

Philadelphia Church

Be Anxious for Nothing

March 17, 2019

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Luke 8:14

The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.

Stress busters the world offers:

- ◆ Self-help books
- ◆ Breathing techniques
- ◆ Finding less toxic relationships
- ◆ Learning to say NO
- ◆ Simplifying or streamlining
- ◆ Finding a "happy place"
- ◆ Support groups

Quote

Every tomorrow has two handles.

We can take hold of tomorrow
with the handle of anxiety or the
handle of faith.

-HWB

Reality

In our attempt to make things
better we often make them worse. -

PD

Proverbs 3:5-6

Trust in the Lord with all your heart
and lean not on your own
understanding; in all your ways submit
to him, and he will make your paths
straight.

1 Samuel 13:8-14

He waited seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul's men began to scatter. ⁹ So he said, "Bring me the burnt offering and the fellowship offerings." And Saul offered up the burnt offering. ¹⁰ Just as he finished making the offering, Samuel arrived, and Saul went out to greet him.

Cont.

¹¹ “What have you done?” asked Samuel. Saul replied, “When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling at Mikmash, ¹² I thought, ‘Now the Philistines will come down against me at Gilgal, and I have not sought the LORD’s favor.’ So I felt compelled to offer the burnt offering.”

Cont.

¹³ “You have done a foolish thing,” Samuel said. “You have not kept the command the LORD your God gave you; if you had, he would have established your kingdom over Israel for all time. ¹⁴ But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the LORD’s command.”

Matthew 11:28

“Come to me, all you who are weary and
burdened, and I will give you rest.

Truth

The major cause of stress and anxiety is often
unbelief. - UNK

Hebrews 3:19 NLT

So we see that because of their unbelief they were not able to enter his rest.

1 Peter 5:7 NIV

Cast all your anxiety on him because he
cares for you.

2 Corinthians 4:16-18

¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Question

How many of us have discovered that focused, purposeful worrying doesn't yield good results?

Big Three

1- Prayer which gives us strength

Psalm 119:105

Your word is a lamp for my feet, a light on my path.

Big Three Cont.

2- Word which gives us understanding

Hebrews 4:12

For the word of God is alive and active.

Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Big Three Cont.

3- Fellowship which gives us perspective

Hebrews 10:25

not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Truth

So often it's NOT our circumstances that need to change... it's our perspective that needs to change. - PD

Philippians 4:6-7

⁶ 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.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.