

Victory over Anxiety

Philippians 4:6-13

SLIDE 1

I. Intro

● Anecdote

- Anxiety
- Anxiety - - it's the abnormal apprehension that occurs in our minds - as we anticipate those fearful things - that we imagine might happen.
- Anxiety is the overwhelming sense of fear - that physically manifests in our bodies...
- ...as our hearts begin to race - our muscles begin to tense - and our pores profusely sweat - from the physical stress.
- And while I have no doubt that - we all experience anxiety - from time to time...
- ...many of us are struggling with increasing levels of anxiety - as we watch the mystery of lawlessness continuing to impact our lives.
- And whether we're talking about political problems - or criminal activity - or familial complications...
- ...it's not uncommon for Christians to struggle with anxiety - as we wonder why the Lord is allowing all of these issues.

• Issues

• .

II. Outline

● Points

- Victory
- The chances are - many of us
- And knowing that we're all wrestling with various levels of anxiety - I want to take some time - to provide you with some spiritual tools...
- ...which will help us to gain the victory - over every anxiety.
- And as we study the scriptures before us this morning - we'll begin to see that...

SLIDE 2-4

1. ...we gain the Victory over Anxiety through Thankful Supplication
2. ...we gain the Victory over Anxiety through Thoughtful Meditation
3. ...we gain the Victory over Anxiety through Trustful Devotion

- With this as our outline let's open our Bibles to Philippians chapt 4...

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- ...where we find Paul - helping the Christians in Philippi - to overcome their anxieties.

III. Thankful Supplication

● Set up

- Anxious
- As you make your way to the 4th chapter of Philippians - I want to take a moment to point out that...
- ...many of us are struggling with mental anxiety - as we cope with the increasing levels of carnality - happening here in this world.
- We are anxious about our health - and we're anxious about the health of our family.
- We're anxious about our income - and we're anxious about the economy.

- And then there are those who are caught in a catch 22 - as they grow more and more anxious - about their anxieties.
- If this sounds like you're life - then - I encourage you to embrace the challenge - that Paul presented to the church in Philippi.
- Look with me - there at Philippians chapter 4 - let's begin reading there at verse 6 - where Paul declared...

SLIDE 6-10

Phl 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Phl 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Phl 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Phl 4:9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Phl 4:10 But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.

Phl 4:11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

Phl 4:12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

Phl 4:13 I can do all things through Christ who strengthens me.

- Context
- Here in our text today - we find Paul - addressing the anxiety - that was affecting the Christians at the church in Philippi.

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- It'll help us to know that Paul wrote this letter to the church in Philippi - during the days of his imprisonment.

- It was 62 AD - when Paul sent this letter - to encourage the Philippian Christians...
- ...who's hearts were filled with fearful anxieties about the persecutions - which were affecting the church.
- And while it's true that the threat they were facing - was a real...
- ...it's also true that - there was no reason for them to be anxious about their situation.

- Nothing

- Let's consider how Paul put it here in Philippians chapter 4 - look with me again there at verse 6 - where Paul declared...

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Phl 4:6 ...Be anxious for nothing...

- Now - - it should be noted that - Paul didn't say that anxiety is good for somethings.

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- No - instead - he directed the disciples of Christ - to be anxious for NO things.
- In other words - Christians shouldn't be anxious about anything.
- Or - we might restate Paul's command in this way - - - there isn't one thing - that the Christian should be anxious about.
- And the reason why is due to the fact that - our anxieties won't solve anything.

- Anxiety

- For the sake of clarity - it'll help you to know that - the word - anxious - found there in verse 6...
- ...was translated from a Greek word - which was used of those who are troubled with cares.

- It's also interesting to note that - Anxiety is your body's natural response to stress - - and not only that - but...
- ...anxiety is also the apprehensive fear we feel - whenever we spend our time - worrying about what may - or may not come.
- And while it's only natural for us to experience anxious thoughts - after receiving troublesome news...
- ...it's crucial for every Christian to learn how to cope with the concerns that trouble our minds.

- Prayer

- With this as our goal - let's consider the solution that Paul presented - here in Philippians 4 - look with me again there at verse 6 where Paul declared...

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Phl 4:6ab Be anxious for nothing, but in everything by prayer and supplication,

- Here in the first half of this verse - we find Paul - redirecting the attention - of the Christian who is feeling anxious.

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- Rather than allowing our anxieties to control our focus - Paul redirected our attention...
- ...by encouraging every believer - to spend time engaging in the spiritual discipline of prayer.
- Just to be clear - Prayer is the way we communicate with the Lord.
- Therefore - if you want to overcome your anxieties - - spend more time in prayer.

- Supplication

- And according to Paul - our prayer time ought to include the petitions that Paul called - supplications.

- Supplications are the prayerful petitions that we present to the Lord - as we ask Him to help us in our time of need.
- And while I'm sure we all realize that the Lord isn't obligated to give us everything that we ask for...
- ...this shouldn't stop us from spending time in prayer - as we seek the gracious help of the Lord.
- I like the way that Paul put it - in Hebrews chapter 4 - where he declared...
 - "...Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."
- Thanksgiving
 - We should also notice that - the Christian who wants to overcome their anxieties - ought to offer their prayerful supplications - - with thanksgiving.
 - That word - thanksgiving - speaks of the grateful language of those who's hearts are filled with gratitude.
 - In this context - thankfulness is an act of worship - offers by those who are filled with feeling of appreciation.
 - And as we prayerfully express our appreciation to the Lord - for all of the wonderful things that He has done...
 - ...the fearful anxieties that we wrestle with - are soon replaced by the feelings of appreciation.
 - Then - those feelings of appreciation - bring peace of mind - as we remember the goodness of God.
- Peace
 - Let's consider how Paul put it - here in Philippians chapter 4 - look with me again - there at verse 6 - where Paul declared...

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Phl 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;
Phl 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

- Here in these verses - we find Paul - describing the Peace that fills the minds of those...

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- ...who spend time in prayerfully presenting their supplications to the Lord.
- That word - peace - in this context - refers to the tranquil state of the believer - who is resting in the assurance of salvation.
- And according to Paul - - the anxious Christian who will simply spend time in prayer...
- ...will begin to enjoy a tranquil state of peace - - as the Lord helps them to overcome their anxieties.
- Contrary
- Conversely - the Christian who continues to focus on their fears - - will tend to allow their anxieties - to overwhelm them.
- Rather than enjoying the peace that surpasses all understanding - these anxious believers - begin to experience different disorders.
- As a matter of fact - there are some who have allowed their anxieties - to become full blown panic attacks.
- Others have allowed their anxieties - to become an overwhelming fear of rejection.
- Some worrisome believers - have become paralyzed by their anxieties - that stem from the fear of sickness.

- And others have allowed their anxieties - to become an obsessive-compulsive disorder.

● Application

- 2026
- Now - it's possible that you're a person - who typically has a handle on your anxious thoughts.
- And when all things are working out well - - it's easy for us to keep our anxieties in check.
- But when the circumstances change - and we find ourselves struggling with the situations that fill our hearts with fear...
- ...it becomes more and more difficult for us to simply commit our concerns to thankful supplications.
- And one reason why is because - it's difficult to be thankful - whenever we allow our anxieties - to control us.
- It's for this reason that Paul encouraged his audience to gain the victory over anxiety - through Thoughtful Meditation.

● Transition

- Points
- This brings us to our second point because listen...

1. ...we not only gain the Victory over Anxiety - through Thankful Supplication...

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2. ...but - we also gain the Victory over Anxiety - through Thoughtful Meditation

- With this as our focus - let's continue to make our way through Philippians chapter 4.

- Let's pick up our study - beginning there at verse 8 - where Paul declared...

IV. Thoughtful Meditation

SLIDE 19-20

Phl 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Phl 4:9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

- Meditation?
- Now - in order to grasp the point that Paul was making - - it's important for us to understand the meaning of that word - Meditate.

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- The reason why is due to the fact that - many of us have been led to believe that - mediation - is an attempt to empty the mind.
- I'm sure we've all seen movies - where the hero must spend time meditating - in order to acquire the special power they need.
- And often times - this meditative state includes a mantra - as the protagonist attempts to empty their mind.
- Christian - listen - Paul was NOT encouraging us to empty our minds by chanting mantras - as we sit in lotus position under a waterfall.
- No - instead - he was encouraging every believer - to focus the mind - through thoughtful meditation.
- Reckon
- As a matter of fact - that word - meditate - found there at the end of verse 8 was translated from a Greek word...

- ...which was used in reference to those who spend time - gathering information - so that they can think reasonably.
- That word - meditate - speaks of those who take the time to contemplate something - or to take something into account.
- It's was also used of those who weigh the options - and determine logical decisions.
- Therefore - the person who wants to gain the victory over their anxieties - should take the time to focus their minds...
 - ...so that we can set aside the emotional imaginations - that fill our hearts with anxious fears.
- true
 - With this as the goal - let's take some time to consider the things that we ought to meditate upon.
 - The first thing that Paul listed is found there in the beginning of verse 8 - where he declared: "Finally, brethren, whatever things are true."
 - That word - true - was used to describe those who love the truth - and it was also used of those who speak the truth in love.
 - Not only that - but - the original Greek word - is the root of the word that Jesus used - in John chapter 14 - where He declared...
 - "...I am the way, **the truth**, and the life. No one comes to the Father except through Me."
 - In light of this - it's important to understand that - we can gain the victory over anxiety - by focusing on Jesus - Who is THE TRUTH.
- Fantasy
 - Sadly - there are many Christians - who focus their attention - on their fearful fantasies.

- Rather than focusing on the truth of God's words - they instead create worst case scenarios in their mind.
- And then they allow those worst case scenarios - to fill their hearts with fear - until they suffer a panic attack.
- If this sounds like something you struggle with - then - I encourage you to stop centering your mind - on fearful fantasies...
- ...and instead - let's meditate on the truth of God's word - so that we can rest in the peace that surpasses all understanding.
- And not only should we meditate on that which is true - - but also - - on that which is noble.
- Noble
- With this in mind - look with me again - there at verse 8 - where Paul declared...

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Phl 4:8 Finally, brethren, whatever things are true, whatever things are noble... meditate on these things.

- Now - that word - noble - was translated from a Greek word - which was used of that which is honorable.

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- Noble thoughts - are venerable - and reverent thoughts - which are morally excellent - and intellectually honest.
- Christian - listen - those who spend time - thinking of things that are immoral - and dishonest - - will end up struggling with anxiety.
- Therefore - if you want to experience victory over your anxiety...
 - ...then - let's make sure that we are meditating upon those things that are morally excellent - and intellectually honest.
- Just

- Not only that - but - Paul also encouraged every believer - to meditate on those things that are just.
- That word - just - found there in the middle of verse 8 - was translated from a Greek word...
- ...which was used of him whose way of thinking, feeling, and acting is completely conformed to the will of God.
- The same Greek word - can also be rendered - righteous - or - upright.
 - And what this means is that - the Christian who wants to overcome their anxieties...
 - ...ought to spend time meditating on those thoughts - that are acceptable to God.
- Pure
- We should also notice that Paul encouraged his audience - to meditate on those things that are pure.
- Do you spend time meditating on thoughts that are pure - or - are you constantly thinking impure thoughts?
- And while there are times when the enemy fires off those impure arrows that seem to impact our minds out of nowhere...
- ...the question is - - do we entertain those impure thoughts - or - do we discipline ourselves - by thinking pure thoughts?
- The best way to do this - is by taking every thought captive - unto the obedience of Jesus Christ.
- In this way - we can discipline our minds - to meditate on those things that are pure.
- lovely

- Furthermore - Paul also instructed every believer - to meditate on those things that are lovely.
- That word - lovely - was translated from a Greek word - which was used of those things that are pleasing.
- Christian - listen - if you struggle with anxiety - the chances are - your thoughts aren't centered on things that are pleasing.
- Pleasing thoughts won't make us anxious - - therefore - rather than focusing on the fearful fantasies that we create in our minds...
- ...let's instead focus on those thoughts - that are pleasing to the Lord.
- And not only that - but - let's focus on those things that are of good report.
- Good report
- Let's consider again how Paul put it - here in Philippians chapter 4 - look with me again - there at verse 8 - where Paul declared...

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Phl 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report...

- Now - as we consider this encouragement - I can't help but to wonder - how much of our attention - is dedicated to bad news.

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- According to one expert - 90% of the news we watch - is negative - or bad news.
- Therefore - we shouldn't be surprised to learn that - 80% of our thoughts - are also negative.
- Is it any wonder why so many of us are struggling with anxiety?
- And in order to reverse this issue - we must make a conscious effort - to look for those things - that are of a good report.

- Virtuous
 - And not only that - but - Paul also encouraged every Christian - to meditate on those things that are virtuous.
 - That word - virtue - speaks of moral excellence - and personal purity.
 - Therefore - Paul was directing the disciples of Christ - to meditate their minds...
 - ...on thoughts that are morally excellent - and perfectly pure.
 - The next time you find yourself - filled with anxiety - - stop and ask yourself...
 - ...am I focused on fearful fantasies - or am I thinking about things that are virtuous?
- Praiseworthy
 - Finally - Paul reminded his readers - that those who want to gain the victory over anxiety - should meditate on things that are praiseworthy.
 - That word - praiseworthy - was translated from a Greek word - which was used of those things that are commendable.
 - And as we consider Paul's encouragement - we should take a moment to ask...
 - ...how much time do I spend - worrying about things - that aren't praiseworthy?
 - How much attention do I give - to those things that fill my heart with fear?
 - Christian - listen - if you want to overcome your anxieties - then - you must meditate on those things that are worthy of praise.

- Peace
- In order to prove my point - let's take another look at this text - look with me again - there at verse 8 - where Paul declared...

SLIDE 26-27

Phl 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Phl 4:9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

- Here in these verses - we find Paul - helping the Christians in Philippi to grasp the connection - between our focus - and our peace of mind.

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- The believer who wants to experience the peace of mind that the God of peace has promised to provide...
- ...then - we must first make sure that we are engaging in proper meditation.
- Rather than spending our time - focusing on those things that cause us to imagine every fearful scenario - - let's instead - meditate...
- ...on those things - that are true - noble - just - pure - lovely - and on those things that are of good report - virtuous and praiseworthy

● Application

- Set Your Minds
- I like the way that Paul summed it up in Colossians chapter 3 - it's beginning at verse 1 - where he declared...

SLIDE 29-30

Col 3:1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.

Col 3:2 **Set your mind on things above**, not on things on the earth.

Col 3:3 For you died, and your life is hidden with Christ in God.

Col 3:4 When Christ who is our life appears, then you also will appear with Him in glory.

- In other words - the believer who wants to make sure that they are meditating on the right things...

SLIDE 31

- ...should simply ask themselves - am I setting my mind - on things above?
- Or am I still allowing the worries of this world - to fix my focus - on every fearful fantasy that I can imagine.
- If so - then I encourage you to remember that - the Christian who will fix their focus on Jesus - will overcome every anxiety...
- ...and the reason why is due to the fact that - those who Meditate on the Messiah - will experience the peace of God.

● Transition

- Points

1. And so we see that - we gain the Victory over Anxiety - through Thankful Supplication...
2. ...and - we also gain the Victory over Anxiety - through Thoughtful Meditation

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3. Finally - it's important for us to realize that - - we gain the Victory over Anxiety - through Trustful Devotion
- With this as our focus - let's continue to make our way through Philippians chapter 4.
 - Let's pick up our study - beginning there at verse 10 - where Paul declared...

V. Truthful Devotion

SLIDE 33-34

Phl 4:10 ...I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.

Phl 4:11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

Phl 4:12 I know how to be abased, and I know how to abound.

Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

Phl 4:13 I can do all things through Christ who strengthens me.

- Victory

- Here in these verses - we find Paul - helping his audience to remember that...

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- ...Christ Jesus is the One - Who will strengthen us - so that we can endure every trial - and every trouble.
- And yes - this includes all of the trials and all of the troubles that you're facing today - whatever they are.
- It's possible that your heart is filled with fear - as you consider situation that you're struggling with today.
- Maybe your mind is agitated with anxiety - over the economic concerns that we all share.
- Whatever the reason for our fear - - we can overcome our anxiety - with a Trustful Devotion to the Lord.
- Trustful
- For the sake of clarity - it'll help you to know that - the word - trustful - simply means - full of trust.
- Therefore - the trustful Christian - is the believer - who fully trusts in the Lord - despite the circumstances.
- This was the sort of trust that Job demonstrated - - on the day he discovered that he had lost family - friends - and livestock.

- Rather than allowing his circumstance to become anxiety - Job revealed His trust in the Lord - by declaring...
- “Naked I came from my mother's womb - and naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD.”
- Just like Job - Paul also learned how to trust in the Lord - despite the circumstances.

- Content

- In order to prove my point - let's look again - there at Philippians 4 - I want to draw your attention once again - to verse 11 - where Paul declared...

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Phl 4:11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

- Now - that word - content - was translated from a Greek word - which was used of those who are satisfied with what they have.

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- And just to be clear - we must not fail to grasp the contrast - between the Christian who is content - - and the Christian who is covetous.
- The Covetous Christian is always filled with anxiety - because - they're never satisfied with what they have.
- And in contrast to this - the content Christian is rarely anxious - and the reason why is because...
- ...they realize that - the Lord is always going to provide them - with everything they need.

- No Fear

- I like the way that Paul put it - in Hebrews chapter 13 - it's verses 5 and 6 where he declared...

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Heb 13:5 Let your conduct be without covetousness; **be content** with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

Heb 13:6 So we may boldly say:

"The LORD is my helper;

I will not fear.

What can man do to me?"

- In other words - the covetous Christian - is failing to be content - - and in contrast to this - the content Christian - is no longer covetous.

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- And while it's true that - the covetous Christian is filled with anxiety - as they clamor for the things they covet...
- ...the content Christian - is able to overcome their anxiety - as we learn how to fully trust in the Lord.
- Therefore - rather than allowing our covetous desires - to become anxious thoughts that become panic attacks...
- ...let's instead learn how to be content Christians - by fully trusting the One Who declared: "I will never leave you nor forsake you."
- Whatever
- With this as our goal - let's consider Paul's example - found here in Philippians 4 - look with me there at verse 12 - where Paul declared...

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Phl 4:12 I know how to be abased, and I know how to abound.

Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

- Here in this verse - we find Paul - describing the way that he had learned how to be content - in every situation.

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- He was content when his belly was full of food - and he was content - when he was suffering hunger pains.

- What this also means is that - he didn't allow his hunger pains - to become anxious thoughts - that spiraled into a panic attack.
- No - instead - he simply learned how to be content - as He walked by faith in the Lord.
- And in light of his example - let's examine our own lives by asking - am I able to trust in the Lord - even when the pantry is empty?
- Clarity
- Now - don't get me wrong - because - I don't mean to suggest that - we shouldn't go buy the groceries that our family needs.
- And yet - at the same time - - I encourage every Christian to take a moment to ask...
- ...are my decisions being driven by the fearful anxieties that come from the covetous desire for more?
- Or - am I willing to learn how to be content - as I fully trust in the One Who promised to provide us with daily bread?
- Christian - listen - this isn't the time for the church to follow the anxious heard - over the edge of the cliff...
- ...no - instead - this is the time for us to become trustful believers - who are walking in the strength of our Savior.
- Strengthen
- Let's consider how Paul put it - here in Philippians chapter 4 - - look with me again - beginning there at verse 11 - where Paul declared...

SLIDE 42-43

Phl 4:11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

Phl 4:12 I know how to be abased, and I know how to abound.

Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

Phl 4:13 I can do all things through Christ who strengthens me.

- Here in these verses - we find Paul - assuring the hearts of his audience - by helping them to understand that...

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- ...the Lord Jesus Christ is able to strengthen us - so that we can learn how to be content - in every situation.
- Therefore - if you're anxiously afraid - because you don't know how your going to survive the situation that you're struggling with...
- ...then - I encourage you to remember that - those who fully trust in the Lord...
- ...will stand in the strength of our Savior - as we learn how to be content
- Fear
- In contrast to this - the Christian who is trusting in their own ability - to provide for - and protect their family...
- ...will soon find themselves - filled with fearful anxieties - as the quickly realize that...
- ...we don't have the ability - to control our environment - in the way that we want to.
- With that being the case - it's crucial for every Christian to realize that - we have two options...
- ...we can either live in a constant state of anxiety - as we fearfully attempt to control every contingency...
- ...or - we can walk in the strength of our sovereign Savior - as we fully trust in Him - to protect - and provide.

● Application

- Victory
 - Christian - listen - I truly believe that the Lord allows us to experience times of great difficulties - - so that we might maintain a life of devotion.
 - Think about it - when the economy here in America is booming - and our finances are secure - - then we tend to stop seeking the Lord.
 - But - when our economy is poor - and we're wondering how we're going to pay the bills - - we soon find ourselves seeking the help of the Lord.
 - When we feel 100% - and there are no health issues - - then we tend to forget about our need for the Lord.
 - But - when we're feeling ill - or we receive a bad report from the doctor - - we quickly remember that we're relying on the Lord.
 - And in this way - the Lord allows us to experience times of trouble - so that we might maintain a Devotional connection with Him.
 - And as we maintain a Devotional connection with Christ Jesus - we gain the victory that is established by faith
- Faith
 - I like the way that John put it - in 1st John chapter 5 - it's there where he declared...

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1Jo 5:4 For whatever is born of God overcomes the world. And **this is the victory that has overcome the world—our faith.**

1Jo 5:5 Who is he who overcomes the world, but he who believes that Jesus is the Son of God?

- Christian - listen - if you want to walk in victory - then walk by faith in the victorious One.

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- The Lord Jesus Christ already secured our victory - - on the day when He died for our sins.

- It was there on the cross - where He was wounded for our transgressions - and He was bruised for our iniquities.
- The chastisement for our peace was upon Him - and by His stripes we are healed.
- Therefore - rather than living in the fear of defeat - let's walk in the victory that our Savior secured for us - there on the cross.

VI. Conclusion

● Wrap up

- Points

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1. Please trust me when I tell you that - we gain the Victory over Anxiety - through Thankful Supplication...

- And so - rather than wasting our time - worrying - let's spend time praying with thankful supplication

2. We also gain the Victory over Anxiety - through Thoughtful Meditation

- And so - rather than Wasting our time - focusing on all of our fearful fantasies...

- ...let's Meditate on the Messiah - so that we can experience the peace of God.

3. And finally - I'll remind you that - we gain the Victory over Anxiety - through Trustful Devotion

- And so - rather than wasting our time - attempting to control everything around us - with a heart filled with covetousness...

- ...let's instead - trust in the One - Who has promised - that He will never leave us - nor will He forsake us.

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- And as we walk by faith with Jesus - He will give us the victory over every Anxiety.