

FEAR NOT
ANXIETY AND PRAYER

PHILIPPIANS 4:6-7

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PRAY.

Philippians 4:6-7

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Responding to anxiety and fear

- 1) The problems we all face: Crippling degrees of fear and anxiety – *Do not be anxious about anything* – 4:6a

“But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things” – Luke 10:41

- Jesus: *Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?... ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble* (Matthew 6:25, 33-34).

- 2) The prayers we can all pray – 4:6b

*but **in everything** by **prayer** and **supplication** with **thanksgiving** let your **requests** be made known to God.* – 4:6b

- a. But in everything

“For how should he ask for future things, who is not thankful for the past? But in all, he saith, that is, in every thing, with prayer and supplication. Wherefore we ought to give thanks for all things, even for those which seem to be grievous, for this is the part of the truly thankful man.” – John Chrysostom¹

- b. Prayer: talking to God!

- c. Supplication: an urgent request.²

d. Thanksgiving: the ingredient to be included in every prayer.³

e. Requests: whatever is on your heart.

f. *Be made known to God.*

A.C.T.S.

A - Adoration – Gives honor and praise to God – Psalm 113:1 *Praise the Lord! Praise, O servants of the Lord, praise the name of the Lord!*

C - Confession – Agrees with God about our sin – 1 John 1:9 *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

T - Thanksgiving – Appreciates God for who He is and what He has done – Philippians 4:19 *And my God will supply every need of yours according to his riches in glory in Christ Jesus.*

S - Supplication – Asking God to supply our needs – Matthew 6:11 *Give us this day our daily bread.*

3) The peace we can all experience – 4:7 *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

- The peace of God isn't the absence of storms but stability in the storms.

Q: What does God's peace guard?

- Our hearts – the seat of the emotions and affections.

- Our minds – *the faculty of processing thought, mind, understanding.*⁴

1 Peter 5:7

casting all your anxieties on him, because he cares for you.

¹ John Chrysostom, *The Homilies of S. John Chrysostom, Archbishop of Constantinople, on the Epistles of St. Paul the Apostle to the Philippians, Colossians, and Thessalonians* (Oxford; London: John Henry Parker; J. G. F. and J. Rivington, 1843), 159.

² William Arndt, *A Greek-English Lexicon of the New Testament and Other Early Christian Literature* (Chicago: University of Chicago Press, 2000), 213.

³ *Ibid.*, 416.

⁴ *Ibid.*, 675.