



**Grace Life Church**  
*of Dallas*

The doctrines of grace, the life of the Spirit, to the glory of God

# Philippians 4:1-7

## Do not be anxious about anything

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# Philippians 4:1-5a

*Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. 2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. 4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone.*

# Philippians 4:5b-7

*The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

# Philippians 4:1-5a

**The goal of the Christian life (3:14):** Christlikeness, Sanctification, Conformity to Christ for the glory of God

- In this pursuit we wage war against: Satan (demons), Self (flesh), System (World), & Sin (Temptation)

*V1 Stand firm in the Lord* -press on/persevere, spiritual stability

- *V2-3 Agree in the Lord* -Help others agree
- *V4 Rejoice in the Lord* -Cultivate joy-Word & Holy Spirit
- *V5a Let your gentle spirit be known* (Meek, gentle mercy)

# Meditation-Verse Breakdown 5b-7

**Main Command (Negative-What not to do):** *Do not be anxious about anything*

**Why (Reason):** *The Lord is at hand*

**Contrasting Command (Positive-What to do):** *But in everything by prayer and supplication with thanksgiving let your requests be made known to God*

**Result (Promise/Blessing):** *And the peace of God, which passes all understanding, will guard your hearts and minds in Christ Jesus*

Understanding all this in the greater context of spiritual stability (v1)

# Main Command-*Do not be anxious about anything*

*Anxious-Troubled with cares (worry/anxiety)*

- This is a command, so to disobey this command is a sin
- Jerry Bridges-Respectable Sins *“When you or I say to someone, “Don’t be anxious” or “Don’t be afraid,” we are simply trying to encourage the person, or admonish in a helpful way. But when Jesus says to us, “Do not be anxious,” it has the force of a moral command....Or to say it more explicitly, anxiety is sin.”*
- This is NOT a call to flippancy, laziness, passivity or indifference
- We are all tempted to be anxious, to worry and fear
  - **Matthew 13:22** *As for what was sown among thorns, this is the one who hears the word, but the **cares** of the world and the deceitfulness of riches choke the word, and it proves unfruitful.*

# **Main Command-*Do not be anxious about anything***

**Matthew 6:25-34** *Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? V34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

**1 Peter 5:7** *Casting all your anxieties on him, because he cares for you.*

## **Why is anxiety/worry so offensive to God?**

- The root of anxiety is unbelief regarding God (A distrust in God)
  - Providence, promises, provision, power, protection, perseverance
- The issue in the sin of anxiety/fear is not seeing God rightly
  - The solution is seeing God rightly, and trusting Him (Stability)

# **Main Command-*Do not be anxious about anything***

“God has forsaken me”, “God is not hearing me”, “God is not loving me”, “God is not for me”, “God is against me”, “God is not working all things together”, “God is giving me too much”, “This is taking too long”

**A wrong view of God (who He is, character) is the source of most of our problems, & it is directly related to the temptation of “anxiety”**

- We must allow God to define Himself through His Word
- We must resist the temptation to allow our view of our circumstances to define God

## ***V5b The Lord is at hand***

- Paul wants us to have a right view of God before he commands us to not be anxious about anything
- *The Lord is at hand (near); do not be anxious about anything*



## *The Lord is at hand (near)*

*The Lord is at hand (near)*-Referring to closeness (not return)

Even though the circumstances may “feel/seem” like the Lord has forgotten you, please know “*The Lord is near*”

- Implications of the Lord being “near”
- He hasn't left you, He is in control, He is listening

Knowing this, what should our response be?

- Take thoughts captive (2 Cor 10 :5), trust the Lord and knowing He is near, call out to Him (prayer)

*The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

# Summary

Am I giving into the temptation to worry/fear?

Am I justifying anxiety/fear in my life?

What wrong view of God do I have regarding the thing(s) I am worrying about?

Do I believe He is near regarding this issue, regardless of what my circumstances say?

**James 1:22** *But be doers of the word, and not hearers only, deceiving yourselves.*