



**ANXIETY**

# Choosing the Outcome

**Philippians 4:4-7**  
**Blue Bible pg 1250**

# Philippians 4:4<sup>ESV</sup>

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.

# Philippians 4:5<sup>ESV</sup>

<sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand;

# Philippians 4:6<sup>ESV</sup>

<sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

## Philippians 4:7<sup>ESV</sup>

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Anxiety =**

**Being anxious is mental distress or agitation resulting from fear of something that has not happened.**

**Worry/Anxious can be:  
Motivation to change the “what is”  
and we do something  
or become a mental Obsession of  
“what if’s” left unchecked...**

## Matthew 6:25<sup>ESV</sup>

25 “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?”



## Matthew 6:26<sup>ESV</sup>

<sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

# Matthew 6:27<sup>ESV</sup>

<sup>27</sup> And which of you by being anxious can add a single hour to his span of life?

## Matthew 6:28<sup>ESV</sup>

<sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,

# Matthew 6:29<sup>ESV</sup>

<sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these.

## Matthew 6:30<sup>ESV</sup>

<sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

## **Matthew 6:31<sup>ESV</sup>**

**31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'**

# Matthew 6:32<sup>ESV</sup>

**32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.**

## **Matthew 6:33<sup>ESV</sup>**

**<sup>33</sup> But seek first the kingdom of God  
and his righteousness, and all these  
things will be added to you.**



## Matthew 6:34<sup>ESV</sup>

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

# What are some takeaways from Matthew 6?

- Do not be anxious [obsess] about tomorrow!
- Focus on Today! What do I need to do today?

# What are some takeaways from Matthew 6?

- Focus on “what is” not “what if”!
- Seek first God and His kingdom today, right now!



**Anxious/worry is a symptom of fear  
and fear is the opposite of faith**

## Philippians 4:6<sup>ESV</sup>

<sup>6</sup> Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

The background consists of a dense, overlapping field of small, light-colored wooden blocks. Each block has a different letter or number printed on its top surface in a dark, sans-serif font. The blocks are scattered across the entire frame, creating a textured, chaotic pattern. The lighting is slightly darker towards the edges, giving a sense of depth.

**Stop being anxious -**

**Do not obsess over things that you  
have no control over and might  
not even happen.**

# Philippians 4:5<sup>ESV</sup>

5 ...The Lord is at hand.

A<sub>1</sub>

N<sub>1</sub>

X<sub>8</sub>

I<sub>1</sub>

E<sub>1</sub>

T<sub>1</sub>

Y<sub>4</sub>

## Hebrews 13:5<sup>ESV</sup>

**5 Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”**



**Transaction =**

**If I do this then God does that.**

**Transformation =**

**My relationship with Jesus  
is based on love, His for me and  
mine for Him.**

## Philippians 4:6<sup>ESV</sup>

<sup>6</sup> Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



**Prayer is personal communication  
with God**

**Grudem's Systematic Theology, page 376**

**Why does God want us to pray?**

**Prayer expresses trust/faith  
in God and prayer helps build trust  
in relationship.**

## Hebrews 11:6<sup>ESV</sup>

<sup>6</sup> And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

**Prayer expresses dependence  
on God**

**Prayer expresses love and  
relationship/fellowship with God**

**Grudem's Systematic Theology, page 376-77**

**Do I pray like I invite people  
over for dinner?**

- **Invitation #1**

**Do I pray like I invite people  
over for dinner?**

- **Invitation #1**
- **Invitation #2**



**Do I pray like I invite people  
over for dinner?**

- **Invitation #1**
- **Invitation #2**
- **Invitation #3**



**Paul's admonition to pray  
includes thankfulness.**

## John 3:7-8<sup>ESV</sup>

Do not marvel that I said to you, ‘You must be born again.’<sup>8</sup> The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

## Philippians 4:7<sup>ESV</sup>

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## Philippians 4:8<sup>ESV</sup>

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

## Philippians 4:9<sup>ESV</sup>

<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

# Guidance Responses

1. Pray: set aside even 10 minutes, be specific then listen.
2. Ask others to pray for you.

# Guidance Responses

**3. If you struggle with anxiety -  
obsessing over “what if’s”...**

- Focus on praying with thanksgiving  
for 30 days.**



# Guidance Responses

**3. If you struggle with anxiety -  
obsessing over “what if’s”...**

- **Focus on praying with thanksgiving for 30 days.**
- **Journal when anxiety gets high.**

# Guidance Responses

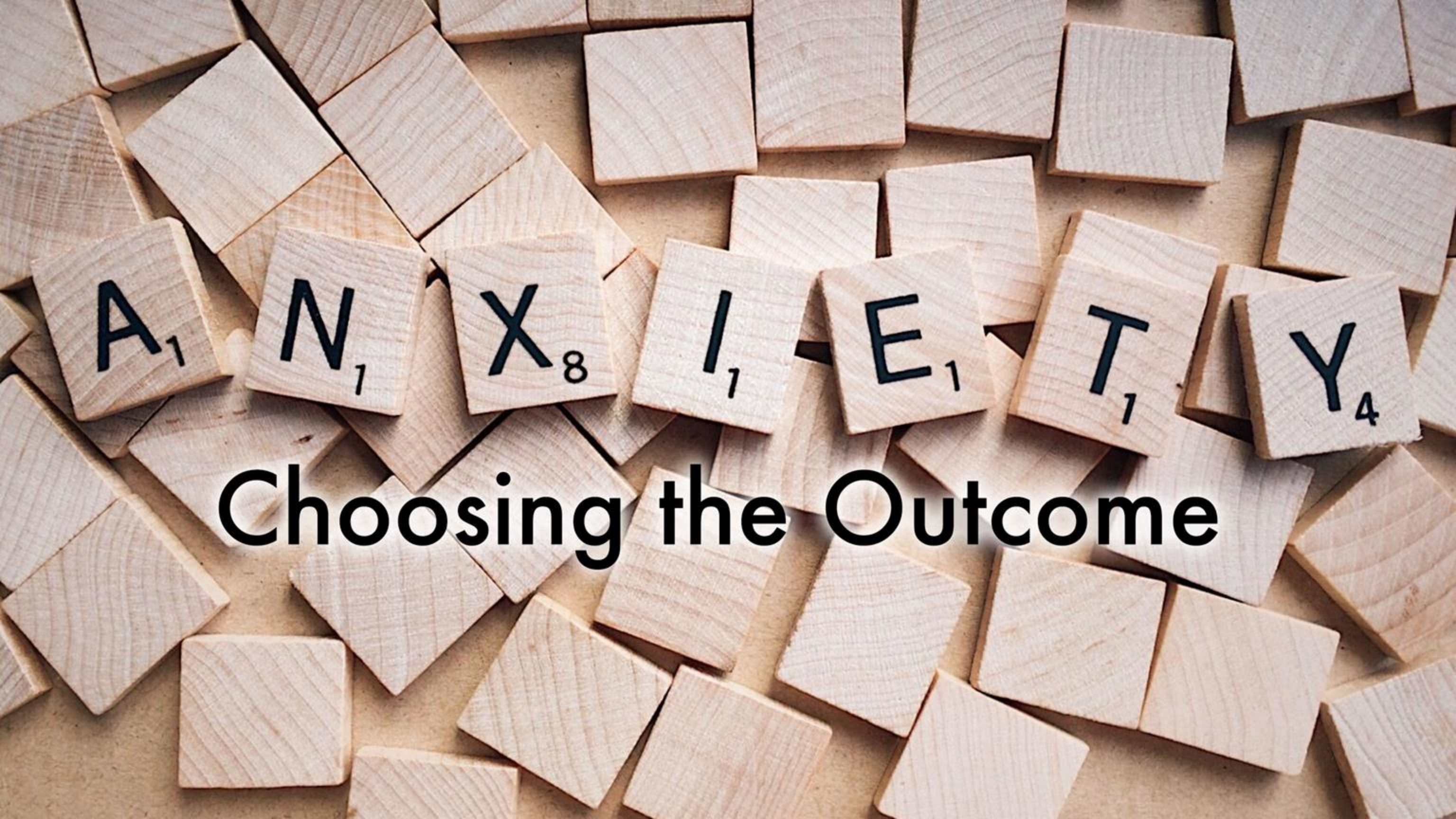
- **Experiment - write down/review everything you worry about for 1-3 days.**

# Guidance Responses

- **Experiment - write down/review everything you worry about for 1-3 days.**
- **If you need help with anxieties ask Elders/Staff/Care Team to pray for you.**

# Guidance Responses

- **Experiment - write down/review everything you worry about for 1-3 days.**
- **If you need help with anxieties ask Elders/Staff/Care Team to pray for you.**
- **When we need additional help seek it - go see a faith-based counselor.**



# Choosing the Outcome