

# **Do Not Be Anxious about Anything**

## **Philippians 4:6-7**

### **Introduction**

This past week everyone of us has been anxious, worried, fearful. But in today's passage Paul tells us how it's possible to stop being anxious, and to find complete peace. The answer is in Philippians 4:6-7.

### **What would it mean to not be anxious about anything? (6)**

To be anxious means to feel fear about some future scenario because it will cause suffering, pain, or loss. But Paul commands us not to be anxious about anything, which means he is commanding us to feel completely at peace about everything.

This command should shock us, because of how often we do feel anxious. But it is God's command to us, and it is repeated in other words in many other Scriptures.

### **How can we obey this command? (6)**

This is a crucial question to ask, because many people will tell us how to stop worrying, but what they say is not at all what God says.

The problem with these approaches is that they ignore God, and so can't give us lasting.

So it's crucial to understand how Paul tells us to obey this command –

- By prayer and supplication
- With thanksgiving
- Let your requests be made known to God.

### **What does God promise will happen when we do this? (7)**

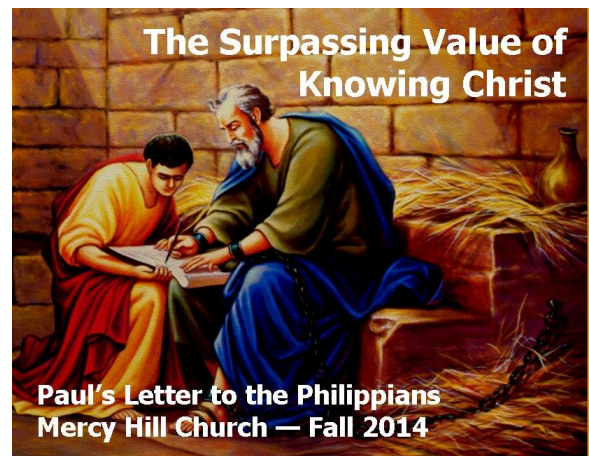
The peace of God will guard our hearts and minds in Christ Jesus.

The peace of God is a feeling of peace that comes into your heart supernaturally from God himself.

This peace surpasses all understanding, not because you can't understand why you feel peace, but because it can't be explained by our circumstances.

This peace guards our hearts and minds against worry, fear, and anxiety.

But this only happens as our hearts and minds are in Christ Jesus – looking to him, trusting him, depending on him.



## **HOME GROUP DISCUSSION OF SUNDAY'S TEACHING**

*(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)*

What are some things you have been anxious about this past week? Share them with each other.

Does it shock you that Paul commands us to be anxious about nothing, which means he is commanding us feel peaceful about everything? Why or why not?

In the past, how have you tried to overcome anxiety? Have you pursued approaches that ignored God? What was the result of pursuing those approaches?

Do you agree that praying "with thanksgiving" means thanking God for all that he promises to be to us in Christ? Why or why not?

Have you ever prayed, thanked God for all that he promises to be to us in Christ, let your requests be made known to God – and NOT received the peace God promises?

Take time to pray with and for those who are battling anxiety. Spends time thanking God for all that he promises to be to them in Christ, and bringing this person's requests before God in earnest prayer. Pray also for God's peace to flood their hearts, and guard their hearts and minds in Christ Jesus.

