

How to Worry Well
Paul's Letter to the Philippians, Part 8
July 5th, 2020

We **ALL** worry and have anxiety at times

Only about **10%** of what we worry about happens; that means 90% of what we worry about we can't **CHANGE** or **CONTROL**

75 to **90%** of all doctor's office visits are for stress-related ailments & complaints; stress costs American industry more than **\$300** billion annually

Worry, stress, and anxiety is not a **SIN**; it is a daily **PLAGUE** of life

Understanding Two Opposites

WORRY – to treat roughly, a tearing apart or continual biting

PEACE – to bring unity or harmony – a calm, quiet

Jesus offers to us a peace you **CAN'T FIND** in the world

John 14:27 (CEV) "[Jesus said] I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So don't be worried or afraid."

Finding Peace in Worry Through...

RELATIONSHIPS

Philippians 4:2-5 (NLT) "2 Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. 3 And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life. 4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon."

- Find the **COMMON** ground (see **Matthew 18:15-17**)
- Let God be the **JUDGE** (see **Romans 2 & Romans 12:19**)
- Live with **ETERNITY** in mind (see **Philippians 2:4; Matthew 5:23-26; Romans 12:17-18**)

PRAYER

Philippians 4:6-7 (NIV) "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

"be" – refers to **CONTINUAL** action, don't let this problem or thing **CONSUME** you

- Thankfulness is not an **OPTION** but an obligation because of who God is & what He's done **1 Thessalonians 5:16-18** (NIV) "16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus." (also see **Matthew 6:25-34**)
- See your circumstances through the lens of God's: **LOVE**, **WISDOM** and **POWER**
- There is nothing too great for God's **POWER**, and nothing too small for Dad's **CARE**

THOUGHTS

Philippians 4:8 (NLT) “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

- Worry keeps you from APPRECIATING what you do have (see James 1:16-17)
- Take control of what you CAN, let go of what you CAN'T (see 2 Corinthians 10:5)

ACTIONS

Philippians 4:9 (NLT) “Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” (see John 14:27 & James 1:22-25)

- Knowledge is USELESS unless you put it into ACTION
- Peace is a DAILY DECISION you make, not just an EMOTION you feel

Mark 14:33 (NLT) “He [Jesus] took Peter, James, and John with Him, and He became deeply troubled & distressed.”

Luke 22:44 (NLT) “He [Jesus] prayed more fervently, and He was in such agony of spirit that His sweat fell to the ground like great drops of blood.”

Matthew 26:37 (GN) “He [Jesus] took with Him Peter and the two sons of Zebedee. Grief and anguish came over Him.

Worry is not a SIN, LIVING THERE is!

My Next Step Today Is:

- I will let go of those things I can't control (stop worrying) and ask & let God take control
- I will memorize Philippians 4:6-7 this week

Next week we'll look at Philippians 4:10-14 – “Contentment.” Invite a friend!!!