

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 comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

**God knows everything about you and everything that you need.
Our problem is that we don't usually want what God knows we need.**

¹¹ A rich man's wealth is his strong city, and like a high wall in his own imagination.

¹² Before destruction the heart of man is haughty, but humility *goes* before honor. Proverbs 18:11-12

**Any sense of security we have because of our
strength, power and wealth is only in our imagination.**

²² And He said to His disciples, “For this reason I say to you, do not worry about *your* life, *as to* what you will eat; nor for your body, *as to* what you will put on. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and *yet* God feeds them; how much more valuable you are than the birds! Luke 12:22-24

***“The cure for anxiety is confident trust in a loving Heavenly Father
whose provision for our welfare far exceeds our power to ask or think.” Tolbert***

A Biblical Prescription for Anxiety

A) **Prayer** (vs 6)

The 3 nuances of prayer suggest an **urgency** for prayer: pray **a lot**, pray about **everything**.

¹⁶ Rejoice always; ¹⁷ pray without ceasing; ¹⁸ in everything give thanks; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

1) **Talk** to God about **everything**.

2) **Cry out** to God for His **divine aid**.

¹ O God, You are my God; I shall seek You earnestly;
My soul thirsts for You, my flesh yearns for You,
In a dry and weary land where there is no water.

² Thus I have seen You in the sanctuary,
To see Your power and Your glory.

³ Because Your lovingkindness is better than life,
My lips will praise You. Psalm 63:1-3

3) **Ask** with **thanksgiving**.

²⁰ For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse. ²¹ For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened. Romans 1:20-21

B) **Peace** (vs 7)

The **source** of peace for Christians is **God** and the **kind** of peace we receive **surpasses** all comprehension.

²⁷ Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. John 14:27

²⁸ "Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. Matthew 11:28-29

C) **Protection** (vs.7)

The peace of God **guards** our hearts and minds from **hostile invasion** of things that will cause anxiety: **fear**, **worry** and **doubt**.

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. Philippians 4:8-9