

Be Anxious For Nothing

Philippians 4:2-9

Welcome back and here we go! Today we tackle mental attitude and anxiety. Today's block is one that is well known and often recited. We tell others – "don't be anxious – trust God – read *Philippians 4:6* – it's a command", etc. etc. Yet all of us experience times of distress and anxiety. Is there really a solution? It's easy to say "let go and let God", but in practice, how does that actually work? How do we not become anxious in distressing times or times of unknown?

Philippians 4:2-9

- 1) What stands out to you?

Philippians 4:2-5

These scriptures we have already covered. Remember the two great themes of Philippians: like-minded and joy.

The first is represented here with a negative and a call to action. We are all responsible for our group having a like mind and it starts with me, at least here. I am leading and directing us to have like minds in regards to grace and the Grace Notes Doctrine.

The second is about having joy in all circumstances, which is an antidote to anxiety by the way. It is a fruit of the Spirit.

Philippians 4:6-7

- 2) What is anxiety and what causes it?

"Anxiety": fear of what may or may not happen.

The root of anxiety is fear. So, it is a mental attitude, a way of thinking. Some people have been conditioned to be anxious. Some meds cause anxiety. Some mental health conditions create anxiety. But truly it is the unknown..... not having the answer.

- 3) What makes you most anxious?

Here is a good place to offer a prayer to our God, the God of creation.

Psalms 46:10

We start our recovery process by first acknowledging God is sovereign. He is aware of your needs. He is capable of meeting your needs and He loves you.

Then we move to self-reflection.

Psalm 139:23-34

- 4) How does sinful behavior create anxiety?

Well if we fear God, respect His authority over our lives --- that we belong to Him, then when we get out of fellowship with the Spirit, we may fear chastisement.

Whom the Lord loves, He corrects. And many times we don't know how merciful He will be. So we get anxious. The first two phases of Divine Chastisement.....

===== Where do you fear God is ready to or will correct you? =====

Let's pray.

1 John 1:9

- 5) How does wrong thinking create anxiety?

Paul actually gives us a solution and repeats something from our lesson last week.

Philippians 4:8-9 - "The Solution"

Paul says, *it's your thinking!* What are you thinking about? I don't pretend that it is easy to think on positive things when times are rough, but it is imperative that you do!

- a) Repent from sin
- b) Change thinking
- c) Enter Faith-Rest.

It really is a choice to either trust and obey or to rely on your own H.V.P. thinking. If your God is not the God of solutions, you will be in trouble.

"Faith-Rest": knowing the promises of God, believing them, applying them and entering rest.

- 6) What do you need today to enter into faith-rest?

Let's pray.

Next week: *Philippians 4:10-13* Contentment in All Things