

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 things people are most anxious about?

II. Scripture.

- A. ***Php. 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. ***Php. 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. ***Php. 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. **Php. 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. What practical things can you do this week to reduce worry?
- D. Share something you are anxious or concerned about with one other person and have them pray for you.
- E. Anyone know of a good poem, prayer, or song that helps them?