

Anxiousness (*Philippians 4:6-9*)

I. Introduction

- A. Family Feud (2022)—What do you think the majority of people responded to the question? *"How anxious are you about the future, (on a scale of 0-10, with 10 being the most anxious)?"*
- B. On that same scale, how anxious are you about the future?
- C. Do you think the answer should be significantly different for a Christian? The same, higher, or lower?
- D. Do you think the answer is significantly different for saved or unsaved? Why?
- E. What are the things people are most anxious about?

II. Scripture

- A. **4:6**—*"Be careful [anxious] for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."*

- 1. Should we ever be anxious to the point of being a 10/10? Why?
- 2. How do we obey God's command to not be anxious?
- 3. What is one of the most important ways of trusting God with our concerns that demonstrates to us that we are praying in faith?

- B. **4:7**—*"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*

- 1. What is God's promise to you when you ask, trust, and thank Him to, and for taking care of your concerns?

- 2. Will you even be able to understand God's peace protection?

- C. **4:8**—*"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever*

things are of good report; if there be any virtue, and if there be any praise, think on these things.

1. What else should we do for a calm heart and mind?

2. Why do you think God repeats "***whatsoever things are***" 6 times instead of just listing the 8 things?

D. ***4:9—“Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”***

1. What else should we do?

2. What is God’s additional promise?

III. Application

A. What are some bad habits that cause you to worry more?

B. What is something you are most concerned about now?

C. How will you obey God to reduce your anxiety on this concern?

D. What practical things can you do this week to reduce worry?

E. Anyone know of a good poem, prayer, or song that helps them?