

WHAT ANXIETY IS NOT:

- Proper care and concern

*2 Cor 11:28-29 - Apart from such external things, there is the daily pressure upon me of **concern** for all the churches. Who is weak without my being weak? Who is led into sin without my **intense concern**.*

- Right planning

Prov 6:6, 8 - Go to the ant, O sluggard, Observe her ways and be wise...(she) prepares her food in the summer, and gathers her provision in the harvest.

WHAT ANXIETY IS:

- Being full of a HARASSING CARE.
- Includes fretting; and the tendency to brood or to ponder over things excessively.

anxious = ‘torn apart’... ‘distracted’...or ‘divided’

Concern moves to ACTION...worry moves to ANXIETY.

ANXIETY HAS A LONG HISTORY:

- *Gen 4* – Cain
- *Gen 12* – Abraham
- *Num 13* – the 10 spies

GOD'S ANTIDOTE FOR ANXIETY

Philippians 4:6-7

Phil 4:6 - Be anxious for nothing...

Matt 6:25 - Do not be anxious for your life...

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

A. *THE CONCEPT*

6 ...let your requests be made known to God.

Psa 55:22 - Cast your burden upon the Lord.

1 Pet 5:7 - Cast all your cares upon Him.

The CONCEPT is that of TRANSFER

Three facts about prayer...

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A. *THE CONCEPT*

6 ... by prayer and supplication... let your requests be made known

- *prayer* – the general offering up of desires to God
- *supplication* – concerns a **specific** request
- *requests* – refers to the actual thing asked for

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

A. THE CONCEPT

B. THE MANNER

6...with thanksgiving...

Eph 5:20 - ...Always giving thanks for all things.

1 Thes 5:18 - In everything give thanks, for this is God's will for you in Christ Jesus.

There is MUCH TO THANK THE LORD FOR:

- our **salvation**
- the many **blessings** we have received in the past
- for past **answers** to prayer
- for bringing us **this far**
- for His **perfections**
- for the **circumstance** which is the source of your anxiety

To pray with *thanksgiving* means to pray with an attitude of *TOTAL ACCEPTANCE*.

A thankful heart shows that you desire to surrender yourself to *God's will*.

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

II. PRAYER IS COMPLETELY COMPREHENSIVE

A. IN ITS BREADTH

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Luke 10:41 - ...the *many things* that bothered Martha

2 Cor 12:10 - *weaknesses, distresses, persecutions, insults, difficulties*

Phil 4:10ff – contentment in the many circumstances that exist in life

James 1 - various kinds of trials

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

II. PRAYER IS COMPLETELY COMPREHENSIVE

A. IN ITS BREADTH

B. IN ITS DEPTH

***7 And the peace of God, which surpasses all
comprehension, will guard your hearts and your minds in
Christ Jesus.***

Three facts about prayer...

I. PRAYER IS CLEARLY COMMANDED

II. PRAYER IS COMPLETELY COMPREHENSIVE

III. PRAYER HAS A COMFORTING CONSEQUENCE

*7 And the PEACE of God, which surpasses all
comprehension, will guard your hearts and your minds in
Christ Jesus.*

The text makes several observations about this *peace*:

A. *IT'S INHERENT IN THE SOURCE*

7...the peace OF GOD...

B. *IT'S INDEPENDENT OF THE ANSWER*

HE CHANGES YOU – 7...He *keeps your hearts and minds through Christ Jesus.*

The text makes several observations about this *peace*:

- A. IT'S INHERENT IN THE SOURCE***
- B. IT'S INDEPENDENT OF THE ANSWER***
- C. IT'S IMPENETRABLE IN ITS POWER***

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- D. *IT'S IN CHRIST JESUS***

7 ...will guard your hearts and your minds in Christ Jesus.

Rom 5:1 - Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ."

Col 1:20 - God has made peace through the blood of His cross.

Matt 6:25–34 - 25 "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? 26 "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? 27 "And who of you by being worried can add a single hour to his life? 28 "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29 yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 "But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! 31 "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 "But seek first His kingdom and His righteousness, and all these things will be added to you. 34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Anxiety and fear have to do with potential personal LOSS.

OSWALD CHAMBERS – *Anxiety betrays a lack of trust in God's care and is a species of 'unconscious blasphemy' against Him.*

Once we release our burdens to the Lord in prayer – THEN we are free to pursue tangible solutions to the problems we face.

It's crucial that we not only put on RIGHT PRAYING – we also need to put on RIGHT THINKING.

Phil 4:8–9 - 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

These 'barriers' may be present that keep a person from REALLY being able to *release* a burden to the Lord:

1. Wrong view of God
2. Wrong view of self
3. Wrong goal
4. Wrong view of the problem
5. Wrong lifestyle
6. Wrong position

1. Confess anxiety as SIN – *Prov 28:13 - He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.*
2. Pray as described in *Phil 4*.
3. Replace anxious thoughts with *Phil 4:8-9* thoughts – memorize truth to ponder (Psa 1).
4. Get busy – solving TODAY'S portion of the problem.
5. Trust the Lord and His many promises.