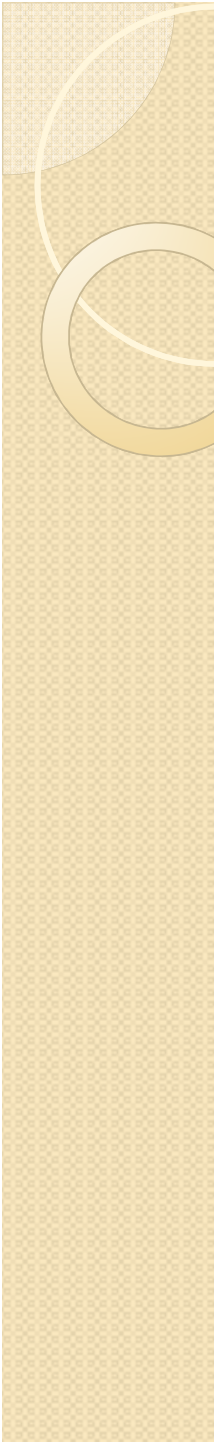


“Be anxious for nothing...”

Philippians 4:6-7

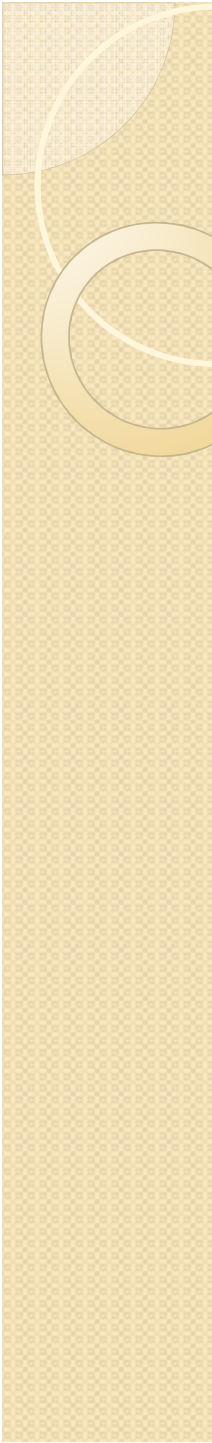




Philippians 4:6–7

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

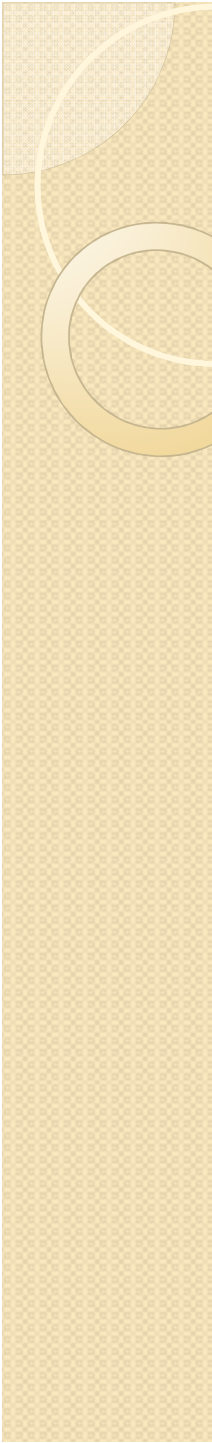
Commandment, Fact, or Promise?



Philippians 4:6–7

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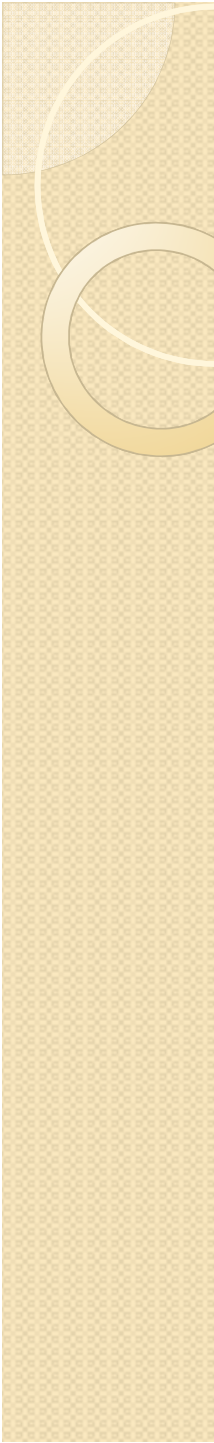
Commandment



Philippians 4:6–7

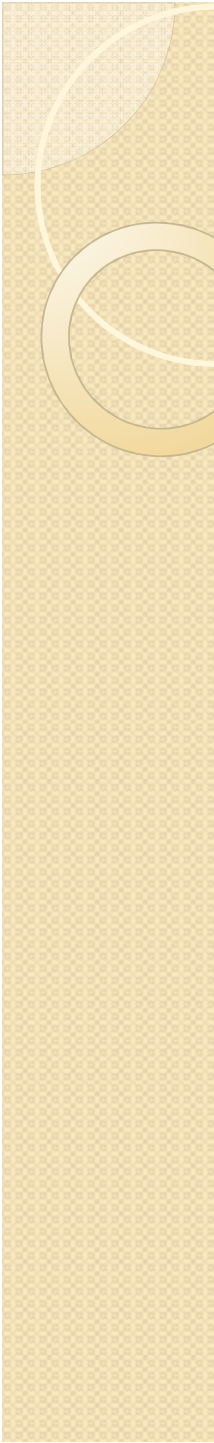
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Commandment, Fact, & Promise



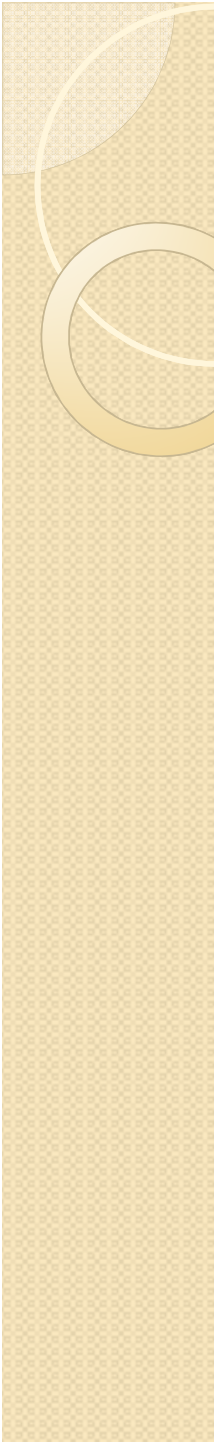
Outline

- Worry
- Prayer
- Supplication
- Thanksgiving
- God
- Peace



Philippians 4:6–7

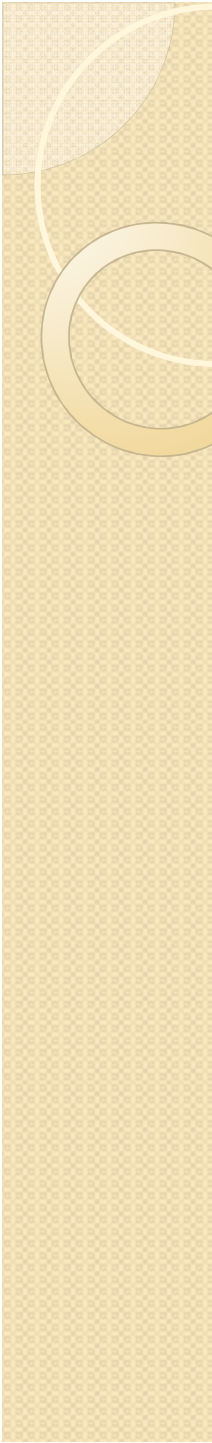
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Worry

Give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles

(<http://www.oxforddictionaries.com/>)

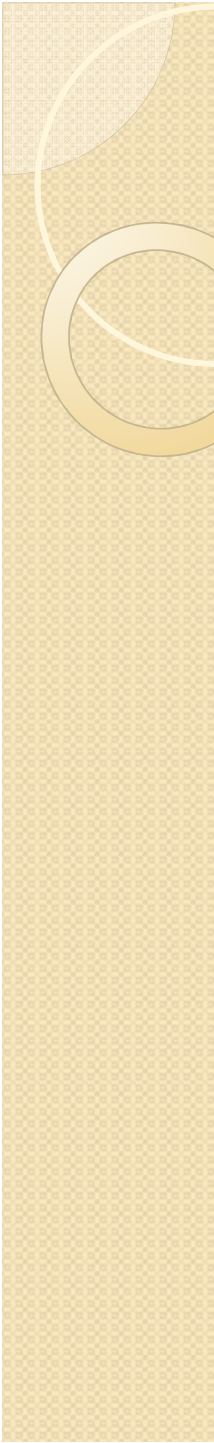


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- 1) It is optional: we choose to worry



Worry

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(<http://www.oxforddictionaries.com/>)

- 1) It is optional: we choose to worry
- 2) It depends on where we focus our attention

Worry

Rooted in lack of faith & therefore sinful

“Why are you fearful, O you of little faith?”
(Matthew 8:26)



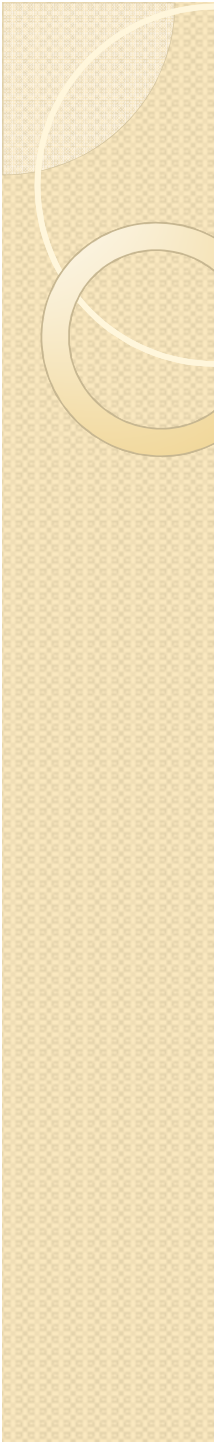
Worry

Rooted in lack of faith & therefore sinful

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(Matthew 8:26)

worries of the
world, love for
riches, and
pleasures of
this earthly life,
choke out faith





Philippians 4:6–7

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Prayer

“⁷ Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸ For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

(Matthew 7:7–8)

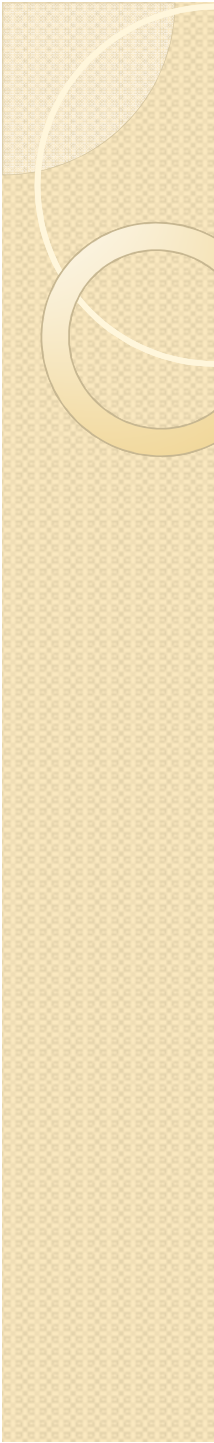


Prayer - Place

“But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.”

(Matthew 6:6)





Prayer - Time

"O God, You are my God; early will I seek You" (Psalm 63:1)

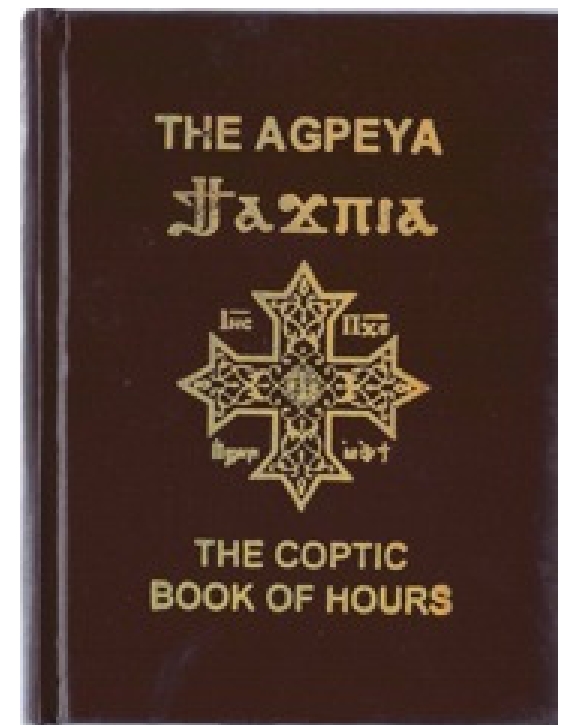
"Seven times a day I praise You, Because of Your righteous judgments"
(Psalm 119:164)

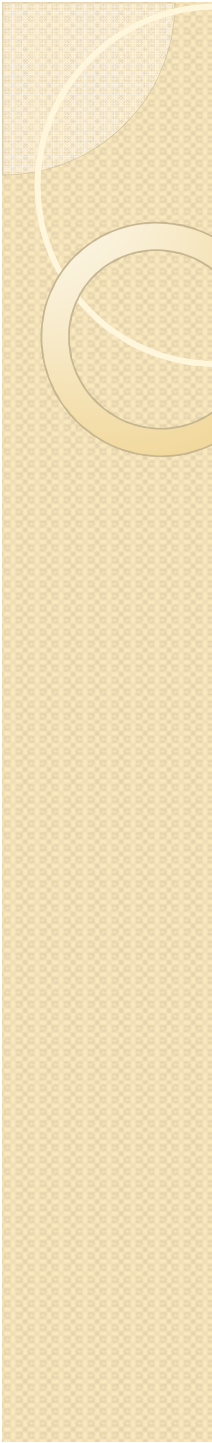
God deserves the first fruits of our time,
not the leftovers.

Prayer - Words

“My eyes are awake through
the night watches, that I may
meditate on Your word”
(Psalm 119:148)

“You ask and do not receive,
because you ask amiss”
(James 4:3)

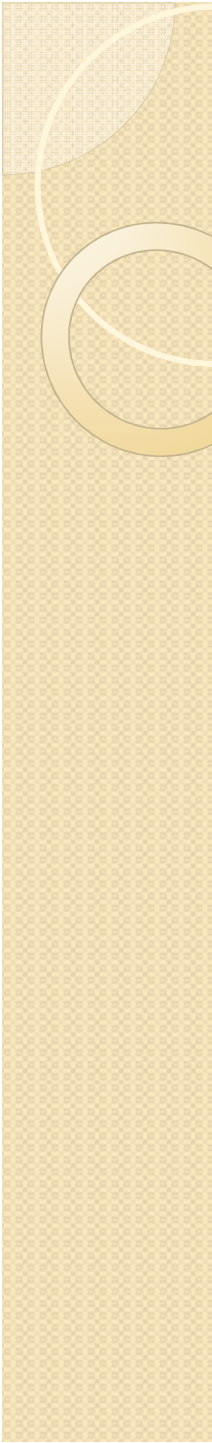




Prayer - Teacher

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered”
(Romans 8:26)

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.
(John 14:26)

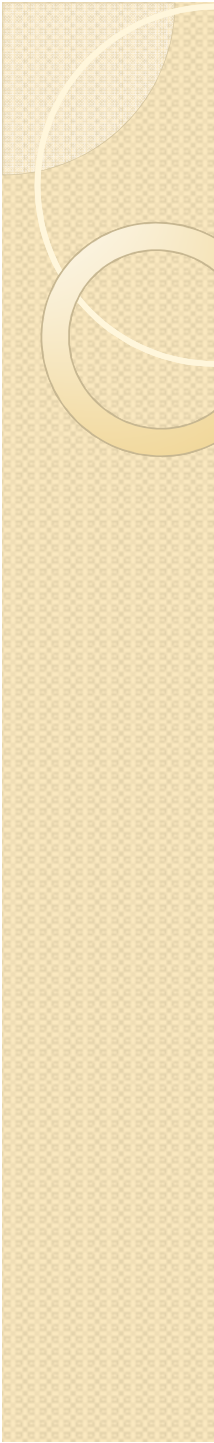


Prayer - Willingness

Barriers to go from DESIRE to WILLINGNESS

- Laziness
- Preoccupation
- Sins

“Whenever you feel moved by the Holy Spirit to pray, respond to that calling willingly and promptly. When you do that you will reap the fruit of praying and encourage the Holy Spirit to work more within you.” (HGBY)



Philippians 4:6–7

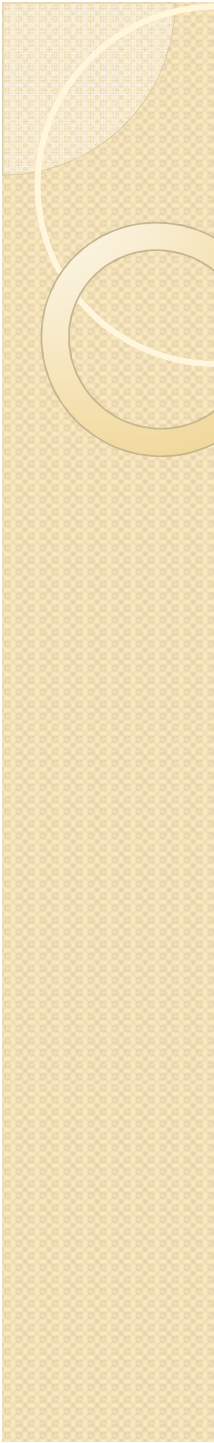
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Supplication

- Humility
- Prostrations
- Persistence

“Then the Lord said, “Hear what the unjust judge said. ⁷ And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? ⁸ I tell you that He will avenge them speedily.”
(Luke 18:6-8)





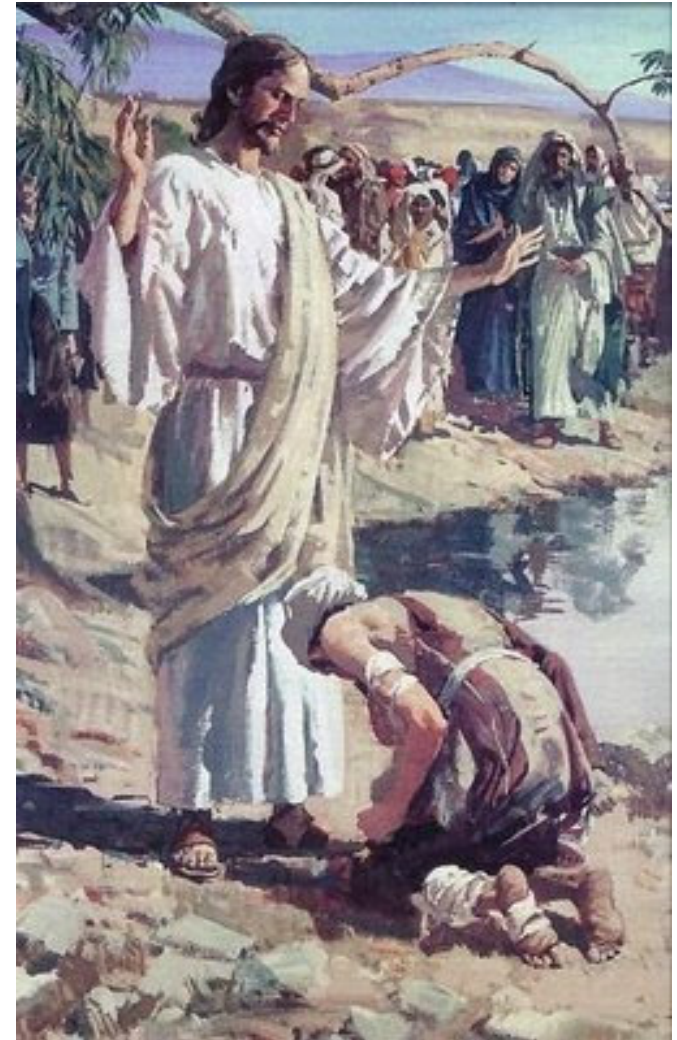
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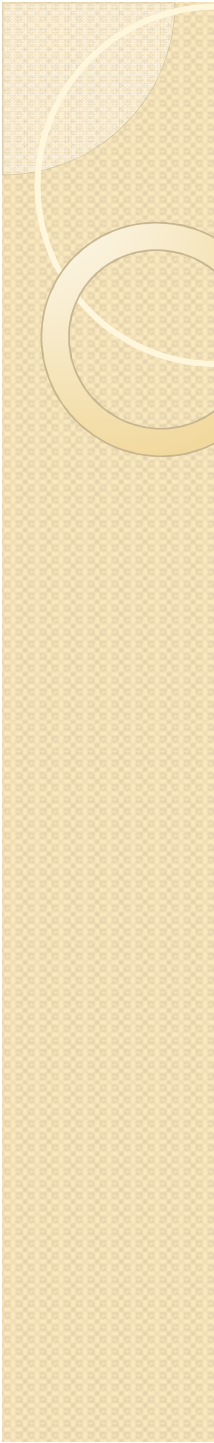
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Thanksgiving

“Not a gift without increase, except that without thanksgiving”
(Church Father)

“¹⁶ Rejoice always,
¹⁷ pray without ceasing,
¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.”
(1 Thessalonians 5:16–18)





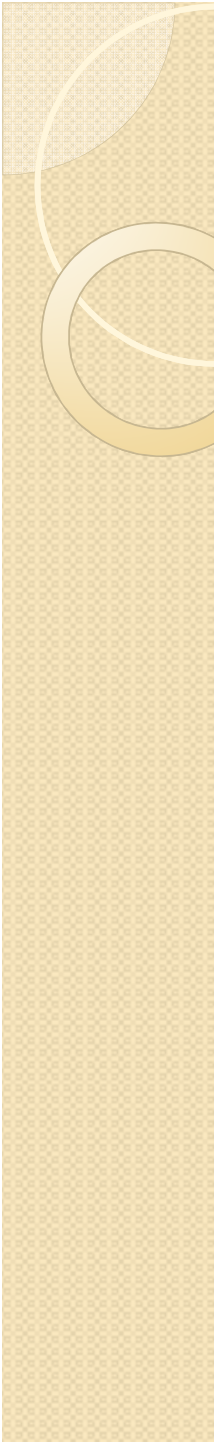
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God

- Loving
- Righteous
- Just
- Sovereign
- Eternal
- Omniscient
- Omnipotent
- Omnipresent
- Immutable
- True



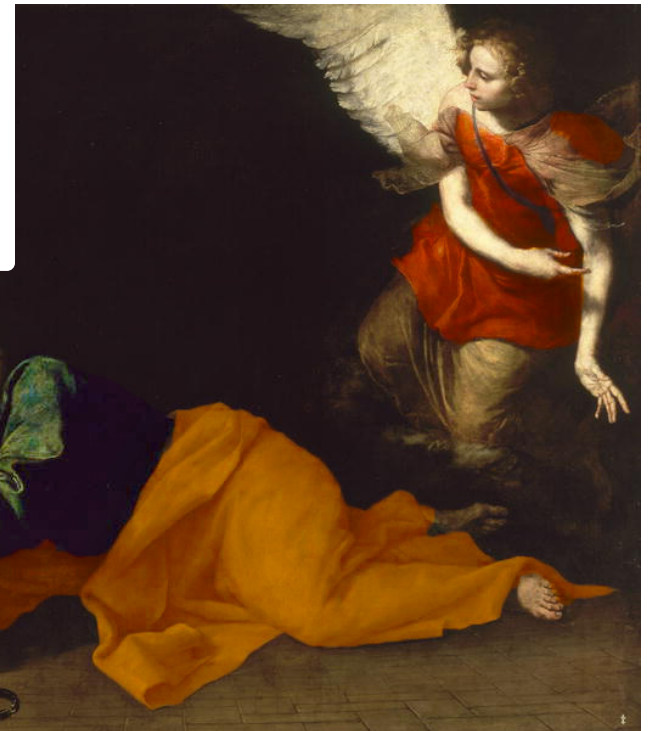
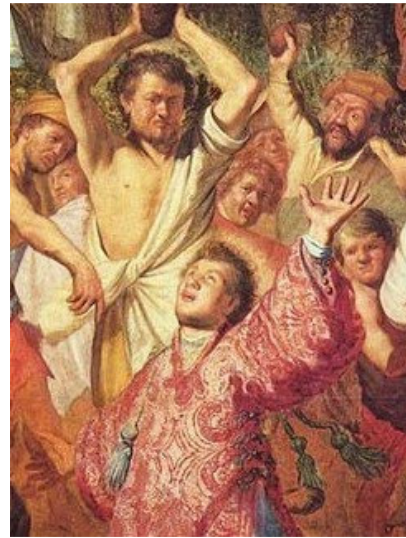


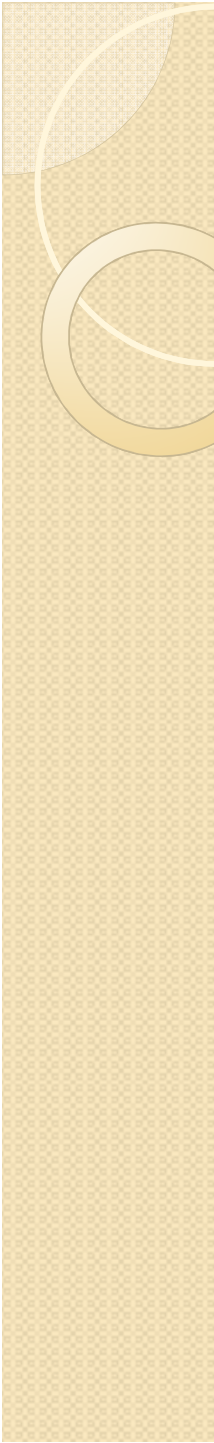
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Commandment, Fact, & Promise

Peace





Recap

- What is worry?
- Prayer
 - Place
 - Time
 - Words
 - Teacher
 - Willingness
- ...with supplication
- ...and thanksgiving
- Who is God?
- Peace, beyond understanding

Glory be to God forever.
Amen.

Philippians 4:6-7

