



***Anxious
for
Nothing!***

Phil 4:6-7 (Topical Message)

Living by faith is easy to agree to, but many times hard to live by.

Why? Because, all of us are works in progress, have Flesh, and areas of self dependance.

So, many times we just don't live by faith and **DEFAULT** back to old ways of living & thinking resulting in:

Fear and Self-Trust?

Every Believer daily has a choice to live by faith (adherence to, reliance on and complete trust in Christ) or to live in Fear and Self-Trust.

To live by faith or in fear and self-trust is a daily choice!

How are you living your life during the Global Pandemic?

Fear, Self-Trust and dependance always creeps in when we don't walk by faith. When this persists, fear and self-trust turn into an Anxiety:

Anxiety - a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

I would add that the fear of the unknown accelerates Anxiety in one's life.

Do you fear the unknown of the Global Pandemic?

As a Christian what do we do when Anxiety creeps into living the Christian Life?.

The Apostle Paul addresses this topic in Phil 4:6-7. Today I want to look at this and discover the way to overcome Anxiety in living the Christian Life which **WILL** direct us back from fear and Self-Trust to faith and dependance on Christ:

Today we will discover that

- 1. Fear is Not the Way***
- 2. Answer is to Pray***
- 3. God's Peace Will Stay***

Philippians 4:6-7 (AMP)

⁶ Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. ⁷ And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus

1. *Fear is Not the Way*

Philippians 4:6a (AMP)

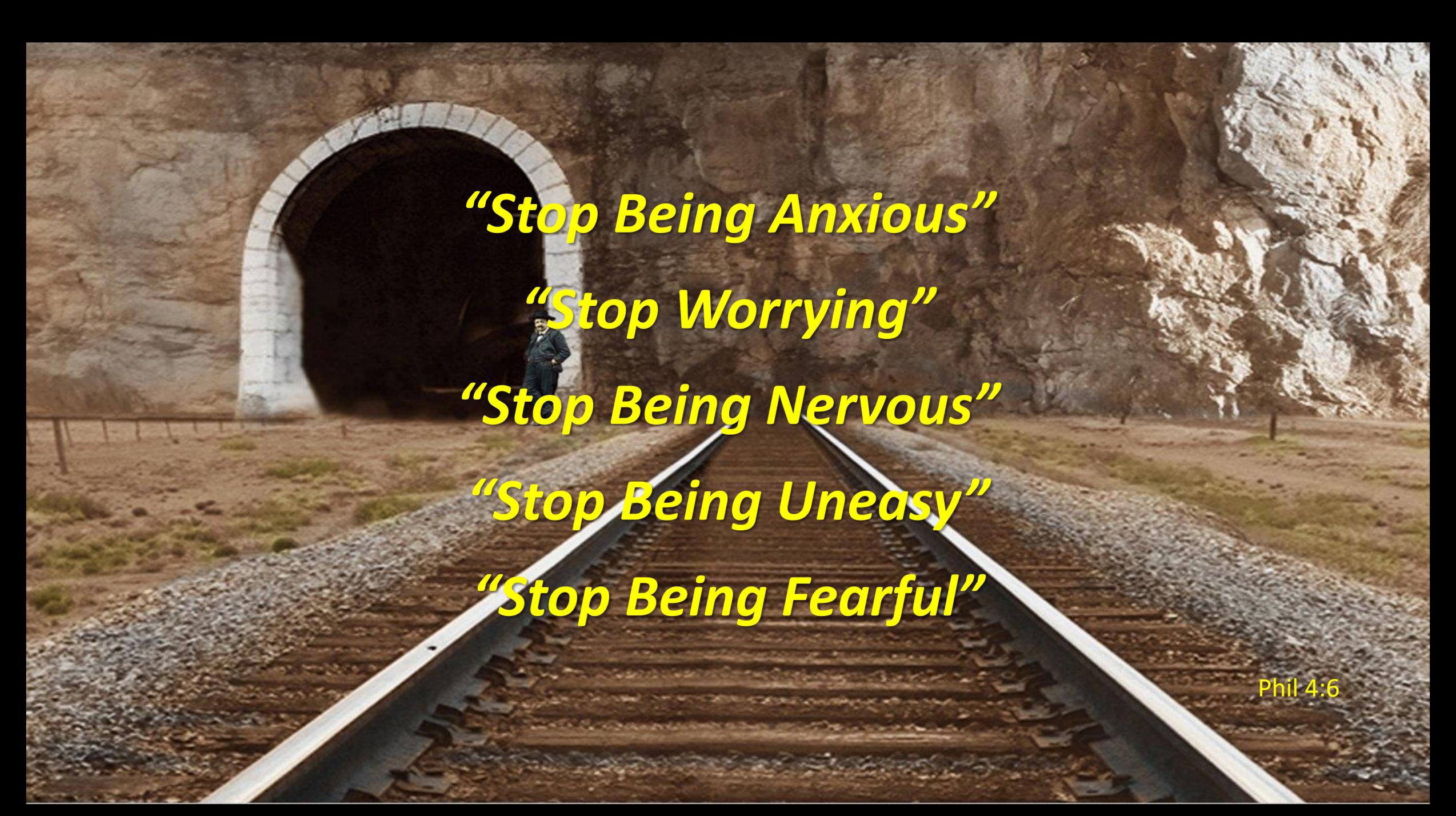
⁶ Do not fret *or* have any anxiety about anything,

To start with, the book of Philippians is written to Believers (Saint's, Overseers [Elders], Deacons) as described in Phil 1:1.

All believers have the tendency to be anxious as I said in my introduction because of a lack of faith.

Other translations:

- a. Be anxious for nothing (NASB)
- b. Do not be anxious about anything (ESV)
- c. Don't worry about anything (HCSB)



“Stop Being Anxious”

“Stop Worrying”

“Stop Being Nervous”

“Stop Being Uneasy”

“Stop Being Fearful”

Phil 4:6

So, what do we do when we are Anxious?

WE are commanded to stop in the 1st part of this verse (But Can't), but many of us can't turn a switch on or off and rid ourselves of Anxiety – Why, because of we are still works in progress and being conformed into the image of Christ (*We have Flesh, Areas of Unbelief, and are continually being influenced by the Demonic World System!*)

Paul says that we should make it a priority to Pray to overcome Anxiety:

The *Apostle John ALSO* tells us that we should have confidence when we pray that God hears our prayers, and answers our prayers.

1 John 5:14-15 (NASB)

¹⁴ This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. ¹⁵ And if we know that He hears us *in* whatever we ask, we know that we have the requests which we have asked from Him.

The answer to overcome Anxiety is to Pray!

2. Answer is to Pray

Philippians 4:6b (AMP)

^{6b} but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

Brother and Sisters – Paul tells us as believers to pray (Petition & Make Requests)

In every circumstance, in everything – Pray, Pray, Pray!

How is your prayer life?

Do you take time to pray?

Do you pray only when fear and anxiety take control of your life?

We should always be praying, especially during times of fear and anxiety:

Paul says pray with thanksgiving – Thanksgiving in how God will answer your prayer.

Paul also says to pray and continue to pray -



To Overcome Fear, Anxiety, Self-Trust, and Flesh Patterns of wrong thinking – WE NEED TO PRAY in all CIRCUMSTANCES and in EVERYTHING!

3. God's Peace Will Stay

Philippians 4:7 (AMP)

⁷ And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus.

Through Prayer – God's Peace will be experienced!

The amplified says that a tranquil state of the SOUL assured of its salvation through Christ!

Soul – Personality (Mind, Will, Emotions)

This peace is described as:

- a. Fearing Nothing
- b. Being Content
- c. Guarding One's Heart & Mind

Anxious for Nothing!

Fear is Not the Way

The Answer is to Pray because

God's Peace Will Stay



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Phil 4:6-7 (Topical Message)