

# The Complete Cure of Anxiety

## Philippians 4:6-7

### Introduction

a. Paul begins verse 6 by saying...

*Philippians 4:6* “Be careful for nothing...”

- Paul is simply encouraging the church by saying...
- Do not worry... do not be anxious.
- Do not be overcome by your cares or with any trouble that comes your way.

b. Paul gives the church the cure for anxiety.

*Philippians 4:6* “...but in every thing by prayer...”

- We will always be visited with diverse troubles that cause us to fret or worry.
  - How we handle worry is key.

c. The Scripture take it for granted that trouble will come... (Like temptation)

- How we respond will make all the difference.

*Psalms 56:3* “What time I am afraid, I will trust in thee.”

*Proverbs 3:25-26* “Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. (26) For the LORD shall be thy confidence, and shall keep thy foot from being taken.

d. Paul takes it for granted that the church might be facing anxiety, but, instead of saying “you silly people, stop worrying” Paul gives them the CURE.

e. What we must understand is that the Church at Philippi had legitimate concerns.

➤ **Chapter 1** – They were worried about Paul put in prison because of the Gospel.

*Philippians 1:12* “But I would ye should understand, brethren, that the things which happened unto me have fallen out rather unto the furtherance of the gospel;”

- They would have been concerned for Paul but for their own life also. (Because of the Gospel)

*Philippians 1:28* “And in nothing terrified by your adversaries...”

- **By the way**, For each trouble in each chapter, Paul directs them to look to Christ...

**Philippians 1:29** “For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake;”

- **Chapter 2** – Some perhaps were worried about those in church that were so selfish. Selfishness affects the body of Christ.

**Philippians 2:3** “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.”

**Philippians 2:5** “Let this mind be in you, which was also in Christ Jesus:”

- **Chapter 3** – Some could have been fearful from those religious people that were called dogs that tried to hinder the growth of some of the serious Christians.

**Philippians 3:2** “Beware of dogs, beware of evil workers, beware of the concision.”

**Philippians 3:20** “For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:”

- **Chapter 4** – Some on the other hand would have been so discouraged seeing the church divided.

**Philippians 4:2** “I beseech Euodias, and beseech Syntyche, that they be of the same mind in the Lord.’

**Philippians 4:4** “Rejoice in the Lord alway: and again I say, Rejoice.”

- The Church had some genuine worries.
  - Most of our discouragements come from within. Most of them are self-affected.

## **A. 5 examples of Unnecessary Discouragement**

### **1. Unanswered Prayer**

- a. Majority of Christians are angry with God because they did not get their prayers answered the way they wanted.
- b. We have no reason at all to be angry with God.
  - God treats us better than we deserve.
- c. The reason Christians do not get their prayer answered is because they ask the wrong thing.
  - Or their prayers are not mixed with Faith.
  - Or the Lord will answer in His time and they are impatient.

**James 4: 3** “*Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.*”

- d. When you grow to know God you will learn several things...

#### **1) God is God.**

- We are not God... We submit to Him, He does not submit to us. We follow Him He does not follow us.

**Psalms 100:3** “*Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.*”

- The fact that we (as Sinful people) can approach God is an absolute blessing in itself.

**Hebrews 4:16** “*Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*”

- Because of Jesus Christ we now can approach God and call on Him for Help.
- We do not go to God in prayer and see how we can help Him. That is very silly.

## 2) God is not a Genie.

- Prayer is not in any way to bend God's hand to make Him do what we want Him to do.
- Prayer is a place we can seek the Lord's Will for our lives.

*1 John 5:14-15* "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: (15) And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

*William McDonald said* "Indeed we should fear to pray for anything that is not in accordance with His will."

## 3) God knows best.

- When Job wanted to question the Almighty God about somethings, notice the response he receives from the LORD.

*Job 40:1-4* "Moreover the LORD answered Job, and said, (2) Shall he that contendeth with the Almighty instruct him? he that reproveth God, let him answer it. (3) Then Job answered the LORD, and said, (4) Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth.

## 2. Unreal Expectation

- a. Unreal expectations develop in our lives because we compare ourselves with others too much.
- Learning from others, and being encouraged by others is good. But comparing ourselves with others is not wise at all and will discourage us.
  - *2 Corinthians 10:12-13* "For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise. (13) But we will not boast of things without *our* measure, but according to the measure of the rule which God hath distributed to us, a measure to reach even unto you."
  - Paul said that his ministry was measured by the calling of God for His life, not by those who wish to do their own will and then boast about it later.
  - We must all strive to be Holy as God is Holy, however, every Christian have their own race to run.
  - They have their own gifts that God has given them in the body of Christ.
  - Christian, be faithful to your calling and to the Lord.

b. Unreal expectations may arise in our lives because we are try to please others more than pleasing the Lord.

- You must understand that we cannot please everybody.
- Live to please the Lord and you will be liberated.

➤ *Psalms 62:5* “My soul, wait thou only upon God; for my expectation is from him.”

### 3. Unresolved Issues

a. Conflict and disagreements ought not to be put under the carpet, they must be dealt with God’s way.

- Conflict will not go away.
- They will be always hanging over our heads.

*Ephesians 4:26* “Be ye angry, and sin not: let not the sun go down upon your wrath:”

b. We must do all that is within our power to seek peace, forgiveness or reconciliation with others.

*Romans 12:18* “If it be possible, as much as lieth in you, live peaceably with all men.”

### 4. Unfinished Business

a. Started something and not finished it. Lack of commitment brings discouragement in our own lives.

- Setting up goals and not completed the task.
- That alone make you feel like a failure.

b. What causes us to fall behind in our commitments?

- Leaving it to the last minute.
- We give our time to vain things.
- Or we take on more than we can handle. (Over committed)

➤ *Proverbs 18:9* “He also that is slothful in his work is brother to him that is a great waster.”

## 5. Untamed Desires (I believe this is the greatest)

*Proverbs 13:12* “Hope deferred maketh the heart sick...”

- a. When things do not work out the way we hoped for our hearts start to get sick or Discouraged.
  - **Sick** = Weak and Wounded, down and depressed when you didn't get your way?
- b. Our hearts get sick when we **Desire more** than what God intended for us have.
  - Godliness with contentment is great gain.

*Proverbs 13:12* “Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.”<sup>c</sup>

- c. A healthy Heart is one that hopes in the Lord.
  - A healthy heart is one that does not desire any more than the will of God in their life.
  - A healthy heart is when our desires are lined-up with God's desires.

*Psalms 37:4* “Delight thyself also in the LORD; and he shall give thee the desires of thine heart.”

*CH Spurgeon said* “Men who delight in God desire to ask for nothing but what will please God.”

- What God has planned for us is far-better than what we could ever plan for ourselves.

*Romans 8:28* “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

*Proverbs 13:19* “The desire accomplished is sweet to the soul: but it is abomination to fools to depart from evil.”

## **B. Worldly Foolish Counsel for Anxiety**

7 Surprising things that Can Help You Stop Worrying.

1. CHANGE YOUR BEDTIME
2. SMELL A GRAPEFRUIT
3. BREATHE SLOWLY
4. EAT CHOCOLATE
5. ENGAGE IN FOREST THERAPY -
6. WRITE DOWN YOUR WORRIES
7. TAKE UP KNITTING -

Can you imagine giving these 7 points to Paul while he was in Prison!

- SMELL A GRAPEFRUIT - The only thing Paul could smell is the Guard that was chained up to him.

*Psalms 1:1-6* “Blessed *is* the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. Vs2 But his delight *is* in the law of the LORD; and in his law doth he meditate day and night. Vs3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. Vs4 The ungodly *are* not so: but *are* like the chaff which the wind driveth away. Vs5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. Vs6 For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.”

## **C. The Complete Cure for Anxiety?**

*Note:* As legitimate as the church at Philippi were in their worries and fears, Paul still give the Complete cure for their Anxiety.

*The first thing we must do when we begin to fret and worry is...*

### **1. Call on the Lord**

*Philippians 4:6* “Be careful for nothing; but in every thing by prayer...”

- a. Paul is instructing the church that they should go to the Lord with their worries.
- b. When a problem occurs in our life at sometimes God is the last one to hear about it.
- c. Prayer is a wonderful privilege that God has given us.

**d. But notice the key word “In Everything”**

- The little things that we hold on to can turn out big things if we do not handle them correctly.

*Philippians 4:6* “Be careful for nothing; but in every thing by prayer...”

*1 Peter 5:7* “Casting all your care upon him; for he careth for you.”

- e. The motivation for Casting our Care onto the Lord “...for he careth for you.”

*William McDonald said* “Worry is unnecessary; there is no need for us to bear the burdens when He is willing and able to bear them for us. Worry is futile; it hasn't solved a problem yet. Worry is sin. A preacher once said: “Worry is sin because it denies the wisdom of God; it says that He doesn't know what He's doing. It denies the love of God; it says He does not care. And it denies the power of God; it says that He isn't able to deliver me from whatever is causing me to worry.” Something to think about!”

**In the early stages of the Disciples life, Jesus was teaching them to trust in Him.**

**Mark 4:35-41** And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. (36) And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. (37) And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. (38) And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?(39) And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.(40) And he said unto them, Why are ye so fearful? how is it that ye have no faith?(41) And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey him?

*The second thing we must do when we begin to fret and worry is...*

## **2. Cry to the Lord**

*Philippians 4:6* “Be careful for nothing; but in every thing by prayer and supplication...”

**Note:** Prayer is coming to the Lord, Supplication is crying out to the Lord. (It must be a prayer of Faith)

- a. **Supplication** = this is a place we cry-out to the Lord regarding our needs.
- It is where we put forth our complaint.
  - It is where we put forth our request before God.
  - A Place where we plead with God.

*Warren Wiersbe said* “There is no place for half-hearted, insincere prayer! While we know we are not heard for our “much speaking” still we realize that our Father wants us to be earnest in our asking.”

**b. David was a man that regularly cried out to the Lord.**

- When you read the Psalms you will notice David pouring out his heart to the Lord.

*Psalms 3:4* “I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah.”

*Psalms 18:6* “In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.”

*Psalms 30:8* “I cried to thee, O LORD; and unto the LORD I made supplication.”

**a. Nehemiah was a man who cried out to the Lord regularly.**

- When Nehemiah heard the News about God’s people he was burdened and cried out to the Lord.

*Nehemiah 1:4-5* “And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven, (5) And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments:

- As Nehemiah was building the wall of Jerusalem the enemy was on his case... Death threats and bad false Accusations...

*Nehemiah 6:9* “For they all made us afraid, saying, Their hands shall be weakened from the work, that it be not done. Now therefore, O God, strengthen my hands.”

- **Remedy for Fear** = Cry out to God, (Trust God in Prayer)

*Proverbs 29:25* “The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.”

*The third thing we must do when we begin to fret and worry is...*

### **3. Contentment in the Lord**

**Philippians 4:6** “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

- a. Always thank the Lord in your prayers
  - Being thankful toward the Lord is a sign of Contentment.
  - Being thankful toward the Lord puts us in remembrance of His goodness.

**Psalm 118:1** “O give thanks unto the LORD; for he is good: because his mercy endureth for ever.”

- One of the reasons God’s people fall into depression is because they take their eyes off the Lord too quickly.
- Peter had experienced the power of God for about 5sec when he was walking on the Water... We can hear messages after messages and have the Lord impact our hearts by His Word and then we can quickly forget it.
- We must keep our eyes on the Cross of Christ.

**Romans 8:31-32** “What shall we then say to these things? If God be for us, who can be against us? (32) He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?”

**Note: If we get into the habit of thanking God we won’t be prone to blame God!**

- b. If you trace the prayers of our Lord Jesus will see that He was in a habit in thanking the Father.

**Matthew 11:25** “At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes.”

- c. Paul was a good example in giving thanks to God in his prayers... As a matter of fact, you even see it in this letter in chapter 1.

**Philippians 1:3-4** “I thank my God upon every remembrance of you, (4) Always in every prayer of mine for you all making request with joy,

**The four thing we must do when we begin to fret and worry is...**

## **4. Complete Peace of God**

**Philippians 4:7** “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

- a. There is nothing in this World that will ever give you complete peace except God.
  - **Passeth all Understanding** = Goes far beyond all human understanding, it cannot be described, only experienced.
  - The peace of God Far exceed all that we can think, say or do, or even pray.

**Ephesians 3:19-20** “And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God. (20) Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,”

- b. There is no competition with the peace of God.

**John 14:27** *“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”*

- The Peace of the World is based in Circumstances, the Peace of God is based on Christ.
- People can try to comfort you, tell you not worry, give you a positive speech, tell you to eat chocolate, and make you feel secure and tell you to be positive... but all that is man-centred counsel THAT DOES NOT LAST!!!

**Warren Wiersbe said** *“People in the world walk by sight and depend on the externals, but Christians walk by faith and depend on the eternal.”*

- c. The Promise of God

**Philippians 4:7** *“...shall keep your hearts and minds through Christ Jesus.”*

- **Keep** = Military term – Watch over or Guard against
- God is able to guard your heart and mind against all trouble that comes your way.

**Philippians 4:7** *“...shall keep your hearts and minds through Christ Jesus.”*

- Can you image how the disciples felt when they saw the storm under the Command of Jesus?
- The Lord Jesus can calm the storm that rages in your heart.

- d. Daniel was a perfect example of the Peace of God reigning in his heart...

- When the law was put forth that no one should pray to anyone except the king, Daniel went to his room, opened his windows, and prayed as he did afore time.

**Daniel 6:10** *“Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.”*

- The Peace of God was in Daniel’s heart before He went into the lion’s Den.
- Daniel had perfect peace in the midst of great difficulty!
- Daniel was able to spend the whole night with the lions having the Peace of God, while the king could not sleep in the palace (Dan 6:18).

**Isaiah 26:3-4** *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. (4) Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:*

## **Conclusion**

- Don't worry for anything, but instead seek God for everything.

### A. Jesus Preached on Worry.

*Note:* Jesus knew that even His own disciples would face worries and fears when they decided to follow Him.

1. Not to worry for your basic needs - Mat 6:25
2. Not to worry for things that are out of our control - Mat 6:27
3. Not to worry about tomorrow - Mat 6:34

**Matthew 6:34** "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

### B. Jesus gives the CURE and points them to three things...

1. His Father's HOUSE – **Matthew 6:33** "But seek ye first the kingdom of God..."
2. His Father's HOLINESS – **Matthew 6:33** "...and his righteousness; and all these things shall be added unto you."
3. His Father's HEART – **Matthew 7:7-11**

**Matthew 7:11** "If ye then, being evil, know how to give good gifts unto your children, **how much more** shall your Father which is in heaven give good things to them that ask him?"

Don't Worry, the Lord will supply your NEEDS, seek His face

Don't Worry, the Lord is all-powerful, rest in His arms

Don't Worry, the Lord knows tomorrow, leave it in His hand.

AMEN!!!