

Stop Worrying, Start Praying

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Philippians 4:6–7

Don't Worry About Anything, but Pray About Everything

Introduction:

I have a confession to make; a sin I need to admit. A temptation I have given into, again and again.

I worry.

I am anxious. I am sometimes so concerned about the future, that I am unable to focus on the present. But apparently, I am not the only one who suffers from this.

Over 40 years ago, Dr. Walter Calvert conducted a study on worry; it was funded by the National Science Foundation. The following statistics are from the study:

40 percent of the things we worry about never happen.

30 percent of our worries concern the past.

12 percent of our worries are needless.

Only 8 percent of what we worry about ever happens. Or, to put in another way, 92% of the things we worry about are not legitimate!

And yet our worry persists. How many of you worry?

TRANSITION: We are going to look at a passage that will show us why we should not worry, what to do instead and the benefits of following its instruction. Let's turn together to

Philippians 4:6-7 KJV 1900

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

The title of my message today is "Stop Worrying, Start Praying."

› **Let's pray together!**

Notice first with me that the bible tells us...

1. Don't Worry About Anything

The first part of Verse 6 here in our text says

Phil. 4:6a "Be careful for nothing..."

The term "**Be careful for nothing**" simply means **don't worry or don't be anxious about anything**. Now, this is a

simple command but like the old saying goes “It’s easier said than done”.

The word Anxious in the dictionary means: **Greatly concerned or being in painful suspense.**

As we know Paul wrote this letter to the Philippian church while he was in prison, possibly in Rome. And If there is anyone in the bible or even history, for that matter, that had a reason to worry or be anxious, it was Paul. He had been beaten, shipwrecked, thrown out of towns, stoned, and the list goes on.

There is a story of a village of 1,000 people and one day the Angel of Death came into the village and spoke to the Elder. he told him that he was going to come that night and kill 100 people. The Elder of the village began to worry and told everyone what was going to happen. After the Angel of Death left there were 900 people dead. The elder greatly upset spoke to the Angel of Death and said: “You said you were only going to kill 100 people and now there are 900 dead.” The Angel replied and said, “I only killed 100 the rest died because of worry.”

You see Church, worry can have physical consequences—we can literally worry ourselves sick or even too death. Worry causes “headaches,” “neck pain,” “back pains,” “ulcers,” “bad digestion,” and “white hair” these all can be

the result of our fixation on things we can't control or have not happened yet.

I mean look at me I already have some white hairs! If i don't chill out some ill have a whole head of white hair before I'm 35!

But, notice something else worry does.

Worry can also stop us from fulfilling the will of God for our lives. You see when Christ came to earth the bible says that he “**made himself of no reputation...**” That means he didn't care what anyone thought of him. he had one mission and that mission was to save the souls of men, women, boys, and girls. He had you and he had me on his mind!

Let me ask you. Is your “reputation” holding you back from fulfilling the call of God on your life? do you let what others think of you consume you so much so that you don't share the gospel with them?

TRANSITION: We see that we are not to worry about anything. However, like most of Paul's teaching, he always offers something better to replace that which we are to avoid. that leads us to number two.

2. Pray About Everything

Let's look at the second part of verse 6 here in our text.

Phil.4:6b “but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

A. Notice it says in every thing by **“Prayer and supplication.”**

In Spanish the word we use for “Prayer Requests” is “Peticiones” that is “Petitions.” Our requests we make to God are petitions too God.

We should be going before God on a regular basis and talking to him, or in other words praying to him, about our needs and desires. Lifting our family up by name and asking specific things they are in need of. Making petitions to God for family and needs.

B. It also mentions we need to give those prayers, those petitions with **“Thanksgiving”**

Something we must remember, when we are making these requests known to God, we must make sure we do it in a spirit of thanksgiving.

Have you ever been around a person that just constantly asked for things and was never thankful for what they received? Imagine how God feels when Christians constantly ask for things but never do it with a thankful spirit! Be thankful when you come before God.

An evergreen is always green despite the change in the weather around it. It's green in the heat of summer as well as the cold of winter. So also our lives are to be characterized by enduring thankfulness that is unaffected by the changes around us. When the heat of a pressured week or the deadly cold of pain strikes us, we should stand "ever green," always thankful, regardless of that what surrounds us.

Also did you know that "Praying about everything" can replace worrying about anything?

The famous Bible Commentator Matthew Henry modeled how thanksgiving can help you handle even trauma in our lives. After being assaulted and robbed, Henry wrote this in his journal: "Let me be thankful. First, I was never robbed before. Second, although they took my money, they didn't take my life. Third, although they took my all, it was not much. Fourth, let me be thankful because it was I who was robbed and not I who did the robbing."

We should pray about everything with thanksgiving.

- We can pray for forgiveness about the past.
- We can pray for wisdom for the future.
- We can pray for strength for today.
- And we should also pray for others.

Therefore we can trust God for all our needs. Why?
Because he is faithful. He is the same yesterday today and forever!

In other words, don't worry about anything, Instead, pray about everything!

TRANSITION: And when you stop worrying about everything and start praying about everything here's what will happen. Number three.

3. The Peace of God Will Guard Your Heart and Mind

Verse 7 tells us

Philippians 4:7 KJV 1900

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

A. Notice that it says “The peace of God that passes all understanding...”

The world looks at Christians and wonders how even in the darkest moments we can have peace in our hearts. Now, this doesn't mean we don't grieve or feel pain in our hearts but rather it means that even in the darkest moments we can have a calm and joyful spirit because we know our God is in control.

A person whose cancer has been remitted may say, “I am thankful too God.” This is praise. But a Christian who is dying of cancer and in pain may calmly say, “Everything is all right. The Lord doesn't make mistakes. I have peace in my heart.” Now, that is “the peace that passes all understanding.”

B. This verse also says: “...shall keep your hearts and minds through Christ Jesus.”

God gives us this promise that he will take care of us even when there is no end in sight. He will guard us and keep us till the end of the world and throughout eternity!

Paul here reminds the Philippians that when they pray about everything, they will replace their anxiety for God's peace.

There is just something about that sweet time in prayer that calms the heart!

In Paul's time, a prison guard was a serious job. His life depended on him doing his job correctly. I don't mean that if he was a little lazy he would get less pay but rather if he didn't do his job correctly he would lose his life by the King!

So a prison guard was someone who kept the prisoners very very secure. because his life depended on it.

This would make anyone anxious! However, I'm sure Paul shared the Gospel with these men and gave them the secret of how not to worry even in the face of an earthly King.

The peace of God is something our human minds in and of itself can't produce, even as Christians, but It's something our hearts can experience. When we decide to stop worrying about anything and everything but instead pray about everything, we are rewarded with God's peace.

To be honest I don't fully understand how this works. But that's ok! Because, God gives us that peace when we ask for it even if we don't understand how it all works.

TRANSITION:

Philippians 4:6-7 KJV 1900

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Review:

We saw first that we are

1. Not to worry about anything.

Worry is an enemy and can do some serious damage in our lives and can hinder us from serving God to our full potential.

We also saw that

2. We are supposed to pray about everything.

We can bring everything before God our needs, wants, desires, family, and friends. We also must remember to do it all with a spirit of thanksgiving!

Lastly we saw that as a result of not worrying about everything and praying about everything is that

3. The peace of God will guard our hearts and minds.

There is nothing like the peace of God in our lives. the lost

don't understand and to be honest they never will until they come to know Christ as their savior.

Conclusion:

Church, don't worry about anything, but pray about everything and the peace of God will guard your hearts and minds.

This week I want to encourage you to focus on prayer filled with thanksgiving, reflect on what God has done for you, cast your cares on him, make a list of your concerns, and when you hand them over to him, he will in exchange give you his peace.

I would also like to address the person here today that may not be as worried about world events or other things but rather those who are worried about where they will spend eternity.

3 Circles

And Christian! Do you have God's peace in your life? Then maybe it's time to stop worrying about your reputation, fall on your knees, ask God to forgive you, and start walking with Him again.

Let's pray.