

Stopping Anxiety in its tracks – Philippians 4:6-9

“Anxiety” = troubled with cares, worried about an unknown

Principles for dealing with anxiety

1 Pray – v. 6

- a. “Prayer” = A general term for communication with God
- b. “Supplication” = The idea of coming to God for a specific request or need
- c. What is your first thought when anxiety begins to build in you?

2 Thanksgiving – v.6

- a. When we pray, our minds should go to all of the things God has done for us – Salvation, love, provision, protection, direction
- b. As we think on these past events, we can be thankful for how God has worked in the past, what He has done recently and how He will continue to work.
- c. The result of Prayer and thanksgiving to God is peace that we cannot understand
 - V.7 says it will guard your heart and mind in Christ Jesus – from anxiety

3 Focus – v. 8

- a. Instead of focusing on the unknown, we need to replace it with things we know to be:
 - True – real truth
 - Honorable – honest, trustworthy
 - Just – Upright, God-honoring
 - Pure - clear from fault, clean
 - Lovely – pleasing, acceptable (to God)
 - Commendable – good report Good News,
 - Excellence – moral goodness, modesty
 - Worthy of Praise – commendable
- b. We are to replace our anxious thoughts with good, God-honoring things
 - This is a practiced habit we must work toward – ask God for help!

Final Thoughts

1. Matthew 6:25-34 – Instead of seeking after the things we worry about, seek the ONE who will provide what we need.
2. 2 Corinthians 10:3-5 – Anxiety can be a stronghold on our lives that Satan uses to stop us from following God. Anxiety can be a spiritual battle – our heart and mind are the battle ground.