

Series on Philippians – sermon 34 - 13/02/11 (pm)

Never Anxious

Philippians 4:6-7

Theme: Christians are not to be anxious about anything but in everything are to present their requests to God.

The Command (4:6)

Consider the terms used:

- ***anxious*** Full of cares, especially about the future, so that your mind is distracted.
- ***prayer, petition, requests*** Three words referring to petitionary prayer.

prayer - *petition*/intercession for self and others, *cf.* Romans 1:9-10

petition - urgent request to meet a need, *cf.* 1:19.

requests - *specific* things asked for

- ***thanksgiving*** Inner gratitude expressed in outward thanksgiving, *cf.* 1:3-5.

Paul may have had in mind Jesus' teaching from Matthew 6:25-34.

The grammar shows the Philippians were habitually anxious.

Paul commands them to stop.

We all have different temperaments
but we are all guilty of worrying.

Worry/anxiety shows a lack of
confidence in the Lord to care for you
in the present and in the future, *cf.*

Matthew 6:28-30.

Apprehension and fear are
companions of unbelief.

Christians are to counter *anxious harassing cares* by going to the Lord with specific-to-the-situation petitionary prayer about their concern, and they are to do this with thanksgiving.

The way to be anxious about nothing is to be prayerful about everything.

[Rainy]

The Consequence of Obeying the Command (4:7)

Consider the terms used:

- ***peace of God*** Peace that God Himself has and peace that God gives.

- ***passes all understanding***

Unexpected peace coming in what seem impossible circumstances.

- ***guard*** Term used for soldiers standing guard over a city.

- ***hearts and minds*** The place anxiety begins. The centre of the personality and thoughts.

- ***in Christ Jesus*** Only those in union with Jesus experience this protection.

John Calvin called our hearts *idol factories*.

They are also *imagination factories*!

We cross many bridges before we come to them.

We cross many bridges that the Lord will not call us to cross.

As a Christian obeys 4:6 the Lord will give 4:7, *cf.* Isaiah 26:3.

Conclusion—Not Psychology but Christianity!

Christian, are you anxious?

Does anxiety keep you awake at night?

Here is how you can find release!

It is not psychology—distract yourself by praying; prayer will make you feel better.

It is Christianity. It is something God does as you obey His command.

When you are anxious, go to Him.

*Thank Him for the blessings He has
showered upon you.*

*Then tell Him what is making you
anxious, cf. 1 Peter 5:7.*

*Be obedient to 4:6 and you will
experience 4:7!*