

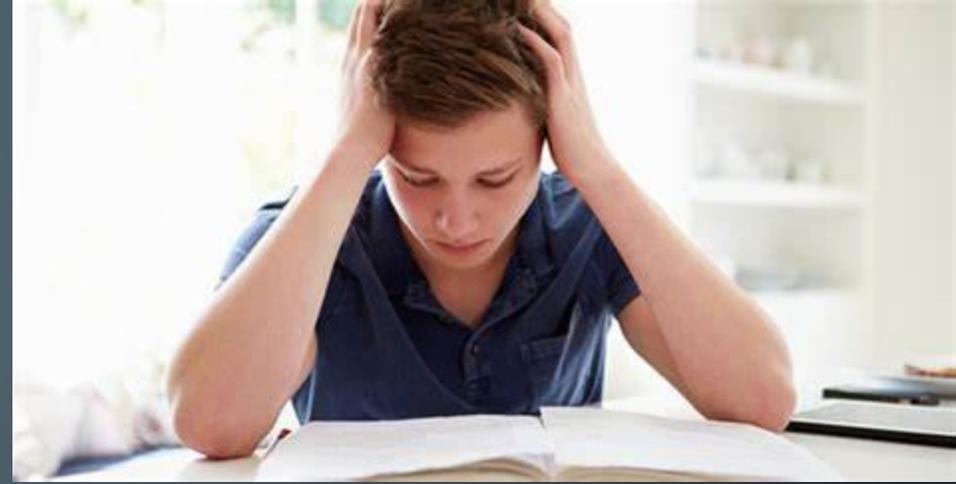


THINK ON THESE THINGS PART 2 ON ANXIETY

PHILIPPIANS 4:8-9



STOP BEING ANXIOUS



Last month we discussed how to **stop being anxious** when anxiety comes; and how to **prevent anxiety** on an ongoing basis (Phil. 4:6-7).

1. Figure out if what we are worrying about is in our control or not. If so, is just **some part** of it under our control or is the whole matter our responsibility? (Matt. 6:25-33)

PREVENT ANXIETY IN THE FUTURE



- 2. Be diligent and rely on God** in what we are responsible for (Prov. 3:5-6) and **surrender to God** what we have no control over, trusting entirely in God's love and care (1 Peter. 5:7).
- 3. Giving thanks to God everyday** for what He is doing, both what you can see and what you cannot see or understand. (Eph. 5:20; 1 Thes. 5:18)

WHAT IF WE ARE STILL ANXIOUS?

- Learning to think with a different process (Rom. 12:2) is good, but...
- After we surrender what we cannot control to God (1 Pet. 5:7 trusting in His goodness) we may still get anxious about something that **IS** in our control (the thing that is our responsibility), what shall we do then?
- What are some of these things that are our responsibility?

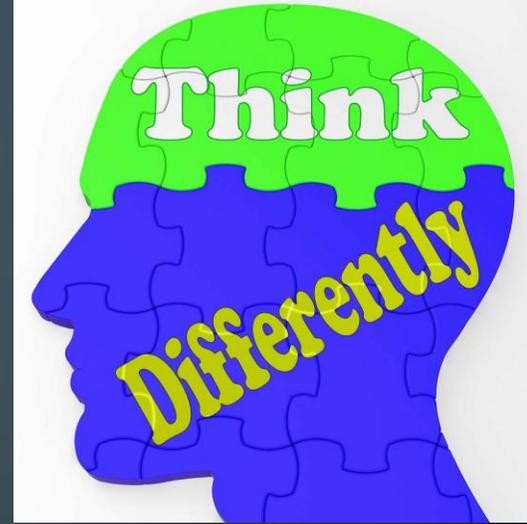


No more
excuses

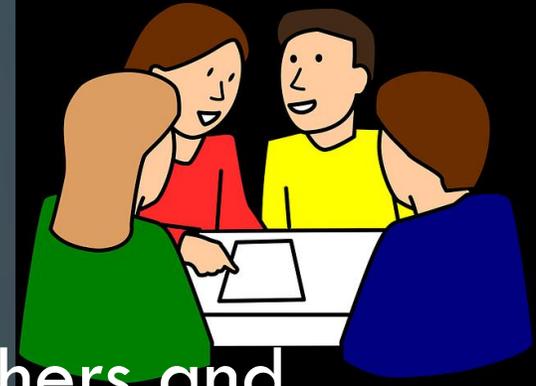
- No doubt things like world events or the economy are not in our control; we cannot even do anything to change our past. The only thing we can do is to pray to God and trust in His **goodness** and His **plan**. (Psa. 27:13)
- However, there are other things that **ARE** our **responsibility** but we may still get nervous about them: (i.e. I don't trust myself)
 - Our work related stress Our finances
 - Our health Our family & relationships
- So what do we do when we are anxious about these things?

THINK ON THESE THINGS (PHIL. 4:8)

- NOOOOOOO, the answer is not to learn to trust yourself. (i.e. you are all superstars)
- (Phil. 4:6-7) Just to think with a **different process** is not enough. Apostle Paul wants us to focus on an entirely different list of things (v.8). He wants us to focus on positive things that we can grow and change in (think, as in counting in 3:8).
- What are you **examining** in your life these days?
2 Peter 1:5) Are there areas where you can grow or change?



DO (PRACTICE THESE THINGS)



- (Phil. 4:9) Moreover, Paul wants us to **learn** from others and **practice** these positive things by their examples (knowledge).
- (1 Cor. 11:1; 1 Tim. 4:1) Go humbly **learn** from others. If you have no mentor in the area that causes you anxiety, you can always read a book about it.
- The key is to **act** (practice) on what you learn!!
- Note: we should never **worship** a person (Eph. 5:1), rather learn from others on a **topic** that he or she is ahead of us in.

CONCLUSION



- The best solution to anxiety is to **move** (Prov 3:5-6; Jos 1:9; Isa 40:30). We are called to move toward God, move toward peace, and to move toward a solution to our anxiety. (completely opposite if we have no control/responsibility)
- (4:8) First, we need to move toward the **right thought** and toward godliness. (i.e. why and how)
- (4:9) Second, we need to learn from **others** to move toward the **solution**, until we are no longer worried about it.