

NO WORRIES

I. Philippians 4:4-9

A. Philippians 4:4-9 (ESV) are Paul's words from a prison cell in Rome: 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.

B. What I just read to you probably sounds familiar. You've read it before or you've heard your pastor read it at some point. You may wonder if any new light can be shed on these verses? "What's new here?!" And I will tell you that the Holy Spirit has a way of illuminating God's Word in such a way as to take it down deep, turn it loose, and let it run strong. I'm praying that'll happen this morning.

C. So have you found yourself getting anxious these days, worried about how things are going to turn out, fretting about ends meeting, troubled with doubts if events don't turn out as you had hoped or planned? What our verses will remind us of today is that our internal challenge isn't as much to stop worrying, as it is in trusting God who controls what we do not. Let's unpack these verses brand new.

D. Philippians 5:4-7 (ESV) will speak again to our hearts...

1) V4 Rejoice in the Lord always; again I will say, rejoice. (Always of course means always. I don't rejoice in COVID but in the midst of COVID I do rejoice in the LORD. I don't rejoice when someone calls evil good and good evil but I do rejoice in God who is a just and righteous Judge.)

2) V5a Let your reasonableness be known to everyone. (The NASB says, "Forbearing spirit;" The NIV says, "gentleness" Greek: Epiekes (*Ep-ee-i-kace*) is best translated as *sweet reasonableness*. Reason, based on what God has said, will give way to a sweet and gentle confidence in God's sovereignty and love, i.e. trust in God...)

3) V5b The Lord is at hand; (Yes the Lord's ascension took place 2,000 years ago, but on God's calendar that's just a couple days ago. He'll be back. And nobody's getting away with anything! He hasn't nodded off. Nothing's getting past Him. Trust Him!)

4) V6 do not be anxious about anything, (That's not merely a nice suggestion.) but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Supplications are simple, humble requests to God) (Troubled? Pray! Worried? Pray! Scared out of your wits? Pray! Feeling helpless? Pray!)

5) And then what? All my wildest dreams come true? All my prayers get answered just like I want? Here's the answer: V7 And the peace of God, which surpasses all

understanding, will guard your hearts and your minds in Christ Jesus. (God will dispatch His peace, like a Green Beret, like a Navy Seal, like a Secret Service agent to come and stand guard over your heart and mind. This well-trained sentry has a name, Peace. It comes from the Prince of Peace whose name is Jesus!)

E. Nowhere in your Bible does it say that worry will lead to peace! Nowhere does it say that if you steep yourself in worry that peace will well up in your heart! Rejoicing and prayer will accomplish that. Or maybe you prefer worry over peace?

F. Corrie ten Boom survived a German concentration camp during WW II. Here's some of what she said about worry: *"Worry does not empty tomorrow of its sorrow. It empties today of its strength..." "Worry is like a rocking chair--it keeps you moving but doesn't get you anywhere..." "Worry is like racing the engine of an automobile without letting in the clutch..." "Worry is a cycle of inefficient thoughts whirling around a center of fear."*

G. Philippians 4:8-9 (ESV) gives us further direction...

1) Meanwhile our well-protected minds and hearts can engage themselves more productively. How? V8 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. V9 What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

2) Arthur Somers Roche said: *"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained."*

H. When a despised, scarred, imprisoned, ex-Pharisee, thorn-in-his-side, half-blind apostle, destined for eventual beheading speaks via the inspiration of the Holy Spirit, we should all take notice... This is why Paul could emphatically counsel others to rejoice, forgo anxiety, pray humbly & thankfully, until peace comes! Because He saw Christ, a bloody cross, an empty tomb, an occupied throne, the third heaven, the throne's eye view, the bigger picture and the eternal outcome...

I. Think on this: Christ the Son of God, was born; He was God in the flesh; He lived a perfect, sinless life; He was arrested, tried, spat upon, and mocked; He was nailed to a cross with our sin upon Him; He bled and died for our transgressions; He was buried; after three days He rose from the dead; He ascended to the right hand of God the Father; there He rules and reigns; there He intercedes (prays) for us; there He prepares a place for us; and from there He will one day return. Meanwhile He has promised to never leave us or forsake us, to care for our needs, hear our prayers, and cause all things to work together for our good. This I tell you is the remedy for anxiety and fear, worry and dread. Dwell on these things, set your mind upon them, and watch your worries vanish.

1 Peter 5:6-7 (PHILLIPS) takes us home: V6-7 So, humble yourselves under God's strong hand, and in His own good time He will lift you up. You can throw the whole weight of your anxieties upon Him, for you are His personal concern.

Scriptures, Videos, & Bonus Stuff

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.

Quote by Corrie ten Boom

"Worry does not empty tomorrow of its sorrow. It empties today of its strength."

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"Worry is like a rocking chair-it keeps you moving but doesn't get you anywhere."

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"Worry is like racing the engine of an automobile without letting in the clutch."

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"Worry is a cycle of inefficient thoughts whirling around a center of fear."

Quote by Arthur Somers Roche

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained."

1 Peter 5:6-7 (PHILLIPS)

6-7 So, humble yourselves under God's strong hand, and in His own good time He will lift you up. You can throw the whole weight of your anxieties upon Him, for you are His personal concern.

Video Clips & Important Articles

"Turn Your Eyes Upon Jesus" - Cello Solo by Kevin "K.O." Olusola
<https://www.youtube.com/watch?v=rBm4csriPVE>

Five Reasons Not To Be Anxious - John Piper
<https://www.youtube.com/watch?v=NpDwEGzXGSY>

Stop Worrying - Troy Black
<https://www.youtube.com/watch?v=grTuXo1hqN4>

Pachelbel's "Canon in D" / "Seek Ye First the Kingdom of God" - Emmanuel Prathap Singh

<https://www.youtube.com/watch?v=yVTZ9DmnXvM>

Is My Suffering a Correction for Sin? - John Piper

<https://www.desiringgod.org/interviews/is-my-suffering-a-correction-for-sin>

Bonus Stuff

Psalm 55:22 (NIV)

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

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.

Pastor Steve - Sermon Excerpt

"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- **(whatever is true)**; I direct my thinking to the honorable sacrifice of Jesus' dishonorable death on the cross for me- **(whatever is honorable)**; I remind myself of the reality of God's justice and the great & terrible Day to come, that evil will soon meet its horrific end- **(whatever is just)**; I humbly consider the purity of Jesus' sinless life and His imputed righteousness to me- **(whatever is pure)**; I recall the loveliness of God's beautiful mercy & grace lavished upon me- **(whatever is lovely)**; I soberly remind myself of the commendable acts of believers who are harshly suffering so bravely because of their faith in Christ our Lord- **(whatever is commendable)**; I usher my thoughts to the excellence of the Gospel well-preached and lived out in this dark world by faithful brothers & sisters- **(Oh the excellence of God's glorious kingdom!)**; And I think about the praiseworthy deeds of kindness generously carried out by faithful believers seeking to emulate Jesus the Merciful One Whom we will worship and serve forevermore- **(whatever is worthy of praise)**. ...And as I pray and set my mind on these things, God's wonderful peace wells up inside me and I want that same peace for all of you...

- PSB excerpt from sermon titled, "*Don't Worry*," February 27, 2014...

Trust Him

Author Unknown

Trust Him when dark doubts assail thee,
Trust Him when thy strength is small,
Trust Him when to simply trust Him
Seems the hardest thing of all.
Trust Him, He is ever faithful,
Trust Him, for His will is best,
Trust Him, for the heart of Jesus
Is the only place of rest.

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.

Quote by Lee Roberson

"Worry is nothing but practical infidelity. The person who worries reveals his lack of trust in God and that he is trusting too much in self."

Quote by John MacArthur

"For some reason, we think of doubt and worry as "small" sins. But when a Christian displays unbelief...or an inability to cope with life, he is saying to the world, "My God cannot be trusted," and that kind of disrespect makes one guilty of a fundamental error, the heinous sin of dishonoring God. That is no small sin."

Quote by C.S. Lewis

"Anxiety is not only a pain we must ask God to assuage, but also a weakness we must ask Him to pardon."

Quote by George Mueller

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety."

Quote by George Macdonald

"It is not the cares of today, but the cares of tomorrow, that weigh a man down. For the needs of today we have corresponding strength given. For the morrow we are told to trust. It is not ours yet. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear."

Quote by Charles Spurgeon

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 Charles Mayo

"Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health."

- Charles Mayo (Founder of the Mayo Clinic)

Quote by Mark Twain

"I am an old man and have known a great many troubles, but most of them never happened."

Anne Steele's Fiancé Drowned

A young woman named Anne Steele had encountered one trial and disappointment after another. Being a devout Christian, she continuously sought to praise God—even in sorrow. She was engaged to be married, and had looked forward to her wedding day with eagerness. The big day finally arrived and so did the guests—but the groom was missing. After about an hour of waiting, a messenger brought the tragic news that Anne's fiancé had drowned. The sudden shock was almost too much for her, but after a while she regained her spiritual composure. Later Anne Steele penned the following song that is still found in many hymnbooks. - H.G.B., Our Daily Bread

Father, Whate'er of Earthly Bliss

By Anne Steele

Father, whate'er of earthly bliss
Thy sovereign will denies,
Accepted at thy throne of grace,
Let this petition rise:

Give me a calm, a thankful heart,
From every murmur free:
The blessings of thy grace impart,
And make me live to thee.

Let the sweet hope that I am thine,
My life and death attend;
Thy presence through my journey shine,
And crown my journey's end.