



Be Anxious For Nothing



God tells us in His Word, that as believers in Jesus, we are to “*Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let our requests be made known to God. And the peace of God which surpasses all of our understanding, will guard our hearts and our minds through Christ Jesus.*” (Philippians 4:6,7)

Another writer puts it this way. “*Don’t worry about anything; instead, pray about everything; tell God your needs, and don’t forget to thank Him for His answers. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus!*” (Philippians 4:6,7 LB)



Peace is supposed to be our normal condition every day, but very few people are enjoying that peace as part of their daily lives. Most of us have lived in a state of turmoil for so many years we don’t realize how abnormal it has become. It’s only when we begin to study the Word of God and apply it to our life that we can even begin to experience His peace.

At first, it may even seem to be boring because we are so used to being involved in some stressful activity all the time. But, when you get used to being peaceful inside, you won’t even like to hurry all the time and be upset. You will love, enjoy and appreciate the peace of God and let it fill every area of your life.

We will still encounter problems, all of us go through seasons when things don’t work out the way we would like them to. But, our joy and peace still come as a result of our relationship with the Lord. Psalm 16:11 tells us that fullness of joy is to be found in His presence. Peace and joy are twins that go together. “*You will show me the path of life; in your presence is fullness of joy, and at your right hand there are pleasures forever more.*”

If we have received Jesus as our Lord and Savior, He lives inside of us. We experience peace in His presence, receiving direction from Him and acting in response to His directions. Our salvation does not guarantee a trouble free life, but it does guarantee peace in every situation if we will refuse anxiety and rest in God’s promises of spiritual victory over every circumstance in life. In Isaiah 9:6 Jesus is named the Prince of Peace. Romans 14:17 tells us that the kingdom of God is righteousness, peace and joy.

Peace

“*Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad.*” (Proverbs 12:25 AMP) Worry and stress weighs us down; but a cheerful word picks us up. And we don’t have to wait for someone else to speak a cheerful word to us. We can speak it to ourselves. Speak God’s Word, His promises, out loud to yourself. Your ears hear your voice and they respond because faith in God’s Word comes by hearing it. Anxiety brings a heaviness to our life. Webster’s dictionary defines “anxiety” as a state of uneasiness: worry, abnormal fear that has no specific cause.

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We can all identify with those times when for no particular reason, we were filled with fear and dread, like something bad is going to happen. A miserable heart means a miserable life, but a cheerful heart fills the day with song. When we are intense about everything and have negative expectations for our life we create problems in our mind, where none really existed. We fret and worry like a puppy with a bone that's too big for him to chew, so he just rolls it around and rolls it around, but never buries it because it looks too big to cover up.



There's something in our imagination that can take a little thing and make a really big thing out of it in our mind. It's usually something that somebody said. Hours after the words were spoken we begin to think about them. *What did she mean? She probably didn't like what I brought. I know she didn't --- she didn't say so but I could tell by the way she said "Thank you" that she didn't like it. Well, I'm sure not going to give her anything again and when I see her tomorrow I'm only going to say 'Hi' and she'll know she didn't fool me. She doesn't really like me. I feel so stupid. Now I don't have any friends. She probably told everybody what a dumb thing I did. Why can't I ever do things right like other people do? --- anxiety has entered your heart.*

Thinking like that is a choice. We have to learn to choose to just let some things go and to refuse to think about anything that is upsetting. To forget it and move on. We can choose peace or anxiety. We are the only ones who can give peace to ourselves. God has already given His peace to us. We can choose to stay calm or to calm down if we start becoming agitated.



Jesus said, *"In this world you will have tribulation and trials, distress and frustration, but be of good cheer -- for I have overcome the world."* (John 16:33) Jesus told you this so that in trusting Him, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! Life's difficulties can work in you to strengthen and perfect your soul.

Things may not go exactly as we would like, but Jesus says to "cheer up!" The One who lives on the inside of those who believe in Him has overcome the world. He can be trusted. That gives us plenty of reason to calm down and cheer up! And to be anxious for nothing!



Be Anxious For Nothing

1. What does God tell us about being anxious? (Philippians 4:6)

2. What is it that will protect your heart and mind in Jesus? (Philippians 4:7)

3. Instead of worrying, what should I do? _____

4. What happens if I study God's Word & apply it to my life? _____

5. How do joy and peace come to me? _____

6. Where can I find the fullness of joy? (Psalm 16:11) _____

7. If anxiety weighs my heart down, what can make it glad? (Proverbs 12:25 AMP)

8. How do I let go of upsetting thoughts? _____

9. How can life's difficulties help me? _____

10. What did Jesus say about my tribulations & trials? (John 16:33)

(The answer to this question will be your memory verse)

MEMORY VERSE: _____

Be Anxious For Nothing

1. What does God tell us about being anxious? (Philippians 4:6)

“Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God.”

2. What is it that will protect your heart and mind in Jesus (Philippians 4:7)

The peace of God.

3. Instead of worrying, what should I do? Pray.

4. What happens if I study God’s Word & apply it to my life?

I will begin to experience God’s peace.

5. How do joy and peace come to me? As a result of my relationship with the Lord.

6. Where can I find the fullness of joy? (Psalm 16:11) In the presence of God.

7. If anxiety weighs my heart down, what can make it glad? (Proverbs 12:25 AMP)

An encouraging word.

8. How do I let go of upsetting thoughts? Choose not to think them again.

9. How can life’s difficulties help me? They work in me to strengthen & perfect my soul.

10. What did Jesus say about my tribulations & trials? (John 16:33)

MEMORY VERSE: “In this world you will have tribulation & trials, distress & frustration, but be of good **cheer** – for I have overcome the world.”