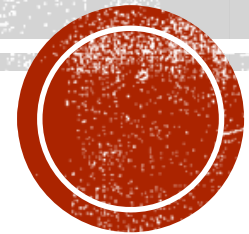


QUIET MY ANXIOUS HEART

Philippians 4:6-13



Common To Man

- Guilt
- Fear
- Pressure
- Stress
- Anger
- Dread
- Worry
- Frustration

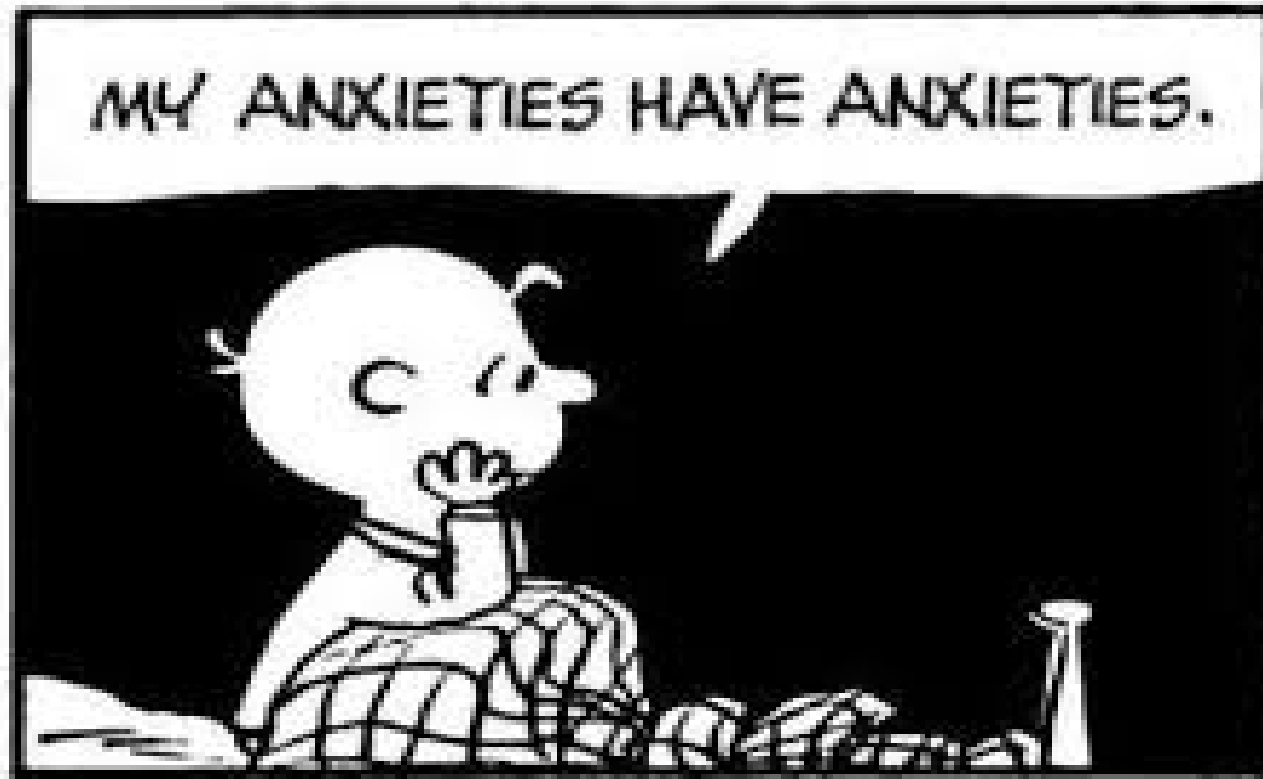


The Crippling Noise of Anxiety

- “Worry is a thin stream of fear that trickles through the mind, which, if encouraged, will cut a channel so wide that all other thoughts will be drained out.” Author Unknown
- Whether threat is real or imagined



Fear Tends to Multiply



Crippling Responses

- Fight – Restless, obsessive control
- Flight – Doom and gloom



From Anxiety to Contentment

- Paul's goal was quietness of heart found in interpreting life with God in the center. Rest is found in a Person.
- There is no shortcut to quieting the heart. The top priority must not be getting rid of the anxiety.
- Anxiety is speaking. What is it saying?



I Have Learned

- Paul was not naturally free from anxiety. II Cor. 1:8
- Growth is usually not a quick process. Matt. 13:31,32
- What do I need to learn about me?
- What do I need to learn about God?



Learning About Me

- The battle is first for my heart. Phil. 4:7, Prov. 4:23, Matt. 6:21
- If we don't have an anchor for our minds, we can convince ourselves of anything.
- Anxiety: "I want something and I might not get it" or "I don't want something, and I might get it."



What I Value (Need)

- Fear and worry are not mere emotions; they are the expression of what we hold dear, of our true loyalties.
- What I think I need will control me.
- Our greatest interest is our wants.
- When our wants are not met, threatened, or are uncertain, we become anxious.
- Competing Kingdoms – Matthew 6



Control

- Anxiety is a battle for control, of circumstances v. ourselves.
- We are not convinced that God is trustworthy, or at least are unwilling to put all of our eggs in one basket.
- We don't like how God manages the universe.
- We would like to be in the driver's seat because we trust ourselves more than we trust God.



I'm in Danger

- What's happening with me?
- Vulnerability arises when I sense my perceived needs may be in jeopardy, and meeting those needs is outside my control.
- The response: Fear, Anger, Stress, Worry, Depression, Conflicts. The possibilities are endless.



Learning About God

- Fear is nurtured by ignorance. Our greatest need is to become acquainted with God.
- God says: “Trust Me.”
- God says: “Do Not Fear.”
- These are the words of a Heavenly Father.



God Will Guard You (Control)

- Psalm 46 teaches us that God is actually in control.
- God is trustworthy. Jesus is the proof. Psalm 130, Romans 8:31-39
- Life's perplexities are designed to reveal God's goodness. II Cor. 1:8, Romans 4:17-21



God will Be With You (Danger)

- Vulnerability is fed by the feeling of being alone.
- You are never alone. Psalm 139 dispels every possible scenario.
- The presence of God is more than companionship; it is also the promise of protection and guidance. Psalm 23



God Will Strengthen You (Needs)

- Wants become sinful when they become demands.
- God understands our needs better than we do. II Cor. 12:7-11, II Cor. 1:8, Deuteronomy 8:3
- God has the ability to supply our wants but instead gives something far greater – grace. I Cor. 10:13
- God is intentionally changing our focus through anxiety.



Application

- Remember - this is learned behavior. You must persist. It will not be easy.
- Pray – take your fears to God, but take them with thanksgiving for what you are learning about God.
- Think – Work to discipline your mind. Commit to surrounding your mind with truth. Phil. 4:8
- Be patient – God works on His own timetable.

