

“ANXIETY OVERCOME”

(Philippians 4:6, 7)

“Be careful (anxious) for nothing, but in everything by prayer and supplication with thanksgiving, let your request be made known unto God.” (V. 6)

“And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.” (V. 7)

Introduction

Fact: In Philippians 4, Paul unveils three qualities of life (provided by God for all believers).

#1. Genuine Joy (Vs. 14) #2. Genuine Peace (Vs. 509) #3. Genuine Contentment (Vs. 10-21)

Fact: In Philippians 4, Paul reveals God’s command and charge to cease from worry:

“Be careful for nothing”

- ◆ The word “careful” (MERIMNATE) means: “Anxious” or “Pulled in different directions”
- ◆ The word “nothing” (MEDEN) means: “Not one thing”

Fact: The Philippians (humanly speaking) had much to be anxious about:

1. They were suffering persecution. (Philippians 1:18-19)
2. They were experiencing a church quarrel. (1:27; 4-2)
3. They were dealing with carnal (self-centered) members within their fellowship. (2:3-4; 3-12)
4. They were facing false teachers who had joined their fellowship. (3:2-3; 18-19)
5. They were aware of some believers having to struggle for food, clothing and shelter. (4:19)

“Be careful for nothing” does not mean:

- ◆ That we take no care for basic needs.
- ◆ That we make no effort to plan (or preserve) our property.
- ◆ That we exercise no discipline to “think and plan ahead”.

“Be careful for nothing” does mean:

- ◆ To have such confidence in God that will free the mind from anxiety.
- ◆ To have such dependence upon God that will keep our minds calm.

Question: How does God protect our minds from being “pulled in many directions”?

Question: How does God preserve us from being robbed of His perfect peace?

Question: How does God provide calmness and security in the midst of the unpredictable journey of life?

God’s Answer

“...But in everything by **prayer** and **supplication**, with **thanksgiving**, let your **requests**, be known unto God.” (Philippians 4:6)

The Cause

(If anxiety and worry cause all kinds of problems)

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|----------------------------|-----------------------------|
| 1. Withdrawal from people | 5. Depression and seclusion |
| 2. Discouragement of heart | 6. Sickness and infirmities |
| 3. A defeatist attitude | 7. Fearfulness to act |
| 4. Distrust and unbelief | 8. Emotionally paralyzed |

The Cure (Or Remedy) Is Clear From God:

(The four words used for prayer reveal how prayer (real prayer) is God's answer to anxious living.)

1. "**Prayer**" "In everything by **prayer**" (V. 6)

The word for prayer (PROSEUCHE) means:

- ◆ Those special times of worship and devotion.
- ◆ Those seasons set apart to fellowship with God.
- ◆ Those times we just come aside to draw nigh to the Lord.

2. "**Supplication**" "...And supplication" (V. 6)

The word for supplication (DEESIS) means:

- ◆ To feel the deep (intense) need to supplicate or pour out your soul to God.
- ◆ To lay your need before God as a child.
- ◆ To plead and cry out to God for help and deliverance.
- ◆ To take the need that confronts us and place it in the hands of God.

3. "**Thanksgiving**" "...With thanksgiving." (V. 6)

The word for thanksgiving, (EUCCHARISTIA) means:

- ◆ To "thank God" for who He is to us.
- ◆ To "thank God" for all He has done for us.
- ◆ To "thank God" for previous answers He has sent.
- ◆ To "thank God" in advance for His concern.

4. "**Requests**" "...Let your requests be made known unto God." (V. 6)

The word for requests (AITEMATA) means:

- ◆ Prayer is not to be general or generic – but specific.
- ◆ This word for "requests" means "define or specific".
- ◆ It means to be detailed with God.
- ◆ We discover here that God wants to hear our very specific requests. (He isn't bothered by the details).

Question: What should be the frequency (or how often) should I pray like this?

Answer: "**In everything**" (V. 6) which means:

- ◆ To **pray** continually in a spirit and attitude of devotion.
- ◆ To **supplicate** whenever you face times of deep intense need.
- ◆ To offer **thanksgiving** (praise) all the day long as you move about.
- ◆ To make your **requests** to God, asking for specific and definite things as you do His will.

Question: What is the result of praying like this?

Answer: "And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." (V. 7)

In Other Words

Fact: The reward of a good prayer life is peace.

Fact: The reward of a poor prayer life is anxiety.

Fact: The plan of God for you and me is peace, rest and serenity.

What is the Peace of God?

(The word for peace (EIRENE) means:

1. To be bound, joined and woven together.
2. To be assured, confident and secure in God.
3. To be tranquil in your inner man from committing things to God in prayer.

4. To be calm and have security because God is in control.
5. That fruit of the spirit, which leaves you in harmony and at rest on the inside.

What will this peace do?

#1. It Will “Guard” You

“Shall keep your hearts and minds through Christ Jesus.” (V. 7)

Fact: The word “keep” means “to guard against the enemy who seeks to invade your heart.”

Fact: To “keep” means to “garrison about” and “guard” you both emotionally and intellectually.

Fact: To “keep” means that God’s peace will be a constant shield to protect you against the anxieties that seek to steal your tranquility.

Fact: Without this peace, we are vulnerable to the fiery darts of the evil one who attempts to pull our minds in many directions.

What Does God’s Peace Guard?

1. Our “hearts” (which means your feelings)
2. Our “minds” (which means your thinking)

In Other Words

- ◆ People without the peace of God always seem to be disturbed emotionally. (They cannot seem to think clearly).
- ◆ They are simply open targets to be consumed by things outside themselves. (Instead of God on the inside of them).

#2. It Will “Guide” You

“And let the peace of God rule in your hearts to the which also ye are called in one body, and be ye thankful.” (Colossians 3:15)

Fact: God promises here that His peace will rule (or be present) when we do His will.

Fact: This inner peace will bear witness with our spirit as we make decisions in life.

Fact: When this peace is absent, we are to step back and admit, “Something just isn’t right”.

Fact: When we are in God’s perfect will, we will have His peace as a ruling and abiding influence that we are doing what He desires.

Oh beloved, it is God’s will for you...

- ◆ “**Peace** I leave with you, my **peace** I give unto you...let not your heart be troubled.” (John 14:27)
- ◆ “Thou will keep him in perfect **peace** whose mind is stayed on You because he trusts in You.” (Isaiah 26:3)
- ◆ “The Lord will give strength unto His people, the Lord will bless His people with **peace**.” (Ps. 29:11)
- ◆ “I will both lay me down in **peace** and sleep, for thou Lord only make me dwell in safety.” (Ps. 4-8)

Conclusion

“Finally, brethren, whatsoever things are true, honest, just, pure, lovely and of a good report, if there be any virtue, and if there be any praise, think on these things.” (V. 8)

Fact: God reveals here that we cannot enjoy God’s peace if we are allowing unwholesome thoughts to fill our minds.

Fact: Paul gives us a list of six types of things on which we should concentrate:

1. "True" (ALETHE) means: "truth in the widest sense", or, we are to think on the things that come from God.
2. "Noble" (SEMNA) means: "things worthy of honor" or "things worthy of reverence" (As opposed to flippancy that lacks in seriousness)
3. "Right" (DIKAIÁ) means: refers to what is right according to God's standard. (That which is spelled out in the Word so we have no excuse for not knowing what is right).
4. "Pure" (AGNA) means: "stainless" or "chaste" (and relates to things that encourage purity).
5. "Lovely" (PROSPHILE) refers to things that incite true agape love, rather than erotic behavior.
6. "Admirable": (EUPHEMA) refers to things attractive in character.

"Think On These Things" (V. 8)

Which means:

1. Let them be the object of your attention to study and practice.
2. Think on the influence that they will have upon you and those around you.
3. We are responsible for our thoughts.
4. We cannot allow our minds to be receptacles of trash.

(Why so important?)

Because things not listed in Verse 8 will serve to...

1. Steal the peace of God within you.
2. Rob you of a clear conscience to pray.
3. Hinder the forming of godly character within.
4. Quench the flow of God's Spirit.
5. Grieve the Lord who must have a clean vineyard to grow pure fruit.

AMEN!
Bill Kirk