

Philippians 4:6-7 — “Here’s the Sure Cure for Anxiety!”**Introduction:**

From the ADAA — *The Anxiety & Depression Association of America...*

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- It is estimated that 23 million Americans suffer from “panic attacks.”
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.
- Therapy and medication are the most effective treatments for those suffering from anxiety in all its various forms.

Take Note!

When we are worried about the future, the unknown, or some situation; or when we are anxious or fearful, it reveals the **pride** in our hearts since we are **not trusting** in the LORD but attempting to handle the situation on our own (thus our 'anxiety, worry, fear').

See I Peter 5 & the link between anxiety & pride.

God Gives the “Sure Cure for Anxiety!”

1. The SUPERNATURAL COUNSEL (*don't be anxious!*)
2. The SURE CONSEQUENCE (*God's peace will prevail!*)

Background & Context of Philippians 4:6-7

In Philippians 4:1, Paul instructs the believers to “STAND FIRM”...

7 ways that Paul will flesh out how to ‘stand firm’ in Philippians 4:2-7...

1. Diligently Pursue Unity at All Costs (2-3) (Rigorously pursue unity)
2. Assure Your Heart in Your Heavenly Position (3b) (Rest in your heavenly position)
3. Live a life exuding fervent, abiding joy (4) (Rejoice at all times)
4. Allow Gentleness to Permeate your relationships (5a) (Radiate gentleness in relationships)
5. Anticipate the soon-coming of Jesus Christ (5b) (Ready yourself for Christ's coming)
6. **Kill the Sin of Anxiety with Constant Prayer (6)** >> **Root out anxiety & replace it with prayer**
7. **Rest Confidently in the protective peace of God (7)** >> **Revel in the protective peace of God**

THESIS — Our gives *The Sure Cure for Anxiety!*

To kill the dragon of anxiety...

1. EXPOSE IT! - be anxious for nothing
2. EXTERMINATE IT! - be anxious for NOTHING (nothing at all)
3. EXCHANGE IT! - but in everything but prayer....
4. EXPECT PEACE! - and the peace of God...
 - ➡ *The way to be anxious about nothing is to be prayerful about EVERYTHING.*
 - ➡ *Turn your anxious worries into thankful prayers.*

Philippians 4:6-7 — “Here’s the Sure Cure for Anxiety!”

I. EXPOSE IT! -- CALL IT WHAT IT IS! (6)

II. EXTERMINATE IT! -- PUT TO DEATH THE DEEDS OF THE FLESH! (6b)

The answer to worry is **NOT** inaction, apathy, denial, substance abuse, alcoholism, therapy, behavioral modification, environmental change, or medication. It **IS** prayer & confident trust in God!

How do we exterminate anxiety?

Consider some Scriptures...

1. Luke 10:38-42 - not to be distracted & worried by so many things & neglect God's Word
2. Prov 28:1 - the wicked flee when no one is pursuing (worry/fear/anxiety/panic)
3. Luke 8:14 - worry/anxiety can choke out the word that people hear
4. Prov 15:15 - all the days of the afflicted are bad
5. Prov 12:25 - anxiety in a man's heart weighs it down
6. Ps 38:6 - full of anxiety (see v.18, and he prays, v.21-22)

Medical Doctor, Robert Smith, puts it like this:

*"Anxiety is primarily a problem of the heart and the mind, which sometimes produces problems in the body. But, as the Lord has been showing me in the past few years, anxiety, and the depressive tendencies that often accompany it, are often directly linked to thought patterns—negative ways of thinking that we have unknowingly trained ourselves in throughout our lives. Thankfully, the Bible not only acknowledges the problem of anxiety and its prominence in our lives, but also provides the key solution: **prayer**. Not merely prayer, but a very specific ingredient in prayer, which keeps prayer God-centered, rather than the self-centered recitation of our wish list. That key ingredient is **thanksgiving in prayer**."*

III. EXCHANGE IT! -- REPLACE IT WITH THANKFUL PRAYING! (6c)

- *This is God's method of biblical counseling at its best!* – The Bible challenges us NOT ONLY WHAT WE SHOULD NOT DO, BUT EVEN MORE IMPORTANTLY, WHAT WE SHOULD DO (in its place)

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- What this means is that when we encounter stressors, moments where we are tempted, we should exercise EMOTIONAL, cognitive and behavioral self control and make ourselves deliberately think about what an appropriate godly, biblical response would be.
- Instead of impulsively, emotionally reacting, we should ask: "WHAT WOULD GOD HAVE ME TO DO, HOW SHOULD I BIBLICALLY RESPOND???"

So how do we PUT OFF anxiety & PUT ON thankful praying? 3 helps:

- 1) Choose to see/view/understand everything through the framework of the **sovereignty** of God
- 2) deliberately choose to **thank** God for his power, for His promises, and for His watchcare over us
- 3) Survey Scripture and think and **act** upon what God wants you to do in uncertain or trying times.

Or simply:

1. REMEMBER God!
2. THANK God!
3. OBEY God!

IV. EXPECT PEACE! -- RECEIVE GOD’S PEACE AS A GUARD & HELP! (7)

The peace of God...

Will guard you...

Conclusion:

When you’re tempted to be worried, or fearful, or anxious, pray & thank God for...

- ✓ His Character
- ✓ His Creation
- ✓ Your Conversion
- ✓ His Church
- ✓ His Continuance (sustaining power)
- ✓ His Control
- ✓ His Kingship
- ✓ His Compassions
- ✓ His Communication (in Scripture)
- ✓ His Changelessness
- ✓ His Comforts
- ✓ His Certainties (=promises)

The Sure Cure for Anxiety!

- ❖The way to be anxious about nothing is to be prayerful about EVERYTHING!
- ❖Turn your anxious worries into thankful prayers!

Questions to ask myself...

- What am I fearful about?
- What is there in the future that I’m unsure about that worries me?
- What is it that fills me with anxiety? Why am I anxious? What do I really want?
- How do I presently deal with my ‘anxiety’ and ‘fear’ and ‘worry’?
- Is there a problem that I foresee in the future?
- Is there someone I love who is unsaved and I’m sinfully worried and not trusting God?
- Is there something that I really want and I’m anxious that I might not get it?

WRITE OUT SOME OF YOUR ANXIETIES:

Pray with Thanksgiving! (Phil 4.6-7)

Thank GOD for...

- His Character
- His Creation
- Your Conversion
- His Church
- His Continuance (sustaining power)
- His Control
- His Kingship
- His Compassions
- His Communication (in Scripture)
- His Changelessness
- His Comforts
- His Certainties (=promises)

WRITE OUT WHAT YOU’RE THANKFUL FOR:

For Those Crippled by Enslaving Anxiety & Worry

Some helpful & practical homework to be done to *put off* anxiety & *put on* thankful praying.

Homework & Biblical Counsels for Believers:

1. have daily bible reading and prayer. even keep a written journal of what you do and get out of your devotions & what you pray for.
2. go to bed at the same time every night. And before bed, confess your sins to the Lord. Think about God's goodness, attributes, and promises in Scripture.
3. Make a daily practice of listing (writing out!) the things you are thankful for and pull out the list and give thanks for it several times each day. *IF/when you become anxious, pull it out and meditate on this list.
4. Memorize and rehearse Phil 4.6-7. Rehearse it *throughout* the day.
5. keep a daily journal of times that you are tempted to be anxious; record what you were doing at that very time, what was happening, what you were thinking about, what you did/how you responded, and what you should have done.
6. set aside a period of time every day when you will talk to a fellow Christian about anything that would be mutually beneficial to both of you.
7. fulfill faithfully and diligently your responsibilities as a husband, father, mother, wife, child, student, employee regardless of how you feel. Focus on obedience to God, NOT your feelings.
8. Begin working on, filling out a LIFE journal. List out your devotions, your personal prayers and how God answers your prayers specifically.

Winning the LONG term war against anxiety

By: Paul Tautges (CounselingOneAnother.Com)

As most of us who struggle with anxiety know, the nervous and fearful thoughts and emotions thrive on reoccurrence. So how do we reorient our emotions and lifelong thinking patterns in order to win the long-term war? Here are a few ways.

1. Cultivate a habit of daily thanksgiving. It’s good for believers in Christ to be reminded of what the Scriptures say about being thankful everyday, not merely one day per year. “In everything give thanks” (1 Thess 5:18) has no time boundaries. Daily, moment by moment, we must discipline our selves to thank God for specific ways in which He has blessed us and for His profound mercy toward us in Christ.

2. Retrain your mind to “think on these things.” Philippians 4:6-7 is followed by verse 8. Paul’s exhortation to think on things that are true, honorable, right, pure, lovely, of good repute, excellent, and worthy of praise is a continuation of his thoughts on the peace of God (the larger context is Phil 4:4-9). His argument begins with the command to rejoice (v. 4) and ends with the assurance of intervention from the God of peace (v. 9).

3. Fill your mind with the Word of God. “Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful” is immediately followed by an explanation as to how Christ rules our hearts. He does so by means of the Holy Spirit as we “Let the word of Christ richly dwell within [us] with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God” (Col 3:15-16).

4. Set aside time in your schedule for concentrated prayer. Prayer should be the life-breath of the believer, a moment-by-moment attitude and atmosphere in which we live. However, this will never take the place of concentrated, uninterrupted times of prayer. The Lord Jesus—humanity as God intended it to be—was dependent upon the Father and demonstrated this through lengthy times of prayer. See Luke 6:12; Matthew 14:23).

5. Remain in the love of God. “Perfect love casts out fear” (1 Jn 4:18). No love is as perfect as God’s love for His children. We must regularly return to the Scriptures that assure us of His great love for us. As we bask in His love our fears are cast out.

Philippians 4:6-7 — “Here’s the Sure Cure for Anxiety!”*How Deep the Father’s Love for Us*

How deep the Father's love for us,
 How vast beyond all measure
 That He should give His only Son
 To make a wretch His treasure
 How great the pain of searing loss,
 The Father turns His face away
 As wounds which mar the chosen One,
 Bring many sons to glory

Behold the Man upon a cross,
 My sin upon His shoulders
 Ashamed I hear my mocking voice,
 Call out among the scoffers

It was my sin that left Him there
 Until it was accomplished
 His dying breath has brought me life
 I know that it is finished

I will not boast in anything
 No gifts, no power, no wisdom
 But I will boast in Jesus Christ
 His death and resurrection
 Why should I gain from His reward?
 I cannot give an answer
 But this I know with all my heart
 His wounds have paid my ransom

All Glory Be to Christ

Should nothing of our efforts stand
 No legacy survive
 Unless the Lord does raise the house
 In vain its builders strive
 To you who boast tomorrow’s gain
 Tell me what is your life
 A mist that vanishes at dawn
 All glory be to Christ!

All glory be to Christ our king!
All glory be to Christ!
His rule and reign will ever sing,
All glory be to Christ!

His will be done
 His kingdom come
 On earth as is above

Who is Himself our daily bread
 Praise Him the Lord of love
 Let living water satisfy
 The thirsty without price
 We’ll take a cup of kindness yet
 All glory be to Christ!

When on the day the great I Am
 The faithful and the true
 The Lamb who was for sinners slain
 Is making all things new.
 Behold our God shall live with us
 And be our steadfast light
 And we shall ere his people be
 All glory be to Christ!

God Reigns.

Geoffrey R. Kirkland
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The most comforting reality in all the world that gives solid consolations to my soul is this unshakeable truth that *the Lord reigns*. “The Lord reigns” (Psalm 93:1) is a repeated refrain that should comfort, gladden and uplift our hearts!

How does God reign? This brief writeup will explore 3 dimensions of God’s kingship.

1. God reigns over the past.

Go far back, as back as your human mind can possibly travel, and survey human history. Still more, go back even before God’s creative work in Genesis 1 and try to survey how the Triune God reigned sovereignly as the only, gloriously sufficient and everlastingly happy Being in and of Himself. But then consider history. God has ruled over every empire, king, nation, revival, calamity, rebellion, and conversion. Indeed, God has reigned over every moment of the past — including every moment of *your* past. Whatever God has wisely brought and allowed into your life in your upbringing, in family relationships (or, discord), in your sins, in your hurts and pains, and even in the many saddening memories of the past, plant your roots deep in this one solid reality: *the sovereign God of the universe has reigned perfectly, wisely, immovably over it all*. Let this reality console your anxieties and let it ease the floods of guilt and shame as you reflect on “your past.” Rather than dwelling on the *sins* of the past and remaining there in the swamps of guilt and shame, let Scripture direct you to the *Sovereign* over your past so you remain there in the ocean of His wisdom.

2. God reigns in the present.

Right now, in your life, at this very present moment, God *is working* most powerfully, wisely, and *providentially* for His renown and for His pleasure. He is always doing a thousand huge things in every small event in our lives. Right now, it’s raining somewhere in the world. Right now, insects make their God-given sounds in some rainforest. Right now, the massive sun shines brightly giving warmth to many millions of people. Right now, planet earth (and other planets) orbit around the sun at God’s specific direction. And in *your life*. Consider how God, *right now*, this day rules over all that happens. Your conversions. Your meetings (or cancellations). Your rush-hour traffic (that may be a bit extra-long). Your hearing of some good news of a friend’s achievements. Your opportunity to gather with God’s people to hear your pastor preach a text from God’s Word. Your family worship time. Your moment of evangelizing your children when they’ve sinned and are in need of reproof from the Word. Your urging a man you meet to repent and believe. Do not underestimate the glorious reign of God *in the everyday, even the small and seemingly insignificant* moments in your life. God is at work. This is providence whereby God perfectly works out His eternal decrees in everyday moments.

3. God reigns over the future.

Do you fear something that may (or, may not) happen? Is your soul anxious today because of news that you’ve heard? Do you wonder at your job security? Your children’s welfare? Your adult child’s salvation? Your baby’s health in these early stages of development in your womb? Your financial provision? Whether you’ll ever get married? Let us establish our hearts upon this bedrock truth that the one God who is wise and powerful over all is the God who *reigns over the future* -- indeed, over *every single (individual) moment and event*. From the movement of the largest star in our galaxy to each raindrop that falls from clouds, to every circumstance in your life to the unknown ‘possibilities’ of the future, plant your tentpegs deep in this marvelously comforting truth: *the Lord reigns*. Let your soul rest in Him!