

# "Winning over Worry"

## Philippians 4: 1-9

For the Christian:

A. It is \_\_\_\_\_ to worry, to be fearful or to be anxious.

Jesus said about this - Matthew 6:25-27.

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.

Are you not much more valuable than they?"

27 Can any one of you by worrying add a single hour to your life?"

B. It is \_\_\_\_\_ to worry, be fearful or to be anxious.

(Matthew 6:31-32)

31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

32 For the pagans run after all these things, and your heavenly Father knows that you need them."

C. It is \_\_\_\_\_ for a Christian to worry, to be fearful or to be anxious.

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

Notice God's Prescription for winning over worry

1. BE \_\_\_\_\_ FOR NOTHING

verse 6 "Do not be anxious (KJV Careful) about anything,....."

It is no use for a doctor or a psychiatrist or a preacher to say, "Don't worry!"

but it is very different when God says it,  
for when He says, "be anxious (careful) for nothing"  
it means that He has the remedy and He offers the power to affect our  
deliverance.

## 2. BE \_\_\_\_\_ FOR EVERYTHING

Verse 6 tells us, "in everything, by prayer and petition,

" \_\_\_\_\_ " here means " \_\_\_\_\_ ".

"a trouble shared is a trouble halved"

How true this is when the One with whom you share your worry is the Lord  
Himself.

## 3. BE \_\_\_\_\_ FOR ANYTHING

Verse 6 says, "In everything...with thanksgiving..."

verse 4 "Rejoice in the Lord always. I will say it again: Rejoice!"

Notice the result of mixing together these three ingredients in God's prescription

verse 7: "And the peace of God, which transcends all understanding, will guard  
your hearts and your minds in Christ Jesus."

Our prayers should never end with a period but a comma.

## 4. Be \_\_\_\_\_ in SOMETHING

v8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is  
right, whatever is pure, whatever is lovely, whatever is admirable—if anything is  
excellent or praiseworthy - think about such things."

There can be peace in our hearts when we turn to the source of peace, Jesus  
Christ.