



The Worry- Free Life



Philippians 4:4-7

- ▶ ⁴ Rejoice in the Lord always; again I will say, rejoice.
- ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



➤ Rejoice in the Lord
always; again I will say,
rejoice.

➤ What does rejoice mean?

➤ Why say it twice?





Matthew 5:12

- Rejoice and be glad, for your reward is great in heaven,
- for so they persecuted the prophets who were before you.



1 Peter 4:13

- But rejoice...
- insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.



James 1:2-4

- ▶ Count it all joy, my brothers,
- ▶ when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.



The important part!


➔ Who do we rejoice in?

➔ Rejoice in the Lord always; again I will say, rejoice.



Why say it twice?

- ➡ It's a command!
- ➡ Exodus 20:13
 - ➡ "You shall not murder."

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- ▶ Let your reasonableness be known to everyone.
 - ▶ coherent, consequent, good, rational, logical, sensible, sound, valid, well-founded, well-grounded
 - ▶ Gentleness, steadfastness; unflappable



Am I reasonable?

- How do I react to adversity?
 - 6 years ago
- 





Titus 3:2


- speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.



James 5:8-9

- You also, be patient. Establish your hearts, for the coming of the Lord is at hand. Do not grumble against one another, brothers, so that you may not be judged; behold, the **Judge** is standing at the door.

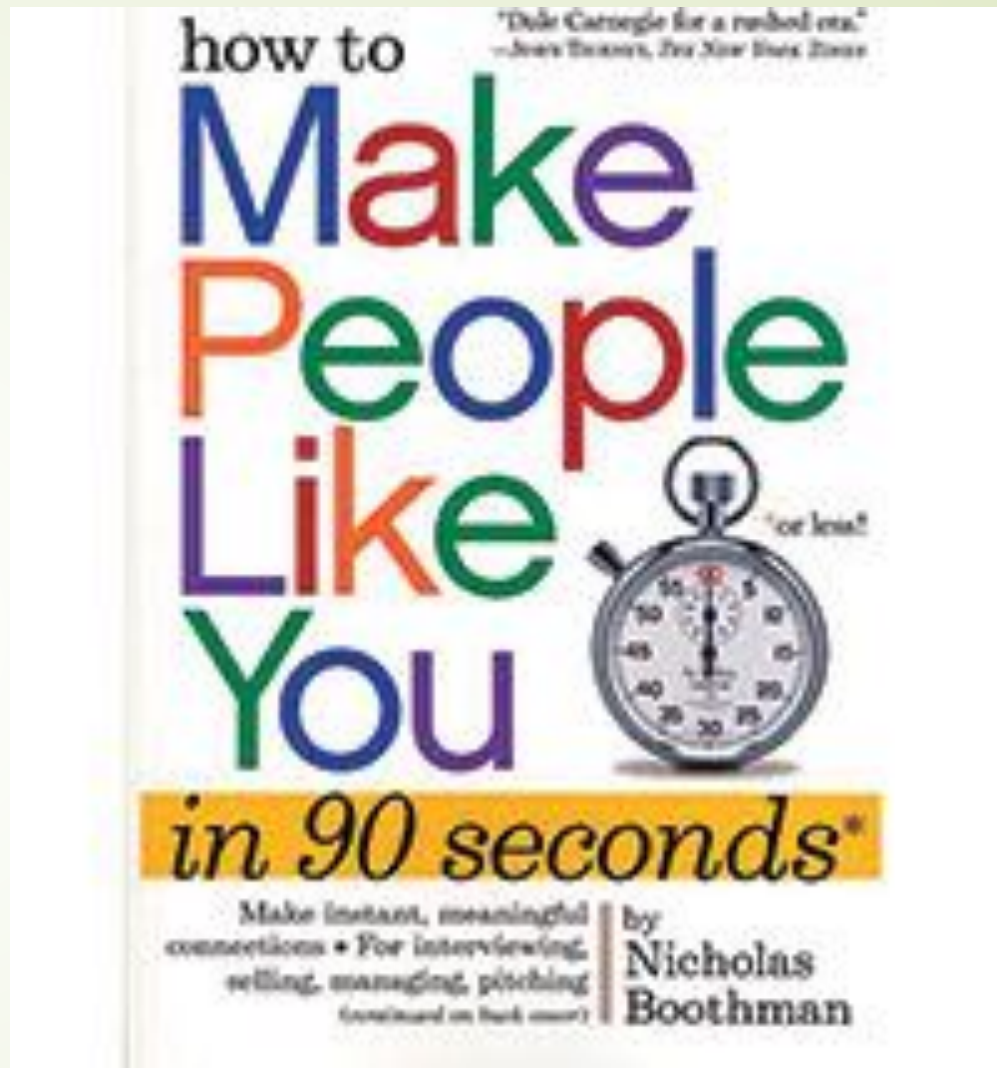
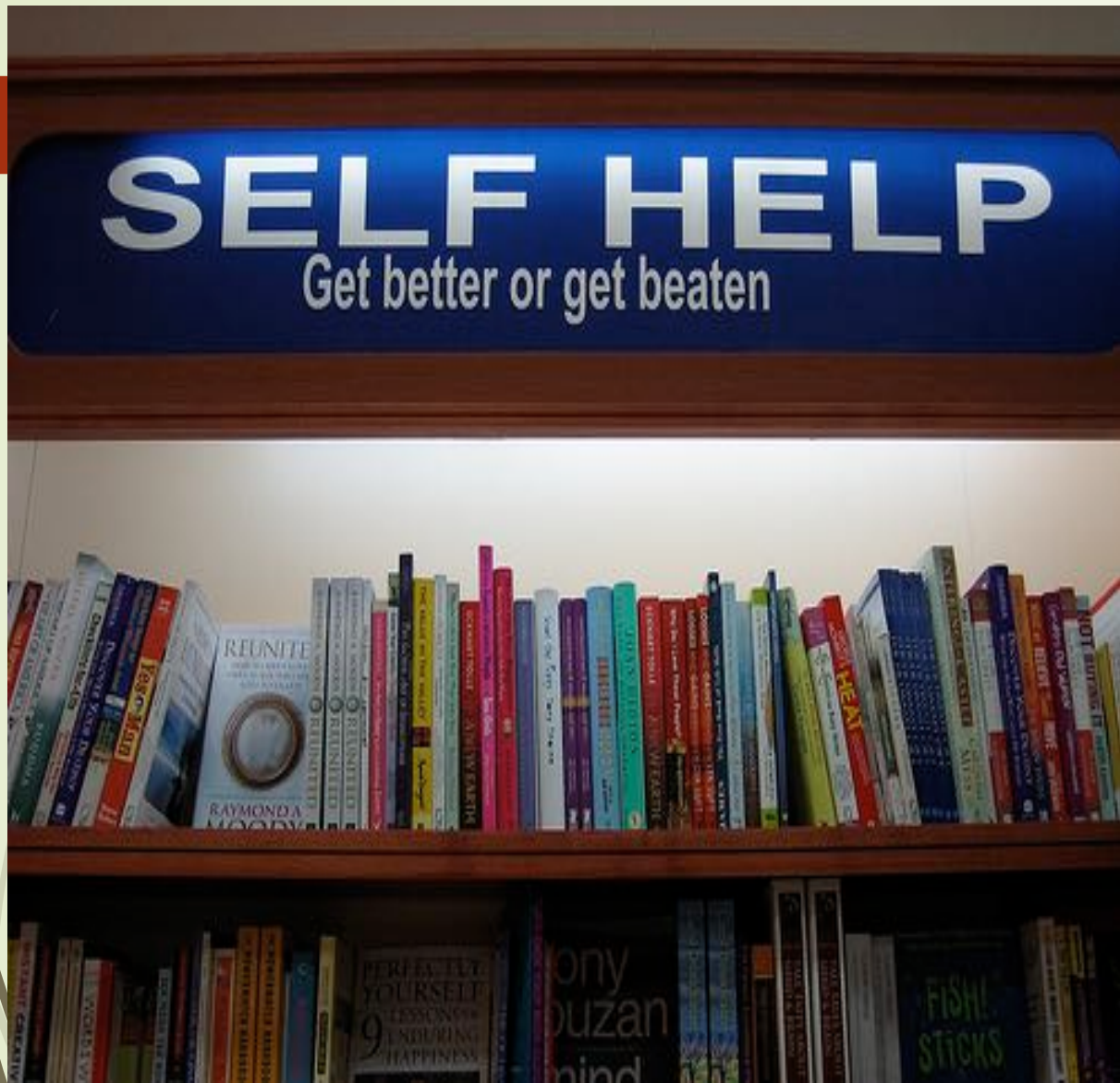
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- ➔ **The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**
 - ➔ Why are we anxious and worried?



On the count of 3 tell your neighbor the
thing your most worried about.
Ready?



We are NOT good enough.





According to Forbes 2009

- ▶ Americans spent \$11 billion in 2008 on self-improvement books, CDs, seminars, coaching and stress-management programs
- ▶ Infomercials—peddling everything from weight-loss programs to quick-and-easy real estate schemes—pulled in \$1.4 billion in 2008
- ▶ The hot growth area: “holistic institutes.”
 - ▶ Two Chopra Centers, run by alternative-healing guru Deepak Chopra
 - ▶ Dale Carnegie Training, a professional-instruction franchise that aims to hammer home the principals of the author’s best seller *How To Win Friends and Influence People*.



Remember this is according to Forbes Magazine (not Dan)


“Who buys into this stuff?”

➡ “Mainly middle-aged, affluent females living on either of the two coasts. What are they getting for their money? In a word: hope.”



I am my own hero





Where do we start to be worry-free?

Nothing is bad about this advice.

The mistake that every “fix” makes is that it starts with us doing something.

These are the benefits of “worry-free life” NOT the way to get there.

ANXIETY SELF-HELP

Eat right and exercise

If you don't take care of your body, other anxiety self-help may not have a chance to work.

Relaxation exercises

Relaxation exercises help relieve stress and create calm.

Make time for yourself

By making time for friends, spending time on hobbies or just getting some fresh air, overall stress can be reduced.



No more than you can handle

No one can do everything so ask for help from others when you feel you have taken on too many responsibilities.

Change your attitude

Focus on the positive and things for which you are grateful.

www.HealthyPlace.com

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- ➔ The **Lord** is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



Luke 12:22

- And he said to his disciples,
“Therefore I tell you, do not be
anxious about your life, what you
will eat, nor about your body,
what you will put on.




Matthew 6:25-33

- ▶ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being **anxious** can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.




Psalm 55:22

- ➡ Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.
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Does this mean we should have no eye for the future or concern for our condition?







Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.

Give us this day our daily bread.



And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.

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- The Lord is at hand; do not be anxious about anything, but in **everything by prayer and supplication with thanksgiving** let your requests be made known to God.



*“prayer”, “supplication”, and
“thanksgiving”*

1. We pray for our church, families, friends, co-workers, nations, the world
2. It is also vital to pray for ourselves.
3. Give thanks for what He has already done.



➤ And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.




John 14:27

- Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.



Isaiah 45:7

- I form light and create darkness, I make well-being and create calamity, I am the Lord, who does all these things.
- 



What are the common themes of Paul's letter?

- Rejoicing
 - Faith
 - Trust
 - Prayer
 - Peace
- 



Finally:

How does God want us react?

- ▶ Is He our Father?
- ▶ Do we believe in what he has done?
- ▶ And will do?
- ▶ Do we really trust Him? For everything?
- ▶ Are we truly thankful?
- ▶ Even when He does what His plan calls for...rather than what we want?