

Anxiety Busters Philippians 4:6-9

Introduction: A change of mind

Anxiety: the official emotion of our age

Reality: We'll never be worry/anxiety free

The challenge: How do we stop?

The need: let God's peace evict anxiety

The command: *don't be anxious about anything* (v 6a)

Anxious =

Nothing ⇒

Not one thing in life deserves a fear-based agitation that strangles us.

When does anxiety happen?

Key: unbelief; fear that refuses to respond to faith

Jesus on *do not be anxious ...* (see Mt 6, Jn 14)

Anxiety Buster 1: *pray about everything* (v 6b)

3 different terms for prayer

Remember: prayer is not just getting on your knees

Anxiety Buster 2: with thanksgiving (v 6c)

Catalyst

Thanksgiving is vital because ...

The mosquito

When I pray about my anxiety, I just get more anxious.

Anxiety Buster 3: right object = *to God* (v 6d)

Fear over control

Result: *the peace of God* (v 7)

Source

surpasses all comprehension

guard

heart and mind

in Christ Jesus

Anxiety Buster 4: Think rightly (v 8-9)

You can't evict anxiety without a **new tenant!**

It matters what you fill your mind with!

Impact

Take a trip to the mirror

Take it Home