

GOD'S ANTIDOTE TO WORRY

June 23, 2013 Philippians 4:6-7 by Bob Branch
Connecting With God Thru Prayer, Part 10

What makes us anxious? *What ifs?*

BIG IDEA: Prayer with thanksgiving is God's antidote to anxiety and fear. The natural consequence of this is peace.

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ 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.

“The Lord is near”

1. God's NEARNESS drives prayer in anxious situations.

The LORD is near to all who call on him **Ps. 145:18** (Dt. 4:7)

“Be anxious for nothing; in everything pray”

Anxiety, to be divided, distracted, anxious.

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!”

⁴¹ “Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” **Luke 10:38-42**

PRAYER: to pray toward... direction (Ps. 121; Mark 6:41; 7:34)

PETITION/Supplication: To bring a need in person

“Cast all your anxiety on him because he cares for you.”
1 Peter 5:7 (Ps. 55:22)

REQUEST: as thing asked, asking. (Luke 11:5-13)

2. When you're anxious, LOOK to him, BRING your need to him and go for the ASK.

I sought the LORD, and he answered me; he delivered me from all my fears. **Psalm 34:4** (Psalm 77:2)

3. Verbally thanking God CONNECTS our thoughts concretely to his faithfulness.

Give thanks to the LORD, for he is good; his love endures forever. **Psalm 107:1**

I remember the days of long ago; I meditate on all your works and consider what your hands have done. **Psalm 143:5** (Psalm 42:4)

“Peace that transcends all understanding will guard your heart and mind”

4. Peace is GOD'S ANSWER as you connect with him in prayer.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. **John 14:27**

