

How to Overcome Worry **Philippians 4:6-9**

Main Point:

In Christ, you can overcome your worry and have the peace of God; therefore, pray with thanksgiving, think godly thoughts, and do the will of God.

1. We are all prone to sin by worrying.
2. Overcome your worry by praying with thanksgiving.
3. Overcome your worry by thinking godly thoughts.
4. Overcome your worry by doing the will of God.
5. God will give you His peace in Christ Jesus.

Quotations and Cross-References:

Matthew 6:31-33 ³¹ "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" ³² "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. (NKJV)

Jerry Bridges "When I give way to anxiety, I am, in effect, believing that God does not care for me and that He will not take care of me in the particular circumstance that triggers my anxiety at the moment."

Sinclair Ferguson "[Paul] is speaking about the careful, patient spreading of our needs before God, detailing our situation and our anxieties."

J.A. Motyer "In thanksgiving, anxiety is resolved by the deliberate *acceptance* of the worrying circumstance as something which an all-wise, all-loving and all-sovereign God has appointed."

Sinclair Ferguson "You are in a world full of trouble and anxiety, far from the heavenly city of which you are a citizen. But God sends a garrison of peace to guard you while you are away from your homeland."