

# Anxious For Nothing

The herdsmen fled and told it in the city and in the country. And people came to see what it was that had happened. And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid. And those who had seen it described to them what had happened to the demon-possessed man and to the pigs. And they began to beg Jesus to depart from their region. Mark 5:14-17

- Last week we focused on making sure our minds were staying on Christ. Who He is and on His promises.
  - For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 2 Corinthians 10:4-5
- We are in a fight and we must use the weapons the Lord has given us.
  - 1. Prayer 2. Serving Others 3. Rejoicing Always
- Prayer
  - Jesus fasted for 40 days without food, but would not go without prayer for hours.
    - do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7
  - Paul wrote these words from a Roman prison. Our anxiousness is not just dependent on our circumstances, but rather our gaze.
  - Faith is not a thing, but rather an action.
    - Our exercise of faith is practically carried out through the action of prayer.
    - We are gazing upon the One who is able, and laying it in His hands.
  - How we should pray-
    - Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. Matthew 6:9-13

- God's Interests-Half of the prayer (exaltation, salvation, sanctification)
  - 1. God's name would be honored 2. God's kingdom would come. 3. God's will would be obeyed.
- Our Interests- Two of the three requests regard our spiritual needs.
  - 4. We receive our daily bread 5. We receive forgiveness 6. We receive spiritual protection
- This template insures that you are praying according to the will of God.
- Example prayer: Praying for healing
  - Lord, I lift up my sickness to you. I pray that Your name be honored and glorified through this
  - I pray that you would build Your Kingdom and bring many to you through this
  - I pray for Your healing and for Your will to be done in Your timing
  - Please give me strength to walk through this
  - Forgive me for losing heart and struggling at time with my faith
  - Please protect my mind and heart and help me stay close to You as I walk through this knowing that You are with me. In Jesus name, Amen
- This is a prayer that is focused on the Lord and not the unknown of what will happen.
- Serving Others
  - Right thinking leads to right action.
    - Jesus concludes His sermon on anxiety by ending it with the commissioning of them to His Father's Kingdom work.
      - But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6:33
    - Serving God and serving others places us in the purpose and action of God in on the earth. This produces in us 3 things.
      - 1. God will lift our gaze from the chaos and unrighteousness of our world and onto His plans and purposes.

- 2. Serving God will remind us that we are a child of God and also a fellow citizens with our brothers and sisters in Christ.
  - In Scripture we are told to: devote ourselves to one another, confess our sins to one another, forgive one another, serve one another, pray for one another, stir up one another to good deeds, bear one another's burdens, love one another, build up one another, teach one another.
- Anxiety has a way of making our world small and closing in. We are meant to be outward focused so we can really see the truth.
- 3. It reminds us that this world is passing away but our Father's kingdom is eternal.
  - We are told to meditate and set our minds on the things above. (Col. 3:1-4)
- Rejoicing Always
  - Thankless hearts produce anxious minds.
    - Count it all joy, my brothers, when you meet trials of various kinds, James 1:2
    - Rejoicing is a command in Scripture. (Grace is given through the command)
  - Not separate from feelings
    - We are sorrowful, yet always rejoicing 2 Corinthians 6:10a
  - Happiness is rooted in the Latin word hap- meaning "chance". Happiness is the fleeting feeling that comes from the reaction of successes and pleasures.
  - Joy is the conviction and belief in the Gospel and the character of our Heavenly Father and is produced by the Holy Spirit through our obedience.
    - (Our joy is not a response to what's happening in life, but a confidence in God)
  - Peter gave the encouragement to the early church who were under the persecution of Nero.
    - Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 1 Peter 1:3-6