

NOTES:

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Message: "Dealing With Our Anxieties"

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Philippians 4:4-9

I. **Introduction**

We have managed to create a culture that is hostile to the mental and spiritual health of human beings.

In the middle of all our affluence and freedom we find ourselves under siege from something called stress.

Stress is just a cool word for anxiety! Words like anxiety and worry make us feel weak; we don't like feeling weak.

II. **What is anxiety?**

A. **Definition** - to be divided (as in torn between), laden with cares and troubles, pressured, squeezed, burdened.

B. **Results** - a feeling of uneasiness, apprehension and tension, a loss of peace of mind resulting in obsessive thoughts often accompanied by unpleasant physical symptoms.

C. **Root Cause** - At its core, anxiety is weakness in search of strength within ourselves.

III. **God Enters the Equation!** vs. 6-7

A. **Don't Do That!** – "Be anxious for nothing." It is not a condemning statement, it is a truth statement.

B. **Do This!** – Instead of looking for strength in the "weakest weak one" (that's you and me) look for strength in "The Strongest Strong One" (El Elyon, one of the names of God).

C. Here is How We Do It – God says to bring everything to Him. The only people who do this are those who know they are weak. We do this by:

- 1) Prayer – talking to God, coming confidently as sons and daughters of the King

- 2) Supplication – expressing urgent, specific needs

- 3) Thanksgiving – This really means trusting God at the front end instead of at the back end. “Thank you God, that you hear me and will act on my behalf.”

D. Here Is How God Responds:

- 1) He gives us His “peace” – tranquility of spirit, absence of mental conflict, harmony within. It is beyond comprehension because it belongs to Him and it is His to give. It doesn’t reside within us.

- 2) He sets a “guard” over our hearts and minds – It is the picture of someone in protective custody being shielded by a sentry from unwanted visitors.

TWO IMPORTANT NOTES:

There is a learning curve!

There are 2 more verses!

IV. The Role of the Mind, Relationships and Practice in Experiencing God’s Peace vs. 8-9

- A. The Mind - “Let your mind dwell on these things”
To “dwell” means to live; live where God lives. Focusing on what is true about Him, you and your life.

“The God of peace shall be with you” – when we live where God lives we live in the land of peace. We experience His “with” which is His presence.

- B. Relationships - “The things you have learned, received, heard and seen in Me.”
This statement assumes there are people in our lives who are further down the road of spiritually than we are. It is amazing how much anxiety we bring on ourselves because we don’t know how to live. We need people in our lives who know how to live life wisely and in the presence of God.
- C. Practice - The hard part is always applying what we know. Who is helping you do that?

V. How Do You Know When You are Living in Peace and Not in Anxiety? vs. 4-5

- 1) “Rejoice” – Joy that is directed toward God. It means we are more focused on Him and His endless resources than ourselves and our pitiful resources.

- 2) “Gentleness” – sweet reasonableness. Compassion, patience, selflessness in the face of challenging circumstances instead of annoyed, unsympathetic and self-absorbed.

- 3) “The Lord is Near”
“This is the way, walk in it.” Isaiah 30:21