

# Anxiety

Sermon 18 in the Philippians Series

## Philippians 4:6-7

### I. The Antidote to Anxiety 6-7

A. Be Anxious for nothing (Don't Worry)

B. Word Study of "Anxiety".

"be anxious" = (*merimnao*) is more broad than "be worried",

**Phil 2:20** – "care" -- Timothy could be trust to be concerned for the welfare of their souls.

**1 Corinthians 12:25** -- that there should be no schism in the body, but *that* the members should have the same **care** for one another.

It is not wrong to "be concerned".  
It is what you do with that concern.

C. Don't be Anxious – Pray!

Supplication – to plead or beg with urgency

With thanksgiving – expressing thankfulness to God

Requests – So many times – like James says – we have not because we ask not.

D. Christ is an example of anxiety, without sin and with prayer, in the Garden of Gethsemane.

E. Sleepiness – the opposite of anxiety. (Credit to Tyler Krug)

1. Like sleepiness, you don't necessarily have to "do" anything to experience temptation — simply "not doing anything", "not being watchful" is sufficient to put yourself in a dangerous position.
2. Like sleep, indulging certain temptations can seem like something I could never do, but by not keeping guard, that sin you thought you defeated, and your desire to give in can be every much as strong as your desire to doze off when your eyes are heavy, like the disciples' (Mk. 14:40).

3. Like fighting sleep, Jesus confirms that we can have a “genuine” desire to fight temptation, but that sometimes our sinfulness renders us too weak to overcome. Notice how gently Christ dealt with them in their weakness!
4. We must gain strength by being actively watchful and prayerful (Mk. 14:38)—looking and doing the right things—not merely trying to avoid bad things. That’s a losing strategy.

## II. The End Result v. 7

The peace of God **will guard** your hearts and minds through Jesus Christ. Peace is the opposite of anxiety.

This word for guard is a form of the one used to protect city gates and for the Roman garrison that surrounded Philippi and protected it as a colony of Rome.

## III. Peter gives us the same Prescription -- I Peter 5:5-11

Verse 7 goes with verse 6.

“**casting**” is a participle that needs the imperative “**humble yourself**”.

In I Peter 5:7 -- Peter is paraphrasing the LXX from Psalm 55:22 – “Cast your **burden** on the Lord and He will sustain you.

**Matthew 6:24-27** – <sup>25</sup> “Therefore I say to you, **do not worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? <sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> Which of you **by worrying** can add one cubit to his stature?

To conclude -- Philippians 4:4, 5, 6 carry 3 commands

1. Be full of joy – at all times
2. Be so full of gentleness, (graciousness) – that the world can see it.
3. Let your request be made known to God.