

# “Antidotes To Anxiety”

## Three Difficult Disciplines That Can Lead To Peace

Philippians 4:4-9 (982)

At various junctures of life, we are all prone to anxiety. Such fear may have been an element prolonging the conflict between Euodia and Synteche (v 2). But the Apostle would have us return to joy in the King again and again (v 4)! Today the Apostle commends three Christian disciplines, assuring believers that as we pursue them faithfully “the peace of God” will “guard your hearts and your minds in Christ Jesus” (v 7, 9). Heed the call to let Christ harness your thinking and be rooted and renewed in Him!

### I. Keep calm and be \_\_\_\_\_ by Christ’s \_\_\_\_\_! (v 4-7)

- Antidote number one is “\_\_\_\_\_ with \_\_\_\_\_.”
- Prayer is the \_\_\_\_\_ alternative to \_\_\_\_\_ and worry
- Consider the \_\_\_\_\_ of *Larger Catechism* 154, 178-196.

### II. Keep calm and \_\_\_\_\_ your \_\_\_\_\_! (v 8)

- Antidote number two is \_\_\_\_\_ about \_\_\_\_\_.
- Be \_\_\_\_\_ of what fills your mind: does it make for \_\_\_\_\_?

### III. Keep calm and \_\_\_\_\_ the apostolic \_\_\_\_\_! (v 9)

- Antidote number three is the teaching and example of \_\_\_\_\_!
- Are you dedicated to \_\_\_\_\_?
- Are you dedicated to \_\_\_\_\_?
- Are you dedicated to \_\_\_\_\_ and \_\_\_\_\_?
- Are you committed to \_\_\_\_\_ what you have gathered?

(*Philippians: An Expository Commentary* by James Montgomery Boice)