



CONFIDENCE

The Book of Philippians

May 31, 2020

Philippians 4:6-7

*“Do not be **anxious** about anything, but in **every** situation, by **prayer** and **petition**, with **thanksgiving**, **present** your requests to God. ⁷ And the peace of God, which transcends all understanding, will **guard** your **hearts** and your **minds** in Christ Jesus.”*

I. The Problem - Anxiety

Present, active, imperative.

These verses are for us.

The world offers all kinds of ways to manage our anxiety. The Bible offers a way to eliminate it.

James 1:6-8 *“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is **double-minded and unstable in all they do.**”*

Concern that divides our minds.

Worry - harms your health.

Worry – reveals a lack of trust in God.

Worry - doesn't change anything. What good has worry ever done for you.

Worry leads to exaggerations and misconceptions.

Matt 6:25 *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?”*

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Solution to worry

Don't carry your cares - cast your cares.

1 Peter 5:7. “Cast all your cares on him for he cares for you.”

II. By prayer and petition – sometimes translated Worship

The first thing we should do is pray.

Jesus taught us to start your prayers with worship –

***Worship and worry can not coexist.**

Let your **requests** be made known - not **demands**

Prayer is not informing God. It is conforming to God and His will.

Be anxious for nothing

Be prayerful in everything

Be thankful for anything

III. Peace of God

Not peace **with** God. Fact

But peace **of** God. Feeling

Jesus as Savior - peace **with** God

Jesus as Lord - peace **of** God.

Guard - protect

Heart – “the heart is deceitful above all else.” Jer.17:9

Mind – you become your thoughts

In Christ Jesus