraid.

Philippians 4:8-9 (ESV), “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

“Peace rules the day when
Christ rules the mind.”
