

Philippians 4:4-9 Anxious for Nothing Part 1

4 Rejoice in the Lord always. Again I will say, rejoice!

5 Let your gentleness be known to all men. The Lord is at hand. 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

The Bible is Kindle's most highlighted book. And Philippians 4:6-7 is the most highlighted passage.

A)THE REASON IS - It is a verse that deals with the Subject of Anxiety

B)ANXIETY is something that affects us all!

C)Did you know "The United States is now the most anxious nation in the world.- True

So we are going to spend the next few weeks drilling down into these verse and unpacking this subject.

A)I truly believe that if we pay attention to and seek to apply what the Lord is saying through the apostle Paul – It will be totally TRANSFORMING

B)Before we begin – I want to give a disclaimer:

1)I know that Anxiety can be the result of a Chemical imbalance or emotional trauma –even hormonal changes

C) You Might need to see a doctor!

But I will also say this – that it has been scientifically proven that dealing with anxiety to the wrong way – can lead to a chemical imbalance

A)See When we don't deal with Anxiety right over a long period of time –

B)it releases Chemicals in our brains – that can lead to a chemical imbalance.

C)I believe that even if you are suffering from

Anxiety due to a hormonal issue, or emotion trauma or chemical imbalance

1)What Paul gives us here in Philippians 4 can be extremely helpful in dealing with your Anxiety

D)And for those of us who don't have a chemical imbalance what is written here – can help us have victory over ANXIETY

The other thing that I want to mention is that – I leaned heavily on a book written by NY Times Best selling author Max Lucado

A)In my preparation for this serious of Studies.

B)Max wrote 11 ch & did an excellent job of treating this subject/ I would highly recommend the book.

I will begin this study with an excerpt from the book:

"The United States is now the most anxious nation in the world.- The land of the Stars and Stripes has become the country of stress and strife. This is a costly achievement. "Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity."

According to a 2016 NY times report **One in six Americans are taking antidepressant medicine –**

Why are we so stressed out?

A)We as a country and so advanced in so many areas- and if you have ever traveled abroad – much more comfortable here.

B)So why are we so stressed? Why do so many Americans suffer with Anxiety issues?

C)Psychology today gives the several reasons

1)Materialism mindset – Pressure to keep up with the Jones's

D)The frequency and inundation of News reports via technology and Social media

1)Previous Generations might have to wait days to get news from across the world –

2) or at least wait for the nightly news reports

E) Today we can receive news that is alarming within minutes on our phones or tablets

- 1) Before we have had time to process that report –
- 2) within minutes another one comes right behind it dealing with something else

The growing threat of Terrorist attacks – adds to people's stress as well as the growing Political and economic uncertainty

A) Add to the normal daily pressures/ responsibilities of raising kids – paying a mortgage – life in general –

B) It is easy to understand why so many Americans battle with ANXIETY and worry.

C) The Question is: As followers of Christ – How do we deal with it correctly?

D) The Bible's most common word for worry is the Greek term *merimnate* = to divide the mind.

1) The mind through worry and Anxiety gets focused on the wrong things –

2) our attention is divided into many different directions

E) So the starting place for dealing with Anxiety is to keep our minds/ hearts focused on the right things

1) How pray tell do we do that?

That is why we are beginning this conversation with Paul's exhortation in V. 4 4 Rejoice in the Lord always. Again I will say, rejoice!

A) Rejoice in the Lord Always: **IN THE LORD!**

B) Not our circumstances – not our surroundings – not just at Church – not just on Sundays – **IN THE LORD ALWAYS**

C) Why? – I could give a ton of reasons but I want to focus today on two:

1st Because God is Sovereign! – All Powerful – All knowing!

A) In the treatment of anxiety, a proper understanding of sovereignty is huge.

B) Anxiety is often the consequence of perceived chaos.

1) If we sense we are victims of unseen, turbulent, random forces, we are troubled.

Psychologists verified this fact when they studied the impact of combat on soldiers in World War II.

A) They determined that after 60 days of continuous combat the ground troops became "emotionally dead."

B) This reaction is understandable. Soldiers endured a constant threat of bomb blitzes, machine guns, and enemy snipers.

C) They knew that they could be killed in any number of ways on any given day –

1) so anxiety of ground troops was no surprise.

The comparative calm of fighter pilots, however, was.

A) Especially since the mortality rate of fighter pilots was the highest in combat.

B) 50% of the fighter pilots were killed in action, yet pilots loved their work.

C) An astounding 93% of them claimed to be happy in their assignments even though the odds of survival were the same as the toss of a coin.

What made the difference? CONTROL!

A) Those pilots had their hands on the throttle.

B) They sat in the cockpit. - They felt that their fate was theirs to determine.

C) The Infantrymen, by contrast, could just as easily be killed standing still or running away.

1) They felt helpless.

D) The formula is simple: Perceived control creates calm. Lack of control gives birth to fear.

You don't need a war to prove this formula.

A) All you need to do is drive in traffic – when traffic is flowing – blood pressure is down - HAPPY

B) But when traffic is heavy, when it is bumper to bumper – when the freeway becomes a parking lot!

1)Anxiety spikes – blood pressure rises – NO CONTROL

C)**Think I am exaggerating ?** A team of German researchers found that a traffic jam increases your chances of a **heart attack 3 fold.**

D)Gridlock is the ultimate loss of control.

1)Loss of control causes us to stress

E)That’s why the most stressed-out people are **control freaks.**

1)They are always battling for Control – anything that challenges control – stresses them out

Now some of you are thinking right now Pastor Rob – you are not helping us –

A)Deep down we know we cannot always be in control of our lives! - **BINGO!!!! – light bulb –**

B)News flash – You are not in control but God always is!!!!!!!!!!!!

C) Rather than seeking total control, relinquish it.

1)You can’t run the world, but you can entrust it to God.

D)And one of the clearest ways that we do that is by **rejoicing in the Sovereignty of God!**

1) “Peace is within reach, not for lack of problems, but because of the presence of a sovereign Lord.” - ML

Joy is a personal choice to react to life's uncertainties with faith. - Skip Heitzig

D) You can Stabilize your soul - By reminding yourself He reigns supreme over every detail of the universe.

Reminding ourselves of truths and scriptures like. “There is no wisdom, no insight, no plan that can succeed against the LORD” (Proverbs 21:30 NIV).

“God does as he pleases with the powers of heaven and the peoples of the earth. No one can hold back his hand or say to him: ‘What have you done?’” Daniel 4:35

God upholds all things by the power of His Word – Hebrews 1:3

We see a great example of this truth that God is Sovereign in the Life of the prophet Isaiah.

A)During the eighth century BC, ancient Judah enjoyed a time of relative peace, **thanks to the steady leadership of King Uzziah.**

B)Anxiety levels in the Kingdom were low because **Uzziah was on the throne and doing such a great job.**

C)But what if that Changed? What if Uzziah was gone –what if he died?

D)Well that is exactly what happened – **King Uzziah died and in the aftermath of his death –**

1)People were wondering NOW WHAT?

E)That is when **Isaiah the prophet was given a vision**

1)A vision that we all need to remember

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lifted up, and the train of His robe filled the temple. Above it stood seraphim; each one had six wings: with two he covered his face, with two he covered his feet, and with two he flew. And one cried to another and said:

“Holy, holy, holy, is the LORD of hosts; The whole earth is full of His glory!” (Isa. 6:1–3)

Uzziah’s throne was empty, but God’s was occupied!!

A)In Your life and my life – this country – this world – God is never off the throne – never surprised –

B)He is never CAUGHT off guard.

C)Question: Is God sovereign over your circumstances? Is he mightier than your problem?

1)Does he have answers to your questions?

D)According to the Bible the answer is yes, yes, and yes! “God . . . is the blessed controller of all things, the king over all kings and the master of all masters” (1 Timothy 6:15 PHILLIPS).

E)If he sustains all and controls all, do you think he has authority over this situation you face?

Ok Pastor Rob – I get what you are saying – I know that truth – God is Sovereign – he is in control

A) But How do I know that he is interested in my life – what is going on with me? –

B) I am a little nobody in the big scheme of things!

1) I am sure that all of us have felt that way before – I know I have –

2) God has bigger problems to deal with than MINE

C) This is the 2nd reason why we can rejoice in the Lord –

1) not just because He is Sovereign but because HE IS NEAR!

V.5 Let your gentleness be known to all men the Lord is at hand – the Lord is near

JESUS PROMISED Hebrews 13:5 – I will never leave you nor forsake you!

A) His Holy Spirit is inside of us – He is with us in every single situation –

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.” John 16:33

He knows the number of hairs on your head – Luke 12:7

B) He is into you – So into you – he knows when you get a hair cut how my hairs are left!

“His thoughts for you outnumber the sand.” Psalm 139:18

C) We have to stop thinking of God in our terms –

1) we are limited most of us can only focus on a few things at once

D) Not God he is intimately interested in every single one of our lives and is able to think about you constantly

1) Big thoughts many thoughts – all at once – He is an incredible being

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Jeremiah 29:11

The Lord God who is Sovereign – All powerful – Who is holding everything together by his word – No straining

A) He is also Near – he is INTO YOU! – HE IS FOR YOU!

B) His thoughts that outnumber the sand – are thoughts of good to give you a future and a Hope!

C) So Relax and Rejoice in WHO HE IS – AND IN HOW MUCH HE CARES ABOUT YOU!

Knowing that God is Sovereign and that He is near – results in Gentleness!

A) The Greek word translated here as gentleness describes a temperament that is seasoned/ mature.

B) It envisions an attitude that is fitting to the occasion, levelheaded and even tempered.

C) Gentleness is the opposite of Anxiety – Anxious people are not very gentle

D) Gentleness is the opposite would be an overreaction or a sense of panic.

1) That is what Happens when we stay focused on the Lord

E) FEAR PANIC AND DISASTER IS WHAT HAPPENS WHEN WE focus on the circumstances

Remember Peter:

A) Disciples are in a crazy storm on the Sea – Jesus wasn't with them but He was near

B) Watching from a mountain top – praying – {Great picture – he intercedes for us

C) So Jesus is watching the disciples in the storm – praying for them in the storm

1) And when things got really gnarly – he comes walking out to them on the water – {He is Sovereign – he can do that

D) Their storm became His sidewalk -

1) He yells out – Guys don't be afraid it is me –

Peter says Lord if it is you..... come on the water

A) Come! – Peter gets out and starts walking on the Water

B)He is doing great until he takes his eyes off of Jesus! - SANK

C)If you are sinking, it is because you are looking in the wrong direction.

1)Pete V this week – sat in his truck and sought the Lord – and was overwhelmed by his presence

THAT IS KEY CHOICE – Victory over Anxiety!

A)Turn your attention away from the problem, and for a few minutes celebrate God.

B)It does you no good to obsess yourself with your trouble. The more you stare at it, the bigger it grows.

C)Yet the more you look to God, the quicker the problem is reduced to its proper size.

D)This was the strategy of the psalmist.”

“I will lift up my eyes to the hills—
From whence comes my help?
My help comes from the LORD,
Who made heaven and earth. (Psalm 121:1–2)

Do you see the intentionality in those words?

A)“I will lift up my eyes.” Do not meditate on the mess.

B)You gain nothing by setting your eyes on the problem. You gain everything by setting your eyes on the Lord.”

C)Worry divides the mind and heart – Worship focuses the mind!

D)Today we want to close by doing just that – Focus the mind

1)God is Sovereign – God is near – God is for you

E)Biggest reminder is the Cross! – His perfect love

1)Your choice