

The Answer to Anxiety

Philippians 4:6-7

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God wants us to be a trusting and thankful people.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I. God does not want us to live in a state of worry. (v. 6a)

Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?

“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well. (Luke 12:25-31)

At the end of that time, I, Nebuchadnezzar, raised my eyes toward heaven, and my sanity was restored. Then I praised the Most High; I honored and glorified him who lives forever.

His dominion is an eternal dominion;

his kingdom endures from generation to generation.

All the peoples of the earth

are regarded as nothing.

He does as he pleases

with the powers of heaven

and the peoples of the earth.

No one can hold back his hand

or say to him: “What have you done?”

At the same time that my sanity was restored, my honor and splendor were returned to me for the glory of my kingdom. My advisers and nobles sought me out, and I was restored to my throne and became even greater than before. Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven, because everything he does is right and all his ways are just. And those who walk in pride he is able to humble. (Daniel 4:34-37)

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7)

II. He wants us to come to Him with our cares and concerns. (v. 6b)

Look to the LORD and his strength;
seek his face always.
Remember the wonders he has done... (1 Chronicles 16:11-12a)

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!
(Matthew 7:7-11)

Dear Lord, You know the difficult things I am dealing with. You know how my mind won't let me stop thinking about everything. I feel stressed and so unsettled. I'm worried about what is going to happen. Please take my burdens and all the “what ifs” from me. Help me to focus my thoughts on You and not worry about what could happen. Please help me to take one day or hour or if necessary minute at time. Please lead and guide me and take control of this situation. Help me to trust You and please give me Your wisdom and fill me with Your peace.

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. (James 5:13)

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)

III. He wants us to be grateful for our many blessings. (v. 6c)

Shout for joy to the LORD, all the earth.

Worship the LORD with gladness;
come before him with joyful songs.

Know that the LORD is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;

give thanks to him and praise his name.

For the LORD is good and his love endures forever;

his faithfulness continues through all generations. (Psalms 100:1-5)

Observe the commands of the LORD your God, walking in obedience to him and revering him. For the LORD your God is bringing you into a good land—a land with brooks, streams, and deep springs gushing out into the valleys and hills; a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey; a land where bread will not be scarce and you will lack nothing; a land where the rocks are iron and you can dig copper out of the hills.

When you have eaten and are satisfied, praise the LORD your God for the good land he has given you. Be careful that you do not forget the LORD your God, failing to observe his commands, his laws and his decrees that I am giving you this day. Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, then your heart will become proud and you will forget the LORD your God... (Deuteronomy 8:6-14)

It is therefore recommended to the legislative or executive Powers of these UNITED STATES to set apart THURSDAY, the eighteenth Day of December next, for SOLEMN THANKSGIVING and PRAISE: That at one Time and with one Voice, the good People may express the grateful Feelings of their Hearts, and consecrate themselves to the Service of their Divine Benefactor; and that, together with their sincere Acknowledgments and Offerings, they may join the penitent Confession of their manifold Sins, whereby they had forfeited every Favor; and their humble and earnest Supplication that it may please GOD through the Merits of JESUS CHRIST, mercifully to forgive and blot them out of Remembrance; That it may please him graciously to afford his Blessing on the Governments of these States respectively, and prosper the public Council of the whole: To inspire our Commanders, both by Land and Sea, and all under them, with that Wisdom and Fortitude which may render them fit Instruments, under the Providence of Almighty GOD, to secure for these United States, the greatest of all human Blessings, INDEPENDENCE and PEACE: That it may please him, to prosper the Trade and Manufactures of the People, and the Labor of the Husbandman, that our Land may yield its Increase: To take Schools and Seminaries of Education, so necessary for cultivating the Principles of true Liberty, Virtue and Piety, under his nurturing Hand; and to prosper the Means of Religion, for the promotion and enlargement of that Kingdom, which consisteth "in Righteousness, Peace and Joy in the Holy Ghost." And it is further recommended, That servile Labor, and such Recreation, as, though at other Times innocent, may be unbecoming the Purpose of this Appointment, be omitted on so solemn an Occasion. – Presidential Thanksgiving Proclamation 1777

In the same spirit of togetherness and thanksgiving that inspired the Pilgrims and the Wampanoag, we pay tribute to people of every background and belief who contribute in their own unique ways to our country's story. Each of us brings our own traditions, cultures, and recipes to this quintessential American holiday — whether around dinner tables, in soup kitchens, or at home cheering on our favorite sports teams — but we are all united in appreciation of the bounty of our Nation. Let us express our gratitude by welcoming others to our celebrations and recognize those who volunteer today to ensure a dinner is possible for those who might have gone without. – Presidential Thanksgiving Proclamation 2015

You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today. If you ever forget the LORD your God and follow other gods and worship and bow down to them, I testify against you today that you will surely be destroyed. Like the nations the LORD

destroyed before you, so you will be destroyed for not obeying the LORD your God.
(Deuteronomy 8:17-20)

In the past, he let all nations go their own way. Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.” (Acts 14:16-17)

The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles.

They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen. (Romans 1:18-23, 25)

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. (Isaiah 59:2)

IV. **Only when we come to God on His terms can we experience true peace.** (v. 7a)

All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. (Ephesians 2:3)

This is what the Lord says about this people: “They greatly love to wander; they do not restrain their feet. So the Lord does not accept them; he will now remember their wickedness and punish them for their sins.” (Jeremiah 14:10)

I will punish the world for its evil, the wicked for their sins. I will put an end to the arrogance of the haughty and will humble the pride of the ruthless. (Isaiah 13:11)

Then I saw a great white throne and him who was seated on it. The earth and the heavens fled from his presence, and there was no place for them. And I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books. The sea gave up the dead that were in it, and death and Hades gave up the dead that were in them, and each person was judged according to what they had done. Then death and Hades were thrown into the lake of fire. The lake of fire is the second death. Anyone whose name was not found written in the book of life was thrown into the lake of fire. (Revelation 20:11-15)

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.
(Romans 6:23)

But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God. (John 1:12-13)

V. We should be most thankful for Jesus Christ because it is only through Him that we receive these blessings. (v. 7b)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16)

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.
(Isaiah 9:6)

“Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” (Luke 1:20b-21)

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” (John 8:12)

I told you that you would die in your sins; if you do not believe that I am he, you will indeed die in your sins.” (John 8:24)

“I am the way and the truth and the life. No one comes to the Father except through me. (John 14:6)

I came so they can have real and eternal life, more and better life than they ever dreamed of.
(John 10:10 –Mssg.)

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5:1-8)

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:14-16)

...but because Jesus lives forever, he has a permanent priesthood. Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them. Such a high priest truly meets our need—one who is holy, blameless, pure, set apart from sinners, exalted above the heavens. Unlike the other high priests, he does not need to offer sacrifices day after day, first for his own sins, and then for the sins of the people. He sacrificed for their sins once for all when he offered himself. (Hebrews 7:24-27)

And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water. (Hebrews 10:19-22 - NLT)