

A man with a beard, wearing a blue and white plaid shirt, is shown in a workshop setting. He is leaning forward with his head buried in his hands, suggesting a state of deep distress or prayer. The background is filled with stacks of wooden pallets and various tools, including a wrench, on a workbench. The overall tone is somber and contemplative.

# *Praying Your Worries Away*

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**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.

# 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)