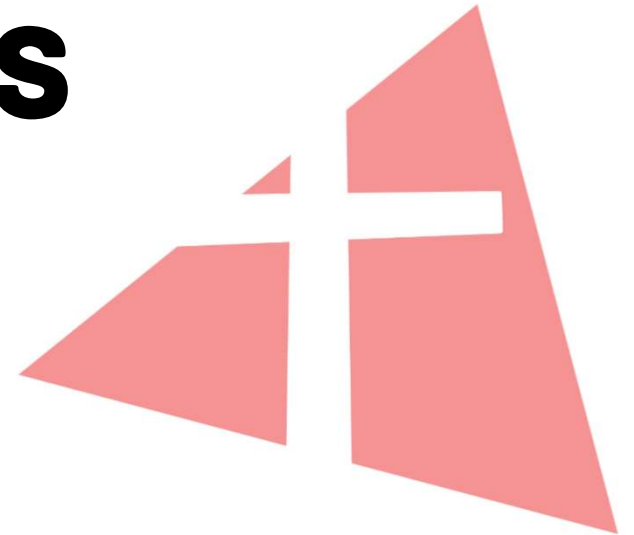


DO NOT BE ANXIOUS

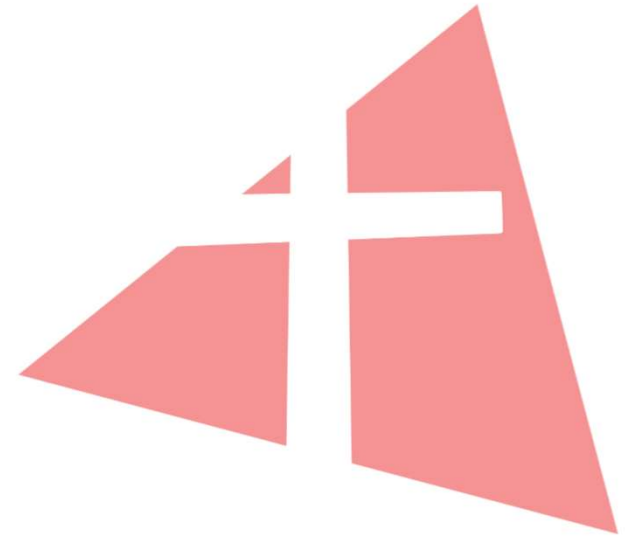
Verse by Verse series

January 27th 2019



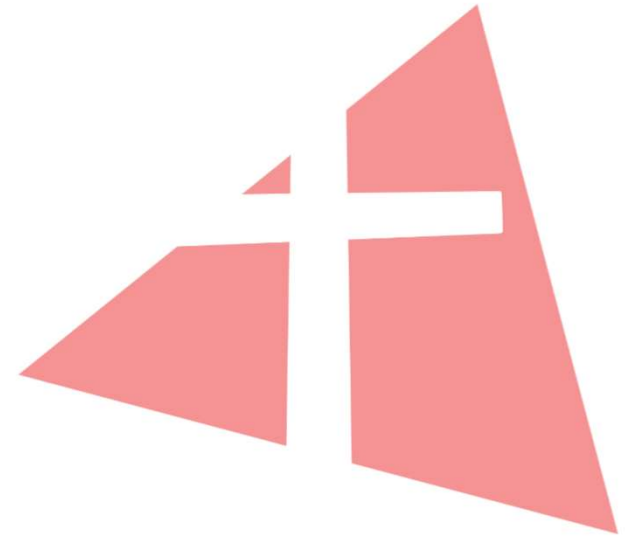
OUR SERIES SO FAR

- God told us to not worry
- We need to see the spiritual realm
- Jesus told us to “seek God’s kingdom and righteousness first”



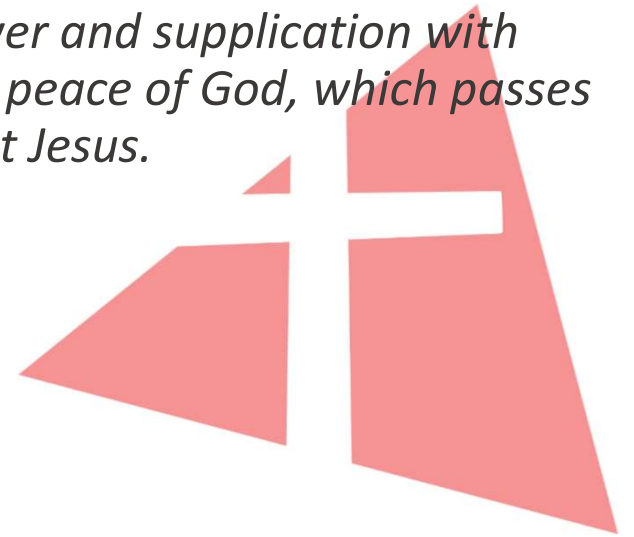
TODAY

- A different passage that covers the same topic



MAIN VERSE

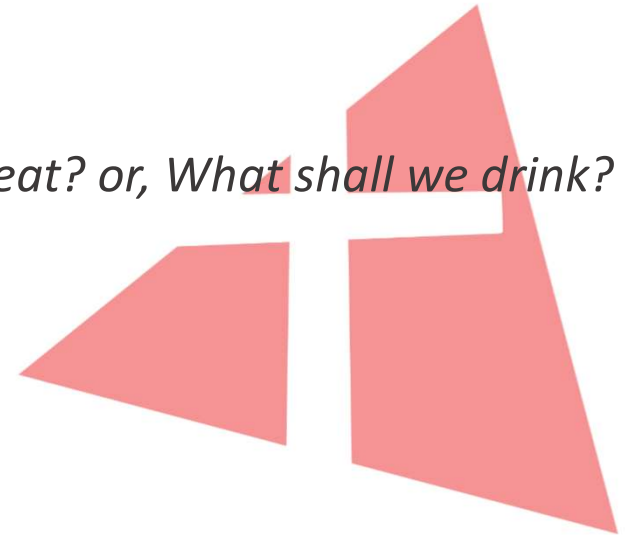
Philippians 4:6-7 Be anxious for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.



WHAT IS ANXIETY?

Be anxious for nothing

Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, How shall we be clothed?



DEFINITIONS

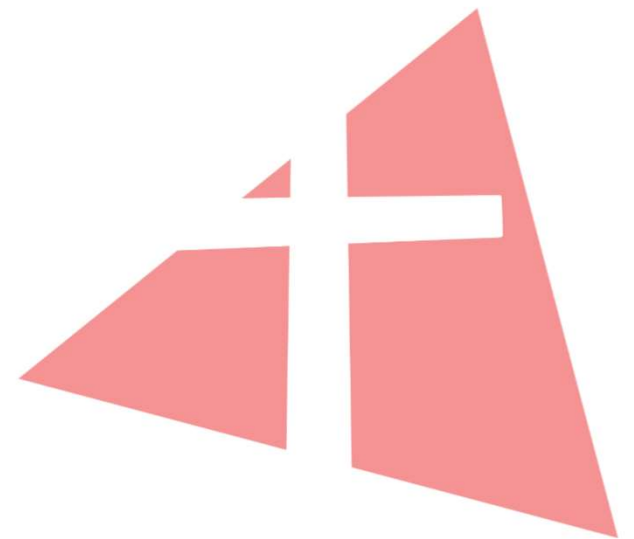
- **Anxiety is the fear that God will not get it right in the end**

a feeling of worry, nervousness, or unease about something with an uncertain outcome



ANXIOUS

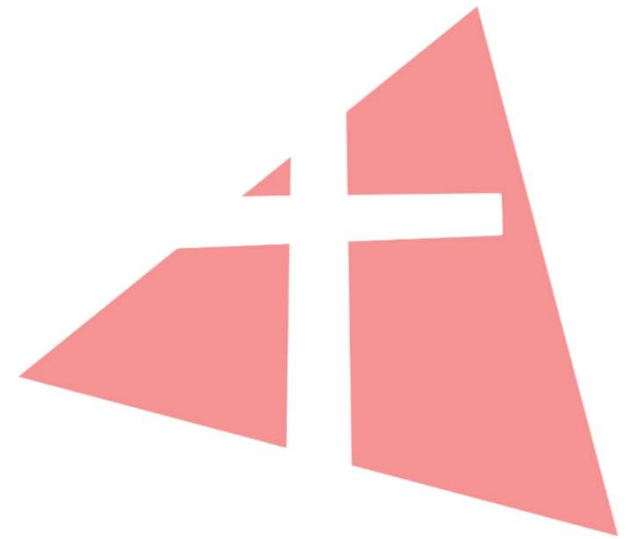
Be anxious for nothing



WHAT TO DO INSTEAD OF BEING ANXIOUS?

- **Pray always**

but in everything



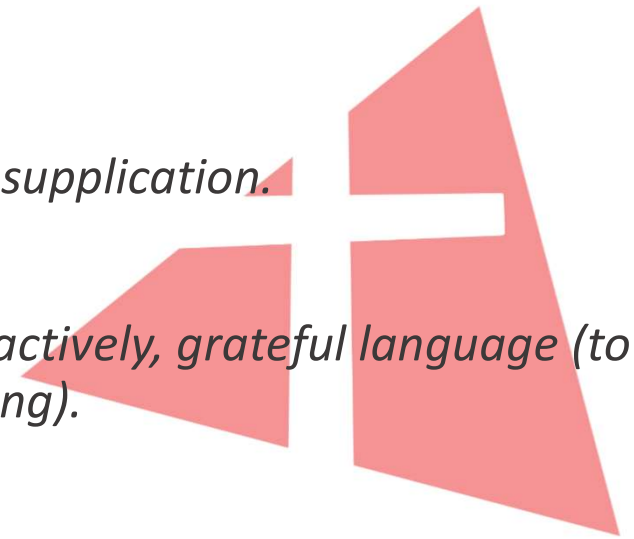
HOW TO PRAY

by prayer and supplication with thanksgiving

προσευχη proseuche pros-yoo-khay' from 4336; prayer (worship); by implication, an oratory (chapel):—X pray earnestly, prayer.

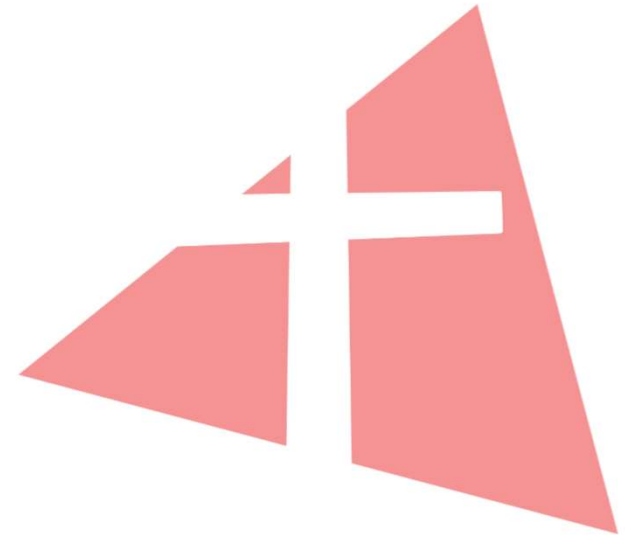
δεησις deesis deh'-ay-sis from 1189; a petition:—prayer, request, supplication.

ευχαριστια eucharistia yoo-khar-is-tee'-ah from 2170; gratitude; actively, grateful language (to God, as an act of worship):—thankfulness, (giving of) thanks(-giving).



HOW TO PRAY

- **The major elements of the Lord's prayer are in this little phrase**
- **It's not a formula how to get our prayers answered**
- **It is a reflection of how we see God**
 - Worship reminds us of who God is
 - Thanksgiving for the past gives us confidence for the future



COMMUNICATE WITH GOD

let your requests be made known unto God

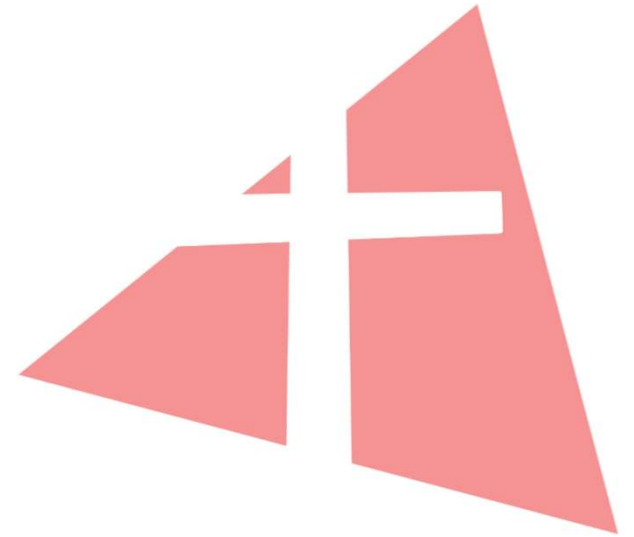
- γνωρίζω gnorizo *gno-rid'-zo* from a derivative of 1097; to make known; subjectively, to know:—certify, declare, make known, give to understand, do to wit, wot.



THE RESULT

- **Sometimes the circumstances change, sometimes not**

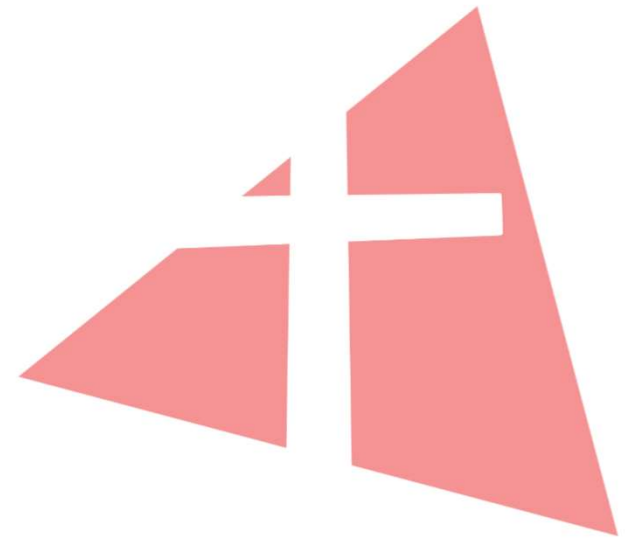
And the peace of God



PEACE

- **Peace cannot be given by reason**

which passes all understanding



RESULT OF PEACE

- **Hearts and minds**

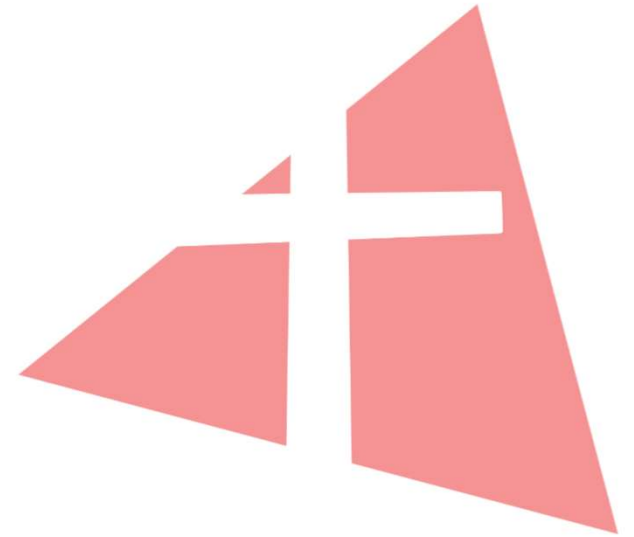
shall keep your hearts and minds through Christ Jesus

- **Anxieties fill our hearts and minds with lies about God that lead us away from Him**
- **Peace protects our hearts and minds from those lies**



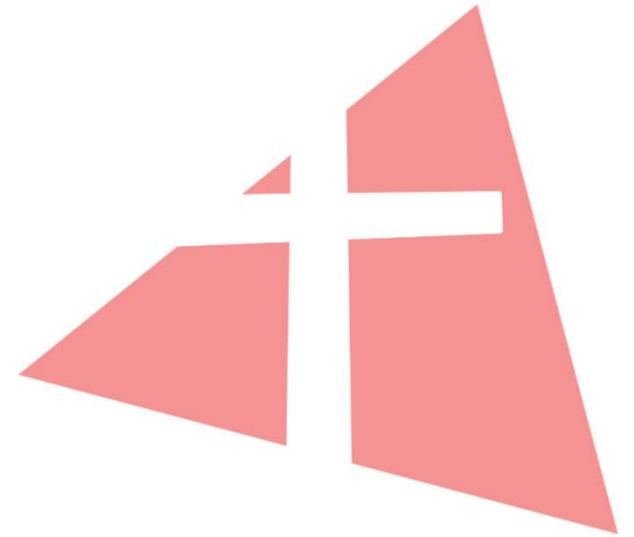
APPLICATION

- Anxiety is sin
- Paul told us what to do when we start feeling anxious



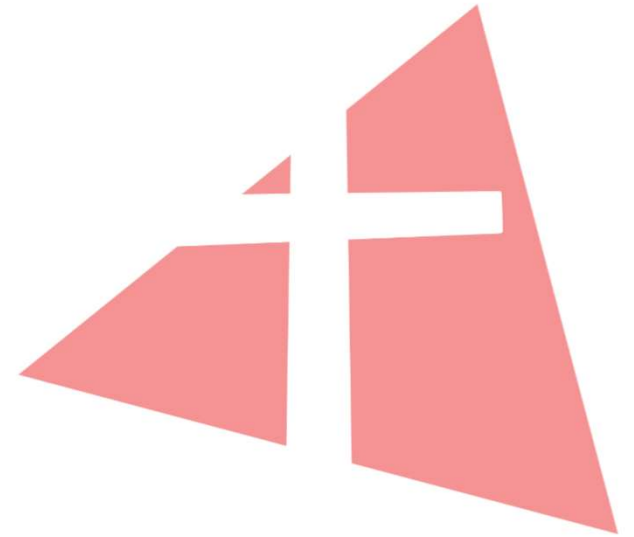
APPLICATION

- **Bring everything to God**
 - No request is too simple, too small or too unimportant



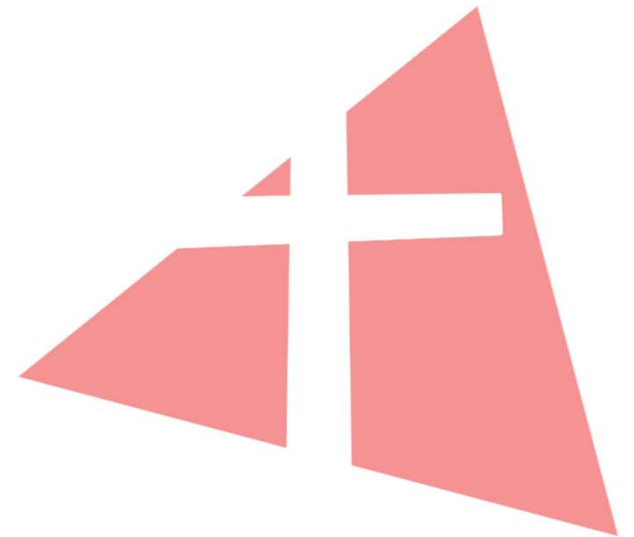
APPLICATION

- Pray always



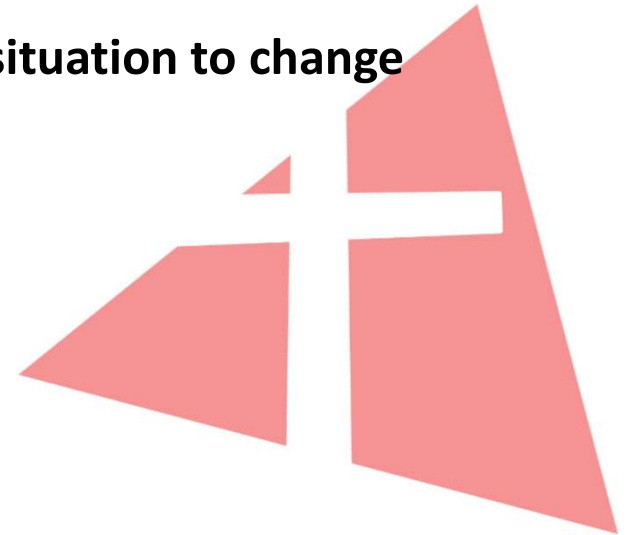
APPLICATION

- **Include ALL elements in your prayers**
 - Not with the goal for God to give us what we want
 - BUT: To have a right relationship with God



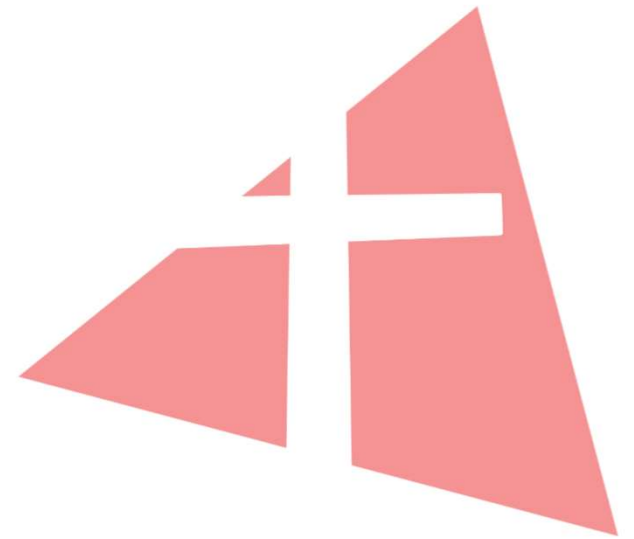
APPLICATION

- **Praying for peace is just as “good” a prayer as praying for the situation to change**
 - Accept if God doesn't change the situation



APPLICATION

- Ask God to guard your heart and mind



CONCLUSION

- Paul doesn't ask us to be unrealistic
- Paul gives us some more tools to see and experience the spiritual realm

Philippians 4:6-7 Be anxious for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

