



**Big Idea: Faith in Christ leaves no excuse for anxiety.**

### **The Rule (v. 6a)**

- v. 6 - *"Do not be anxious about anything."*
- As God's people, we are **Commanded** to possess inner peace.
- Remember here that Paul is talking to believers in Jesus Christ.
- Don't miss the message: Anxiety is a sin against God.

### **The Remedy (v. 6b-9a)**

#### **1.) Trust God (v. 6).**

- **The chief source of our anxiety is our failure to trust God.**
  - To trust in anything other than God is to invite anxiety (Psalm 146:3-4).
  - Our inner peace will never be greater than the chief object of our trust.
  - For people who truly trust in God, there is no legitimate excuse for persistent anxiety (Psalm 56:4, Psalm 125:1).
- **We Glorify God best when we trust Him most.**
  - God commands us not to be anxious because one of His chief purposes for us is to trust in Him (John 14:1, 2 Corinthians 1:8-9).
  - *"...in everything..."* - God doesn't want some of our trust. He wants it all.
  - *"...by prayer and petition..."*
    - **Prayer** is practical trust in God.

- That which would drive us to anxiety apart from Christ, should now drive us to our knees in prayer.
- "...present your requests to God."
- God's care for us is infinitely greater than our best intentions for ourselves.
- In response to our prayers, God always gives us exactly what we would give ourselves if we could know what He knows and see what He sees.

## 2.) **Thank God (v. 6b).**

- **A second source of anxiety is ingratitude.**
- v. 6 - "...with thanksgiving..."
- Habitually anxious people tend to focus on what they think they lack.
- Peaceful believers never lose sight of how blessed we are in Christ.
- Nothing curbs anxiety more quickly than thankful prayers to God (Psalm 28:6-7).

## 3.) **Think about God (v. 8).**

- **A third source of anxiety is a preoccupation with worldly affairs.**
- **Anxiety always makes mountains out of molehills.**
- Most of us should probably be ashamed by the eternal irrelevance of the things about which we worry and stress (Luke 10:38-42).
- The enemy works to get us preoccupied with anything but Jesus.
- **v. 8 - Thus, Paul urges the church to fix our thoughts on Christ**
- Jesus is the perfect embodiment of all the adjectives in verse 8.
- In Jesus Christ and His glorious Gospel, anxiety is annihilated! (2 Timothy 1:9-10)

## 4.) **Take Action (v. 9).**

- **A fourth source of anxiety is passivity.**
- Anxious people are usually passive about their problems.
- v. 9 - "Whatever you have learned . . . put it into practice."

- The person who resolutely sets out to obey God finds peace (James 1:25).
- When tempted to be anxious about something, take a step of **Obedience** to God's Word.
- While anxious people dwell, peaceful people do.

### The Result (v. 7, 9b)

- v. 7 - "*...the peace of God, which transcends all understanding...*"
  - This world cannot understand or afford the peace God gives because it is based upon Jesus Christ, not upon our **Circumstances**
- What God wants for you and makes possible is true peace in your spirit through Jesus Christ.
  - Jesus did not suffer so that you might be a nervous wreck.
  - In pacifying the raging sea, Jesus was demonstrating what His indwelling Spirit can accomplish in human hearts (Luke 8:22-25, Heb. 10:35-36).