

Be Anxious of Nothing

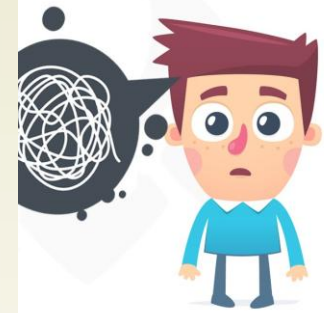
Philippians 4:6-7

Stop Getting Nervous?




- Anxiety or distress is **not healthy**. Most people instinctively or intellectually figure that one out.
- But not many people know how to **stop** getting nervous or becoming worried to begin with.
- (Phil. 4:6) Nobody in their right mind will argue with “do not be anxious about anything” as a good thing. But someone may respond to that with “well that would be nice...to live a life with no worries,” not believing that it is **possible**.

Dealing with Anxiety



how to
**stop an
anxiety
attack**

- ▶ Thankfully God has much to say about this subject. Moreover God will never put a **commandment** in the Bible that is **impossible**.
- ▶ Today we can try to examine this subject from two angles: How to **stop being anxious** when anxiety comes (defensive) and how to **prevent anxiety** on an ongoing basis (offensive). (ill: sport)
- ▶ Disclosure: I still get nervous sometimes, just less than I used to. 😊

- 
- ▶ As we are getting nervous about something, we need to **think different thoughts** (Eph. 4:22-24; Rom. 12:1-2). As long as we are having the same **thought process**, we will be governed by the same **emotions** each time.
 - ▶ (Matt. 6:25-33) We may categorize all situations we face that cause anxiety into **three camps**:
 - ▶ First, there are things that are **in our control**. (ill: lies)
 - ▶ Second, there are things totally **out of our control**.
 - ▶ Finally, there are things where we have **some** but **not complete control**. (ill: a good marriage)

Surrender to God's Care

- ▶ So long as we are focusing on things that are **not** in our control, we will continue to get nervous.
- ▶ Instead we need to put our trust in God in things that are **in His control**, not ours. (1 Peter 5:7)
- ▶ As to things where we have some but not complete control (i.e. majority of our worries) we need to learn to **internalize** our goals concerning these situations. (ill: exam) The part we cannot control we must **surrender** to God's care (Matt. 6:33).



Trust in God in Prayer

- This is why **prayer** and **supplication** is important. (Phil. 4:6-7)
- It is in time of prayer that we are reminded of **who** God is and **why** we can trust in Him. (Isaiah 41:10; Jer. 17:7-8)
- Do you actually believe that God is **with you**? (Jos. 1:9) And that in God there is **refuge** (Psalm 31:19) for those that **wait** on Him? (Isa. 64:4)
- Do you **remember** who God is and what He has done for you? Do you really **trust** Him?



Thanksgiving is Our Offence

- The second half of dealing with anxiety is to **train our mind** in such a way that nervous thoughts don't come up to begin with.
- (Phil. 4:6-7) Our offence is to **give thanks**.
- (Psalm 27:13-14) Even if you **DON'T** know what God is doing (you cannot see it), do you believe that He is **doing something** for you? Can you give thanks by faith to God for what He **is** doing? (for things that have or have not happened)

Conclusion

1. Figure out if what we are worrying about is in our control or not. If so, is just **some part** of it in our control or is the whole matter is our responsibility?
2. Be **diligent** and **rely** on God in what we are responsible for, and **surrender to God** what we have no control over, trusting entirely in God's love and care.
3. **Give thanks** to God **every day** for what He is doing, both what you can see and what you cannot see or understand.