

A man with dark skin and short hair, wearing a blue and white plaid shirt, is leaning over a workbench in a workshop. He has his head in his hands, looking weary or distressed. In the background, there are shelves filled with various tools and equipment. On the workbench to the right, there are two wrenches. The overall atmosphere is one of exhaustion or despair.

Praying Your Worries Away

Philippians 4:6–7

Theme

When you face life's troubles,
trust God by praying your
worries away.

Praying Your Worries Away
Philippians 4:6–7

I. Stop Worrying (v. 6a)

A. Worry fails to trust God (Matt 6:30)

Difference between concern and worry (Stuart Scott)

Worried Thought

My job is ending soon, and I don't have another one yet. What am I going to do? We're going to lose everything. We will have to pull the kids out of their music lessons, and Sally's going to have to go to work.

My resume looks terrible. There's no way I will be able to find a decent job so why bother.

Concerned Thought

I thank you, Lord, that you know our needs. I will do all I can to find another job, but I know you will help us through whatever happens. Please help me find another job. You are in control of all things. I will trust you and be content with what you provide even if we do have to pull the kids out of music.

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I. Stop Worrying (v. 6a)

- A. Worry fails to trust God (Matt 6:30)
- B. Worry accomplishes nothing (Matt 6:27)
- C. Worry makes you spiritually unstable
 - 1. It weighs down your heart (Prov 12:25)
 - 2. It leads you to evil (Ps 37:8)
 - 3. It chokes out the Word (Matt 13:22)
 - 4. It prevents you from worship (Luke 10:40–42)
 - 5. It keeps you from preparing for eternity (Luke 21:34)

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- I. Stop Worrying (v. 6a)
- II. Start Praying (6b–7)
 - A. Pray in every situation
 - B. Pray with thanksgiving
 - C. Pray with complete dependence on God

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- C. Pray with complete dependence on God
 - 1. He is near to you (Psalm 145:18; Phil 4:5b)
 - 2. He cares for you (Matt 6:28; 1 Pet 5:7)
 - 3. He is an Everlasting Rock (Isa 26:3–4)
 - 4. He is perfecting you (1 Pet 5:10)