

#1

Conquering Worry

Philippians 4:6 (NRSV)
Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

#2

Conquering Worry

Philippians 4:6 (NIV)
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Conquering Worry

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Many years ago a young man came to my office and told me he was ready to commit suicide.

I asked him what could be so terrible in His life that he felt he had nothing worth living for.

He said: everything in my life is terrible.

I have a terrible life

I have a terrible job

I have a terrible family

My wife and I fight all the time

There is nothing positive

Everything is bad.

He said the worst thing is that I have to meet with my boss tomorrow and I know He is going to fire me.

Nothing good ever happens to me.

Have you ever been that low?

#3

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Worry is the destructive process of occupying our minds with thoughts that are contrary to God's love, care, and protection.

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- ◆ Worry is a powerfully destructive process.
- ◆ Worry never changes anything!

- ◆ Worry always thinks about “worse case scenarios”.
- ◆ Worry is preoccupied with “what if”.
- ◆ Worry affects the body.
- ◆ Worry steals joy and peace!
- ◆ Worry is primarily a battle of the mind.
- ◆ Worry is a mental habit that is developed.
- ◆ Satan can place one thought in our minds to hold us captive to worry.

Worry is a major enemy to all people.

It knows no cultural or economic boundaries.
It is not isolated to one gender.

Have you ever worried?

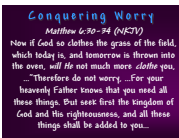
Philippians 4:6 is translated in several ways:

- Do not be anxious about anything...
- Don't worry about anything...
- Entertain no worry

Turn to Matthew 6:30-34

Matthew 6:30-34 (NKJV) Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

#4



#5

Conquering Worry
Matthew 6:30-34 (NLT)
 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Go back to Philippians 4:4-9.

#6

Conquering Worry
Philippians 4:4-9
 Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

Listen to what the Holy Spirit is telling us.

Philippians 4:4-9 (NKJV) Rejoice in the Lord always.

Again I will say, rejoice! Let your gentleness be known to all men. The Lord *is* at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

#7

Conquering Worry
Philippians 4:4-9
 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure,

Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure,

#8

Conquering Worry
Philippians 4:4-9
 whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

#9

Conquering Worry
In the Greek: the words which give us our word "worry" mean to divide the mind.
James said: "A double minded man is unstable in all of his ways." James 1:8

The Greek word for "worry" means to divide the mind.

When we worry we have a divided mind.

James said: "A double minded man is unstable in all of his ways." James 1:8

Here are some God given steps to overcoming worry!

Paul gave the Christians at Philippi advice on how to conquer our worries.

#10

Conquering Worry
First -
To conquer worry and anxiety, find the good things in your life.
CHOOSE to REJOICE
Philippians 4:4 (NIV) Rejoice in the Lord always. I will say it again: Rejoice!

First, To conquer worry and anxiety, find the good things in your life and CHOOSE to REJOICE

Philippians 4:4 (NIV) Rejoice in the Lord always. I will say it again: Rejoice!

If you really want to conquer worry and anxiety learn how to live a life of rejoicing.

Most of us have a reaction to comments Paul is making..

He just does not know my situation.

He has not met my in-laws.

He did not work at my job.

He could not have had very many problems or he would not have given that kind of advice.

Paul wrote these words from prison.

He was in prison for his faith in Jesus Christ.

This is an indication to us that he had learned how to conquer anxiety by rejoicing in the Lord.

How can you really live like that?

The answer is in his second step to conquer worry.

Second, to conquer worry and anxiety recognize the temptation to worry and choose to TRUST INSTEAD

Philippians 4:6 (NIV) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

First, we must begin celebrating in all that God has done for us.

Instead of worrying be glad about what God has done for you.

#11

Conquering Worry
Second -
To conquer worry and anxiety recognize the temptation to worry and choose to
TRUST INSTEAD
Philippians 4:6 (NIV) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Has He loved you?
Has he cared for you?
Has he protected you?
Has He guided you?
Is He there for you?

Second, we must trust Him.

Paul demonstrates this trust by telling us to be transparent with God.

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

Psalm 46:1 “God is our refuge and strength and ever-present help in trouble.”

Can you trust the Lord with your current situation?

We demonstrate our trust most when we learn to take the third step in conquering worry.

Third, to conquer worry and anxiety CHOOSE TO PRAY

Psalms 55:22 Amplified Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail).

Prayer is a demonstration of trusting God.

In everything by prayer and supplication with thanksgiving let your request be made known to God.

Trustful prayer and worry cannot live together.

When we openly talk to God things change.

We must learn how to be honest with God.

#12

Conquering Worry
*First, we must begin celebrating in all that God has done for us.
Second, we must trust Him.
1 Peter 5:7 (NIV) Cast all your anxiety on Him because He cares for you.
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#13

Conquering Worry
*Third-
To conquer worry and anxiety
CHOOSE TO PRAY
Psalms 55:22 Amplified
Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail).*

Prayer is not a game where we try to hide things from the Lord.

If prayer is going to be effective it must be honest.

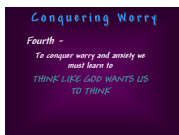
- Tell Him your fears
- Tell Him your worries
- Tell Him your needs
- Tell Him your desires
- Unburden on the Lord
- Break open your heart before God
- Thankfully talk to Him

This brings us back to the definition of worry and the fourth step to conquer worry and anxiety.

Remember the Greek word that gives us our word “worry” means to divide the mind, to be troubled in thought and heart.

You are pulled in different directions.
Our hopes and dreams pull one way, but fear takes us another direction.

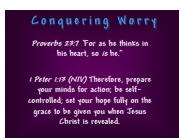
#14



Fourth, to conquer worry and anxiety we must learn to THINK LIKE GOD WANTS US TO THINK

***We must have the mind of Christ.
Our thought processes must be governed by God.***

#15



Proverbs 23:7 “For as he thinks in his heart, so is he.”
1 Peter 1:13 (NIV) Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

Being surrendered to anxiety will bind you and cause you to withdraw.

Worry and anxiety brings hesitation, depression, and discouragement.

Worry and anxiety will cause you to make unwise and harmful decisions.

People who are anxious and worried suffer physical, spiritual and emotional difficulties.

God wants you to be an overcomer!

The Holy Spirit wants you to conquer worry.

If you are going to do it you have to change your thoughts.

There is no clearer prescription for recovery given.

The text tells us exactly what to think.

There is no room left for us to speculate.

Here is what it says.

If you want to conquer worry and anxiety think on these things.

This is at the root of Satan's attack to destroy you with worry and anxiety.

Whatever things are true

Keep false thoughts out of your mind

Stop speculating on bad things that could happen.

Think on things that are honorable.

Think about honest and respectable things.

Admit in your mind only what is worthy of God.

#16



Think on things that are just.

Not human righteousness and justice.

Think about things that are just and righteous in the eyes of the Lord

What is fair to the eyes of God?

Think on things that are pure.

Stainless, blameless, and unblemished.

Think on pure things.

Think on things that are lovely.

Think about things that are beautiful, magnificent, and in good taste.

Think on things that are of a good report.

Good reports and not bad reports.

Think on things that are worthy of praise.

You can conquer your worries by opening your mind to the things God wants you to think about.

#17

Conquering Worry

Here are steps we need to take:
Choose to rejoice
Choose to trust
Choose to pray
Change the way you think

So here are steps we need to take:

1- Choose to rejoice

2- Choose to trust

3- Choose to pray

4- Change the way you think