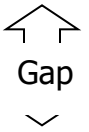


- Theme: You can rest from worry when you learn to let God guard you.

Don't be Anxious! (4:6)

- A worrier needs more than: "Stop worrying". He can't!
- No one wants to be **unconcerned**. Prov. 4:23 Worry is *over* concern.
- A worrier's mind is divided into a 1,000 pieces, exhausting him.
 - He has to have reasons to quit worrying. He tries to answer the "what if's."
- When reality doesn't meet expectations, a gap is created. **Q.** What will fill it?
 - Worry & anxiety is the human effort to close that *uncertainty gap*.
- Childhood **trauma** sets up protective patterns, some good, some distorted.
- **v. 7** gives a **clue**: "..._____ will **guard** your hearts and minds..."



"But by Prayer & Supplication..."

- The only way out is to replace the attempts to control with rest in God.
- "Don't worry about *anything*... pray about *everything*..."
- Prayer declares God is in control. Supplication asks specific things
 - Invite God to correct your distorted perceptions. Psalm 139:23,24



"...With thanksgiving..."

- God must get bigger in my eyes if I'm to overcome anxiety.
- As I learn to turn to Him when anxiety rises, I overcome worry.
- Thanksgiving shows I trust Him as the source & goal (Matt. 6:25-34)

"The Peace of God will Guard..." (7)

- "The peace of God...He shares it with us." (John 14:27)
- ...which surpasses understanding...It is not describable or duplicated by human effort.
- ...shall **guard** hearts & minds..."
 - If Christ guards me, I don't have to guard myself! Phil 4:5 "The Lord is at hand."
 - He guards both my feeling & thinking. Psalm 139:23,24

Applications:

- If Christ guards me I can trust him to superintend the losses I will face
 - John 16:33; Matt. 11:28 I will seek His rule and take His yoke
 - I Peter 5:7 I will cast my anxiety on Him; He cares for me
- Who is guarding *your* heart?