

“Anxious for Nothing!”

Prayer Not Despair

Phil. 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

What kind of prayers keep me from anxiety?

1. Be clear

Do not be anxious about anything.

Phil. 4:6

Anxiety / Worry

- . To divide the mind
- . To be at war with oneself
- . To be weighed down emotionally
- . To choke or squeeze

But in everything by prayer and supplication...let your requests be made known to God.

We mutter and sputter
We fume and we spurt,
We mumble and grumble,
Our feelings get hurt.
We can't understand things
Our vision grows dim
When all that we need
is a moment with Him.

Why – if God already knows everything?

- . Trust Him to care about every detail of my life
- . Trust Him to have a response to every detail of my life
- . Trust Him to provide for every detail of my life.

A blind man cried out – “Jesus, Son of David have mercy on me!”

Luke 18:38

Jesus – “What do you want Me to do for you?”

“Lord, let me recover my sight.” (41)

- . Faith in Jesus as the Messiah
- . Faith in Jesus to fulfill prophecy (Isaiah. 42:7)
- . Faith in Jesus to heal his eyes.

“Sometimes anxiety can be a kind of atheism. Our fears or problems fill the horizon until God is given no place; our worries are everywhere and God is nowhere. But He calls us to prayer; not to escape from everything but to pray in everything. Prayer is not escapism, it is unique kind of involvement.”

Peter Lewis

2. Be continually thankful

... with thanksgiving
(6)

I thank my God in all my remembrance of you! (1:3)

... making my prayer with joy.
(4)

Give thanks in all circumstances for this is the will of God in Christ Jesus for you. 1 Thess. 5:18

God’s anxiety therapy – Gratitude
Continue steadfastly in prayer being watchful in it, with thanksgiving.
Col. 4:2

What are you watching out for that would bring thanksgiving?

- . Alert to God's love – Matt. 6:32
- . Alert to God's presence – Ps. 34:18
- . Alert to God's goodness – Ps. 23:6
- . Alert to God's commitment to you – Rom. 8:31 - If God is for us who can be against us?

“What you have in Christ is greater than anything you don't have in this world.” Max Lucado

It's impossible to be anxious and thankful at the same time. Anxiety comes with fear taking control and thankfulness then disappears.

“Prayer thrives best in the soil of a thankful heart.”

Nothing is too difficult for the Lord. Gen. 18:14

Anchor for my soul – the Lord – His character and His promises

Are you standing on the problems? Or on the promises?

Standing on the promises that cannot fail

When the howling storms of doubt and fear assail.

By the living word of God I shall prevail.

Standing of the promises of God

3. Be consistent

Present tense Commands – “Do not be anxious”

“Let your requests be made known to God.”

Pray without ceasing.

1 Thess. 5:17

Cast your burden on the Lord and He will sustain you; He will never permit the righteous to be moved. Psalm 55:22

... praying at all times in the Spirit...

Eph. 6:18

Why do we hesitate?

Believe lies from Satan –

- . God doesn't care – not available – too busy
- . I've got this (lack of humility)
- . Prayer doesn't work (lack of faith)

4. Be compassionate

And it is my prayer that your love may abound more and more with knowledge and all discernment.

Phil. 1:9

Look not only to his own interests, but also to the interests of others. Phil. 2:4

I move from anxiety when my focus changes from me to others.

“Selfishness is a consuming and destructive sin.”

John MacArthur Jr.

Remember -

C – Celebrate God’s goodness

A – Ask God for help

L – Leave your concerns with God

M – Meditate on good things