

Wrestling With Worry – Week 5

Read Philippians 4:4-9

Review

1. Rejoicing in the Lord is the first command, and it is also a practical step toward peace and joy. (vs 4)
2. Remembering that the Lord is near should help us to be reasonably settled and stable (Vs 5).
3. **Turn every anxious care into a specific, grateful prayer.** The next command is negative and positive (like “put off and put on”): instead of worrying, we are commanded to present our requests to God. (vs 6)
 - a. By Prayer (in humble dependence upon God)
 - b. By petition/supplication (specifically asking and trusting Him)
 - c. With Thanksgiving (The only appropriate attitude toward God for the Christian, demonstrating gratitude toward Him, and an acceptance of His will, independent of the circumstances)

Digging In

4. When we “turn every care into a prayer”, we’re promised that the Peace of God will guard us (vs7)...
 - a. Peace that “transcends understanding”... It goes beyond understanding in value.
 - i. The objective peace of God is so marvelous that no human mind can fully comprehend it’s significance (Romans 11:33-36)
 - ii. God’s peace is exceedingly better than human effort and scheming and will provide security where understanding cannot. It is more effective in removing anxiety than intellectual reasoning.
 - iii. God’s peace excels over knowledge. Sometimes knowledge is insufficient. Sometimes it cannot explain, and sometimes it cannot help. God’s peace, however, is always sufficient (Job).
 - b. “Heart and Mind”: The entirety of our inner-being
 - c. “In Christ Jesus”... God’s peace is only for those who are in Christ (Know Jesus, Know Peace... No Jesus, No Peace)
 - d. Three potential misunderstandings about the Peace of God:
 - iv. This peace is exclusively an experience, feeling, or emotion
 - v. This peace in no way involves an experience or emotions
 - vi. This is an easy and quick fix

5. We are commanded in verse 8 to think...

- d. Our thinking is being drawn Godward, not simply toward secular positivity...
- e. Not merely a passing thought, but dwelling, or focused thinking that aligns our actions and emotions with the object of our thoughts.
- f. Why is this such an important and practical piece of instruction in relationship to worrying?
- g. How do we do this? (practical suggestions and examples)

4. What is the command given to us in verse 9?

- a. What does it mean “to practice”?
- b. What kind of things might fall under “the things you have learned and received and heard and seen in me”?
- c. Can worrying prevent us from fulfilling God-given responsibilities? Or keep us from selfless service and loving our neighbor?
 - Why are we less likely to do these things when we are worrying and feeling anxious?
- d. How can neglecting to “put into practice” what we know to be right and true lead to more anxiety?
- e. How can engaging with basic responsibilities and serving others be a demonstration of trusting in the Lord and also a means of helping you overcome worry and anxiety?

5. What promise are we given at the end of verse 9?

- a. How is this similar to the promise in verse 7?
- b. Consider how the promise does not suggest that the Lord will remove trouble and difficulty...
 - i. How is this promise even better than the removal of difficulty?