

"DON'T WORRY"

I. Philippians 4:4-9

A. Today we look at some verses which should sound familiar...

- 1) They read so poetic and yet embracing them isn't always easy...
- 2) These are definitely verses worth committing to memory...
- 3) Old LB: *"Don't worry about anything; instead pray about everything..."*

B. Before we unpack these verses today, let's look at the context...

- 1) Paul is writing them from prison; still bears his own Philippian scars.
- 2) The Philippians themselves are suffering persecution... (Phil 1:29-30)
- 3) Review how God used Paul & Silas to plant the church in Philippi...

C. Philippians 4:4-7 is mighty and profound, even in its simplicity...

- 1) "Rejoice." Paul uses the words joy or rejoice 16 times in this letter...
- 2) Rejoice "In the Lord" (The Lord is the object of our rejoicing...)
- 3) "Let your reasonableness be known to everyone." Vines/Greek: Epiekes: sweet reasonableness; considerateness that looks reasonably at the facts.
- 4) "The Lord is at hand." (Near--not in the sense of proximity (though He is ever close) but near in the sense of a promised return.) (For the Lord Jesus to be at hand, He first has to be alive... For the Lord to be alive, He cannot be dead and occupying a tomb in Jerusalem... If Jesus is alive, He truly was God. If Jesus is alive, His mission to atone for our sins was accomplished--you who believe are no longer in your sins!) 1 Cor. 15:3-4a
- 5) "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." So do I rejoice and pray with thanksgiving for someone slandering me on Facebook or my diagnosis of cancer or that our embassies are burning or Christian persecution is escalating or abortion is ongoing? NO! My rejoicing & my thanksgiving are not in the circumstances--my rejoicing & thanksgiving are "In The Lord" because the Lord is risen, reigning, and very much at Hand!
- 6) 'Rejoicing' excerpt--Reformation Study Bible; + C.H. Spurgeon Quote)
- 7) God is also the object of our Thanksgiving. Thanksgiving is the antivenin for all our worries and anxieties... So we rejoice and we pray, and we rejoice and pray with Thanksgiving, and we make our passionate pleas and requests known to God and then: Money pours in on my job and my boss is no longer a tyrant? Everybody posts wonderful niceties on my Facebook wall? My roof quits leaking? My truck quits having problems? My neighbor puts me in his will? My cancer disappears? My party wins the election? Roe vs Wade is reversed? All the Islamic terrorists repent and become Christians?
- 8) (or) *"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* Peace--a fierce & fearless guard!

D. Philippians 4:8-9 are meant to nail the coffin shut on worry...

- 1) *"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."*
- 2) Paul is talking about something far greater than going to our mental *happy places* where we envision cuddly puppies & kittens or strolling on a beach...
- 3) (e.g. From Paul: Hey First Phil: When I'm being beaten, jailed, or shipwrecked, I go to my warm & fuzzy happy place and start singing my favorite Veggie Tale songs (OR) In such times when I am nearly overcome by overwhelming anxiety, I reorder my thinking to the truth of God's Word and the centrality of the Gospel; the honorable sacrifice of Jesus' dishonorable death on the cross for me; the reality of God's justice and the great & terrible Day to come; the purity of Jesus' sinless life and His imputed righteousness to me; the loveliness of God's mercy & grace lavished upon me; the commendable acts of believers who are suffering for their faith; the excellence of the Gospel well-preached and lived out in this dark world; the praiseworthy deeds of kindness generously carried out by faithful believers seeking to emulate Jesus Christ our Lord Whom we will worship and serve forevermore...

Scriptures & Videos

Don't Be Anxious--John Piper

<http://www.youtube.com/watch?v=-L4vuCcuD4Q>

Don't Be Anxious, Pray--Duncan Donnell

<http://www.youtube.com/watch?v=xbLL6-edfHU>

A Spirit of Peace--Angus Duncan

<http://www.youtube.com/watch?v=MIArFTrou5Y>

Glory Thieves--Matt Chandler (Thanks Aaron Grosch)

<http://www.youtube.com/watch?v=iiJJiaVSitM>

The Gospel Saves From Morality--John Piper

<http://www.youtube.com/watch?v=T00199dEijpc>

"Steal Away" by Mahalia Jackson & Nat King Cole

<http://www.youtube.com/watch?v=-O5hz5KnSdc&feature=related>

"No Room In The Church For Liars" by Sister Rosetta Tharpe

<http://www.youtube.com/watch?v=jVOIYeOfKqQ&feature=related>

Philippians 1:29-30 (NIV)

29 For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him, 30 since you are going through the same struggle you saw I had, and now hear that I still have.

Philippians 4:4-9 (ESV)

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 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. 8 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. 9 What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

1 Corinthians 15:3-4a (NIV)

3 For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, 4 that he was buried, that he was raised on the third day according to the Scriptures...

Reformation Study Bible On Rejoicing

The command to rejoice can always be obeyed, even in the midst of conflict, adversity, and deprivation, because joy rests not on favorable circumstances, but *"in the Lord."* Paul uses repetition to emphasize this truth."

- The Reformation Study Bible, R.C. Sproul-General Editor, ref. Phil. 4:4, p. 1724.

Charles Spurgeon Quote

I have heard of some good old woman in a cottage, who had nothing but a piece of bread and a little water, and lifting up her hands, she said, as a blessing, "What! all this, and Christ too?"

Quote by Max Lucado

"No one can pray and worry at the same time."

Statistics on Anxiety

An average person's anxiety is focused on:

- 40% -- on things that will never happen...
 - 30% -- on things about the past that can't be changed...
 - 12% -- on things based on criticism by others, mostly untrue...
 - 10% -- on health issues, which gets worse with stress...
 - 8% -- on real problems that will be faced...
- (Unknown)

Bonus Stuff

"What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes. God gives us the power to bear all the sorrow of His making, but He does not guarantee to give us strength to bear the burdens of our own making such as worry induces." - Ian Maclaren

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained.” - Arthur Somers Roche

“Anxiety is not only a pain we must ask God to assuage, but also a weakness we must ask Him to pardon.” - C.S. Lewis

Psalm 55:22 (NIV)

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

1 Peter 5:6-7 (Amplified)

6 Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, 7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

Matthew 6:25-34 (NIV)

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life? 28 “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Luke 12:22-34 (NKJV)

22 Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. 23 Life is more than food, and the body is more than clothing. 24 Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? 25 And which of you by worrying can add one cubit to his stature? 26 If you then are not able to do the least, why are you anxious for the rest? 27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. 28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith? 29 “And do not seek what you should eat or what you should drink, nor have an anxious mind. 30 For all these things the nations of the world seek after, and your Father knows that you need these things. 31 But seek the kingdom of God, and all these things shall be added to you. 32 “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom. 33 Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. 34 For where your treasure is, there your heart will be also.