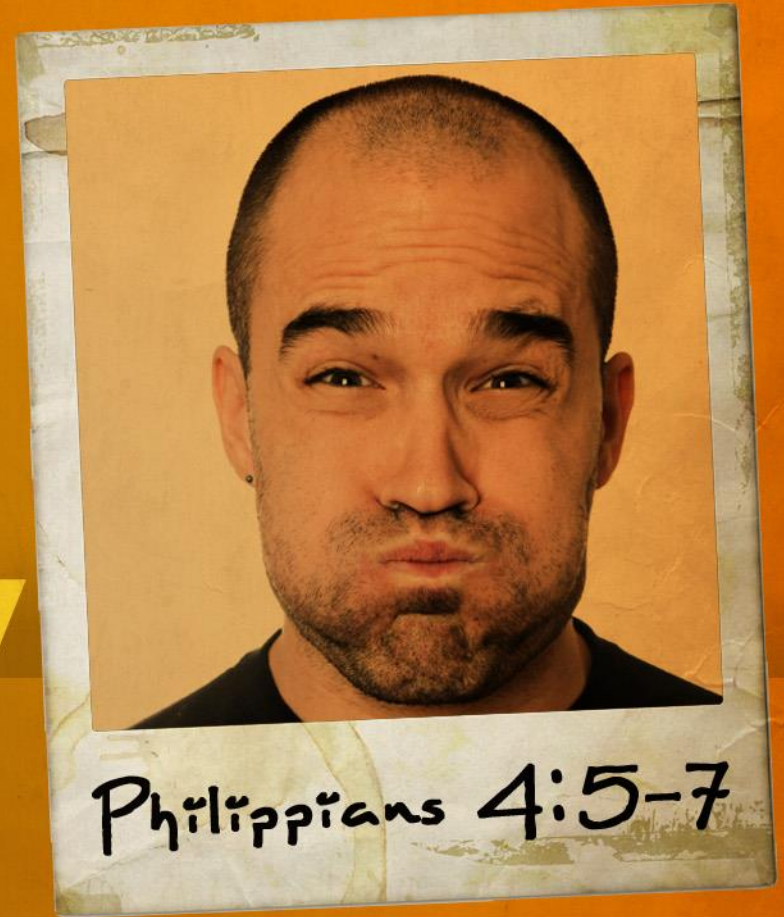


ABOLISHING ANXIETY



OVERCOMING WORRY

Phil 4:6 “Be anxious for nothing.”

“Don’t worry about anything.”

**ABOLISHING
ANXIETY**



Philippians 4:5-7

And again I say rejoice!
And again I say rejoice!
And again I say rejoice!
And again I say rejoice!
And again I say rejoice!

Rejoice in the Lord Always

**ABOLISHING
ANXIETY**



Philippians 4:5-7

Phil 4:6-7

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 comprehension, will guard your hearts and your minds in Christ Jesus.**

THREE “P” WORDS

- **P** RINCIPLES
- **P** ROHIBITION
- **P** RESCRIPTION

ABOLISHING
ANXIETY



Philippians 4:5-7

BASIC PRINCIPLES

- WHY?

- *Bad things happen to good people!*
- The amount of control we have can't protect us from harm!
- Due to media hype and saturation!
- Rapidly changing technology.

FORBIDDEN ANXIETY vs. LEGITIMATE CONCERN

- Legitimate concerns are proper.
 - 2 Cor 11:28 ‘The care for all the churches.’
- **MUST FIND A BALANCE**
 - Our *bodies* - 1 Cor 6:12
 - Our *jobs* - Eph 4:28
 - Our *nation* – Prov. 14:34



FORBIDDEN ANXIETY vs. LEGITIMATE CONCERN

- Legitimate concerns are proper.
 - 2 Cor 11:28 ‘The care for all the churches.’
- MUST FIND A BALANCE
 - Our children - Eph 6:4
 - Our souls – Matt 10:28
 - Our future – Matt 6:34



WHAT IS THE DIFFERENCE?

- Concern focuses on legitimate responsibilities and probable difficulties and produces meaningful action.
- Worry focuses on improbable things and negative self-talk and produces no meaningful action.

Definition of Worry

- Gk: *“Have a divided mind.”*
- Paralyzes us through *fear and gives us a distorted perspective.*



Definition of Worry

An anxious heart



weighs a man down.

Proverbs 12:25

Definition of Worry



Worrying is like sitting
in a rocking chair.
It gives you something
to do but it doesn't
get you anywhere.

~English Proverb

PROHIBITION

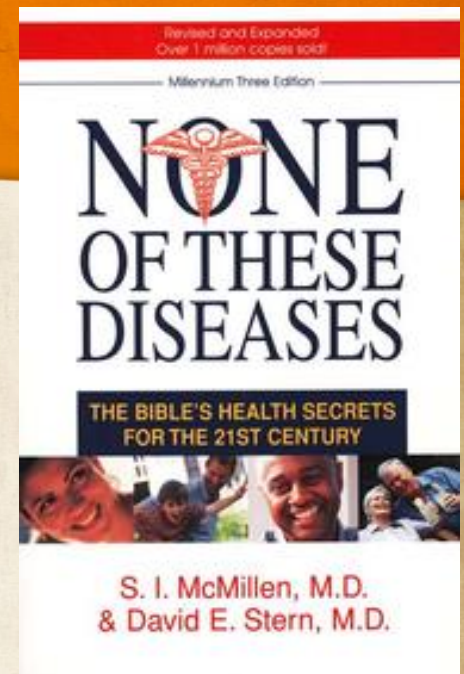


No Anxiety

Philippians 4:1-9

PROHIBITION

- WHY?
 - HEALTH ISSUES!
 - SPIRITUAL ISSUES!
 - Worry is based upon **FEAR not FACT**
 - *“My life has been filled with terrible misfortune, most of which has never happened.”*





DIVINE PRESCRIPTION

the antidote
for
anxiety

Matthew 6:25-34

the antidote
for anxiety

**STOP DENYING IT.
RECOGNIZE IT AS SIN!**

Symptom of a Lack of Faith

Cure for Anxiety

Matt 6:25-34





Worry is a sin.



- A Failure to TRUST IN GOD.
- *“Prayer to the wrong God.”*

DANGER!

Notice the Contrast:

- **FAITH**

- Heb 13:5
- Rm 8:28
- Phil 4:13

- **WORRY**

- I am on my own
- Unbelief
- I can't

Worry is assuming a responsibility. . .

God never intended me to have!



God's Prescription



#1: PRAY ABOUT EVERYTHING! (Phil 4:6)

- It is all *small stuff* to God!
- If we don't turn to God for daily concerns, we will not be able to trust him in the BIG things.*

Three lists...

- To do list.
- Worry list.
- Prayer list



- The more comprehensive the prayer list the smaller the worry list!



God's Prescription



#2: CONTROL YOUR THOUGHTS!

Phil 4:8 “Whatever is **true, honorable, right, pure, lovely, of good reputation, if there is any excellence and worthy of praise, dwell on these things.**”

Prov 23:7 “As a man **thinks** in his heart so is he.”

*Ps 94:19 “When my **anxious thoughts multiply within me, your consolations **delight my soul.*****”

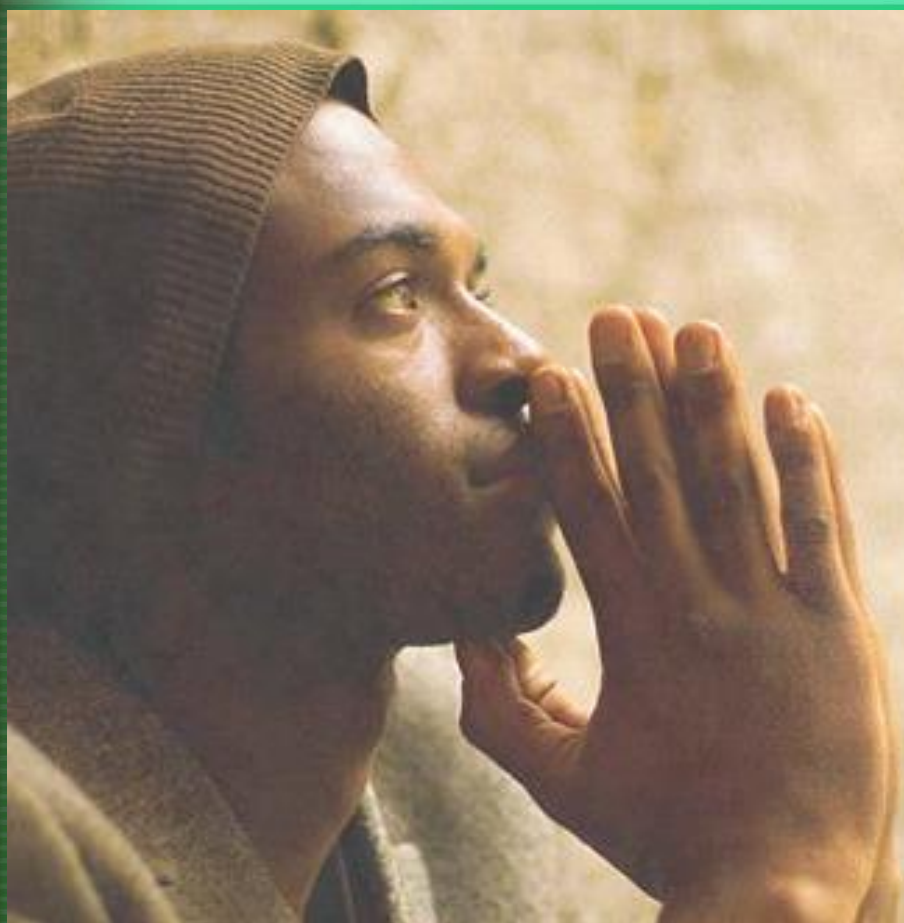


God's Prescription




#3. TAKE MEANINGFUL ACTION

- Phil 4:9 “These things **DO..**”
- *Doing nothing is fertilizer for anxiety.*
- ARE YOU A **COPER OR AVOIDER?**
- **WORK AS IF IT WAS UP TO YOU, PRAY AS IF WAS UP TO GOD.**



THEREFORE
DO NOT WORRY
ABOUT TOMORROW,
FOR TOMORROW WILL
WORRY ABOUT ITSELF.
EACH DAY HAS ENOUGH
TROUBLE OF ITS OWN.

MATTHEW 6:34 (NIV)



My
PEACE
& GIVE
to YOU

John 14:27