

Do Not Be Anxious

Philippians 4:4-7

- Being overwhelmed and anxious is the new normal.

Philippians 4:4-7

⁴ *Rejoice in the Lord always; again I will say, rejoice.* ⁵ *Let your reasonableness be known to everyone. The Lord is at hand;* ⁶ *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* ⁷ *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

- When we're overwhelmed and anxious, rejoicing in the Lord is the only way to survive.

- God's presence brings about God's peace.

Psalms 16:8-11

⁸ *I have set the Lord always before me;
because he is at my right hand, I shall not be shaken.*
⁹ *Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.*
¹⁰ *For you will not abandon my soul to Sheol,
or let your holy one see corruption.*
¹¹ *You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.*

- Prayer is the cure for anxiety.

1 Peter 5:6-7

⁶ *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.* ⁷ *Cast all your anxiety on him because he cares for you.*

- God cares about our anxiety. He wants to take it from us but we have to give it over.
- Anxiety itself is not a sin, but anxiety can cause us to sin.
- While we can't choose our anxieties, we can choose our responses.