

**“God’s Prescription for Anxiety”
Philippians 4:6-8**

I. Anxiety Wrecks

A description of a worrier ...

Their demeanor _____	Their outlook on life _____
Their enjoyment of life _____	Their experience of peace _____
Their health _____	Their conversation _____

A) Thou Shall NOT ...

- 1) It is a _____ of time
- 2) It [worry] is the devil’s _____
- 3) It [fear] is _____
Why not? = v.5 The _____ is at hand;
 Matthew 10:28; Mark 5:35-36; Revelation 2:10
Why not? = The _____ is at hand
- 4) It [anxiety] is _____

B) Worry Over “Anything?” ☹

Why should a Christian not worry?

- 1) _____.
- 2) _____ as _____.

II. Prayer Redirects

A) “In everything”

1 Peter 5:7-8

B) “With thanksgiving”

III. Peace Protects

A) Indestructible & Unexplainable

John 14:27

B) Heart & Mind

IV. Thoughts Reflect

A) We hit what we aim at

* Proverbs 23:7

B) Great thoughts need a great object

James 1:17; 1 John 4:16, 19

Application Questions:

- Concerning 'worry' as the devil's playground: *How has worry lead to other destructive thought patterns that have made hard times even more difficult? Why do you think you often continue to worry even though you know it will not be good for your soul?*
- *How have you seen the principle "as a man thinks, so he is" at work in your life and in the life of others?*
- *How is thinking on what is "praiseworthy/excellent/commendable" different from mere positive thinking?*
- *Describe a time when you experienced the peace "that surpasses all understanding." What was it like? How did it affect your experience of trials? How have you seen the power of God in others as they have experienced the peace of God?*
- *How does the big picture of heaven help you in the midst of temptation to worry? How does knowing that God is your Father and that He is always looking out for your good encourage you during difficult seasons of trial?*
- *How does your prayer life affect your 'worry' life? Which has greater power? Why?*
- *What is one way God would have you to re-direct a situation by praying about it rather than worrying about it? What is one way you believe God wants you to own poor thinking [sinful thinking] and re-direct your thoughts towards Him?*

Quotes:

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained." Arthur Somers Roche.

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety." George Muller.

"Hudson Taylor, missionary to China and founder of what is today known as the Overseas Missionary Fellowship, gave this excellent advice: "Let us give up our work, our plans, ourselves, our lives, our loved ones, our influence, our all, right into [God's] hand; and then, when we have given all over to Him, there will be nothing left for us to be troubled about." Hudson Taylor