

Philippians 4:4-7

How to Wage War on Anxiety

Rootwork

1. (Everyday) Before you begin your study time, spend time in prayer! Go through your “yesterday” and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in you and then do through you!! Make a conscious effort to bow your will in obedience to the Lord before you even dive in! This prepares your heart to hear and heed everything He speaks to you!
2. (Everyday) Then spend time in adoration and worship after you have cleansed your heart and before you dive into the Scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters...putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word. He hates when we worship our God. Worship breaks his bondages over believers, so submit to God, resist him, and he will flee!!
3. If you were at the “Digging Deeper Workshop” and would like to structure these Scriptures, copy and paste Philippians 4 (if you have not done so already) into a Word/Pages document or write it out verse by verse, following the structuring handouts you received! If you were not there and want to watch it, search “Digging Deeper” on our website or app and watch it for tools to help you in your study time!

4. (Everyday) After you finish your Rootwork every day, be sure to spend time in prayer (ACTS), going through what you have learned and received from the Word of God! This is also in your “Digging Deeper” handout.
5. Read Philippians 4:1–7 in context. What is being encouraged here, and what does this tell you about Paul’s heart for this church?
6. Review and write down the most influential lessons you learned from the first part of chapter 4. How has resolving conflict biblically helped you personally?
7. What was the section theme for Phil. 4:4–7? Can you think of another one that will help you remember what you learned?
8. Read Philippians 4:4–7 together and see if you can identify, from your reading, the commands that the Lord gives us through Paul. How many are there? List each one!
9. After three full chapters of Philippians, what have you learned about rejoicing, or joy? Have you been walking in joy more since we began? If so, explain your journey!
10. Why does Paul command us to rejoice?
11. Take a minute and write out a prayer of rejoicing in your current circumstance today! Praise Him and adore Him for who He is, not just what He can do for your situation!

12. The phrase “in the Lord” is repeated three times in Philippians 4:1–4. Record the verse and the exhortation concerning each.
13. What does Christ command us to do in John 15:4? What is necessary to be in the Lord?
14. How can drifting from the Lord in your intimacy with Him hinder your steadfastness, unity, and rejoicing? List each separately!
15. Read Philippians 4:5. Define the word “gentleness” or “moderation” (NKJV).
16. Write Philippians 4:5a in your own words.
17. In the context of the verses before and after verse 5, why is this such an important instruction to Christians?
18. Read Matthew 5:7. How is mercy a part of moderation?
19. How should this influence the way you live?
20. Read 1 Peter 3:3–4. What do these verses say about gentleness and character?
21. What is important to recognize about Philippians 4:5b, and how should this influence the way you live?

22. What is the twofold truth of this verse?
23. Look up the following verses and record the truths you find. Then see what other verses you can find that support these truths.
- Psalm 34:18
 - Isaiah 41:10
 - 1 Thess. 5:2
 - James 5:7
 - Phil. 3:20
 - 1 Peter 1:13
24. How does knowing that the Lord is near affect how you live practically? What perspective does it give?
25. How do you personally handle worry and anxiety? Read Philippians 4:6 slowly and thoughtfully. What is the verse saying to you?
26. Go word by word and look up any words you want further insight into in your Blue Letter Bible app (let me know if you need help with this). Write out the blueprint this verse gives us on how to wage war against anxiety. What does God give us as the remedy for worry?
27. Read Isaiah 57:11 and record what the wrong kind of fear leads to. What does it mean to have the right kind of fear—the fear of the Lord?

28. There were many quotes and statements I shared during Bible study. I am going to leave space between each one. Write out your thoughts on each. How have they each convicted you, challenged you, or personally spurred you on in dealing a death blow to anxiety? (*As spoken of in our study, I am not referring to chemical imbalances in the brain.)

- “Anxiety/fear/worry needs to be fought against because this particular sin is deadly to your perception of the beauty of and the faithfulness of God!”
- “Anxiety is often nothing more than your flesh demanding to be God.”
- “Your fear is a declaration of war against the sovereignty of God; it is your soul screaming, ‘If I were on the throne, I would do this better!’”
- “That is the root of the problem with anxiety: you do not trust God!”
- “You will never conquer anxiety by coddling it! You have to kill it!”

- “Anxiety is a crisis of faith; it is not your identity.”
- “The remarkable thing about God is that when you fear God, you fear nothing else, whereas if you do not fear God, you fear everything else.” — Chambers
- “The beginning of anxiety is the end of faith. The beginning of true faith is the end of anxiety.” — George Muller
- “All of our fret and worry are caused by calculating and controlling without God.”
- Prov. 12:25: “Anxiety in a man’s heart weighs it down, but a good word makes it glad.”
- “Anxiety is that which divides and distracts the soul, that which diverts us from the present duty to weary calculations of how to meet conditions that may never arrive.” — Dillow
- “My life has been full of terrible misfortunes, most of which never happened.” — Montaigne

- “Worry has everything to do with perspective rather than circumstances, and never changes anything except the worrier!”
- “Anxiety does not empty tomorrow of its sorrows; it empties today of its strength.” — Spurgeon
- “It is not only wrong to worry, but it is infidelity, because worrying means we cannot look after the details of our lives, and it is never anything else that worries us.” — Chambers
- “The very essence of anxiety is the imagining that we are wiser than God and the thrusting of ourselves into His place to do for Him that which we dream He either cannot or will not do.” — Spurgeon

29. Read Matthew 6:25–34 slowly and record each time Jesus warns against worrying. What does He say? Then, what does He tell us we need to do instead? Finally, write out how you do that personally.
30. Do you truly believe that the Lord loves and cares for you more than the birds of the air and the grass of the field?

31. If you were hesitant about the previous question, why do you struggle with this? What are you believing about God that is not true? Once you have identified it, I want you to find verses that combat that lie! Write them out and use them as a weapon against the lies of your mind and the lies of the enemy!! This takes intention and dedication, but this will change your perspective and, honestly, your intimacy with the Lord!
32. Write out the acronym for ACTS and compare it to verses 4–7 of Philippians! What a perfect battle plan!! Go through each one now and record why each is necessary when waging war on anxiety!
33. Read Luke 10:38–42. Write out what the Lord is teaching Mary and Martha here! What matters ultimately? This is the remedy for worry, my friends!! This is what heals the heart from control!!
34. Read Matthew 11:28–30 and write it out in your own words! Compare this to the verses in Luke you just read and the verses we are covering in Philippians. How are they similar?
35. Read 1 Peter 5:6–7. What is the Lord commanding here through Peter? How does this validate the battle plan of Philippians 4:4–7? What are you to do with your own heart first, and then what are you to do with anxiety?
36. Read the following quote from Spurgeon. How awesome is this!! And so, so very true!! If you battle with anxiety, copy this and put it where you can access it easily, along with 1 Peter, and cast your anxieties on Him because He cares for you so much!!

- “Cast your troubles where you have cast your sins; you have cast your sins into the depths of the sea, there cast your troubles also. Never keep a trouble half an hour on your own mind before you tell it to God.” — Spurgeon

37. Read Psalm 55:22, Psalm 34:4, Psalm 116:1–8, and the first part of 1 John 4:18. Record what you find, what they say about the Lord’s care for you, and what promises are given!

38. How does thankfulness when praying change you?

39. Read the following quote and write out your thoughts on it! Oh, how true it is!! “Thanksgiving is the sound that awakens the eyes of the heart to see that God is behind everything.” — Muller

40. Do not minimize thanksgiving. What does it reveal about the following?

- Your trust in God
- Your faith in God
- Your appreciation for God

41. Read verse 7 of Philippians 4. Write out the glorious promise of verse 7 if we obey verse 6! Then look up the word “peace” here and record what it means!

42. What guards, keeps, or stands watch over your heart, and why is it necessary?

43. Look up any words in verse 7 for which you want more insight. Record what you find!
44. “Surpasses all understanding or comprehension” means something that man cannot explain. Have you ever experienced that peace as a result of prayer and surrender? Share your experience.
45. Read Isaiah 26:3 and compare it to Philippians 4:7. What does this verse say? How do you do this practically?
46. The following verses will help increase your faith and trust. Beside each verse, write out the promises and guidance given.
- Isaiah 43:1–2
 - Romans 4:20–21
 - Hebrews 13:5–6
47. Your mind will be “stayed” on what you know. If you do not know God, you will not have perfect peace! The peace that you have access to is in direct proportion to your knowledge of God and His ways!!! If you are still struggling, let me suggest that you sit before the Lord, pour out your heart to Him, rest in Him, and do not move until your heart is surrendered to Him! Do you truly know how mighty He is? Do you have a reservoir of truth in you from the Word of God? Do you know God’s ways? His servants of the Old Testament and New? Do you know how He works, how He cares, and how much He loves you? Do you really believe in the One you are sitting before and the One you are speaking to? Stay there,

teach yourself the truth, lay yourself down, humble yourself, and praise Him!

48. Pull out your “Who Is God?” journal and go through these verses. Write out what you see about the character of God, what He has done, who you are based on who He is and what He has done, and then how that determines what you do!
49. Make a list, or add to the one you made in class, of everything you are anxious about. Lay these things before the Lord, who cares for you, and pray over them with your own prayer or the one we prayed in our study. Thank Him for His love and for the peace He has promised!!
- Lord, You are Sovereign, Holy, Mighty, and in control of all things. You know when I sit and when I rise; You know my anxious thoughts from afar, and I lay them down—I lay this situation before You! Instead of trying to take this on myself or ally with others to try and control this situation, I choose to thank You for whatever You want to do! Thank You that this situation is conforming me to the image of Christ! Oh, Lord, this has been weighing me down. Free me of this burden as I lift it up to You! I surrender my worry, my fear, and my anxiety to You! Thank You that Your ways are best! Lord, I trust You!! In Jesus’ name, Amen.