

## DON'T WORRY ABOUT ANYTHING

**INTRODUCTION:** My great grandmother was one of the most impressive pictures of someone who never lost their peace, to me. She had a phrase I loved to hear, **“I ain’t stuttin (studying) you!”** That was applied to so many things. The notion was that she was NOT giving any time, or attention to whatever was moving to stress her. She was not letting **whatever** it may be to cause her any worry of concern. In a world like ours, and issues like we face today, we need to have deeper sense of **“not stuttin”** this situation, not allowing our stressors to create worry or concern.

*“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.” Phil. 4:4-7 MSG*

*“Be full of joy in the Lord always. I will say again, be full of joy. Let everyone see that you are gentle and kind. The Lord is coming soon. Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.” Phil 4:4-7 NCV*

**PURPOSE:** The purpose of this study is to remind the disciple of Jesus of their supernatural means of responding to the cares of today and their ability to create anxiety and worry so that we live in the peace and the power that God offers through Christ Jesus.

To accomplish this purpose, this study will be developed around three major concepts out of the passage of consideration.

### I. THE IMPORTANT COMMANDS (PHIL. 4:4-5)

*Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near.*

#### A. Rejoice in the Lord “Always” (4:4)

1. Rejoice isn’t a fanatic sort of dismissal of life while faking praise to God.
2. Rejoice is compound word that suggests that I bring up again and again the reasons for my joy. “I still have joy.”
3. “Re” again have joy. Joy is that deep sense of respect and love for God that is not based on a situation or happenstance. This reciprocated appreciation for God is because of who God is and what God has done.
4. Consider the many reasons you have joy. After all the things you have been through, you still have joy!

#### B. Let your moderation be made known to all man (4:5)

1. **Moderation** or “self-control” is intended to depict my personal ability to unbothered by situations.
2. It is not that you don’t have feelings or your cold and calloused. Rather, the idea is that you are **not** reactive. You have placed your sense of contentment and imperturbability in God. **You know God is moving.**

3. “The Lord is hand” is the power for yourself control. God is right around the corner, on the way, up the road, about to pull up, is in the midst. So, I’m not tripping, I’m not concerned, I’m not going to lose it. I’m not going to allow the situation to move me out of character.
  4. ***When you get a moment read Daniel 9 and see how God starts moving toward your issues and concerns the moment, we need Him.***
- C. Do not worry/be anxious for nothing! (4:6)

## II. THE INTERESTING CONJUNCTION (PHIL. 4:6)

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

- A. The third command is in the string of important commands
- B. The command also serves as an interesting conjunction.
- C. The notion of “not worrying” contrasts with anxiety.
- D. **Anxiety is an old English/Anglo Saxon word that carries the connotation of being choked out by concern. Worry and anxiety is aimed at taking away any ability you have to flourish with “right thinking.” Anxiety is the mentality we practice exaggerated thinking about life and its realities. Anxiety can cause an individual to obsess over and about things that one has no power to control.**
  1. **Anxiety can cause us to obsess over things we don’t have power over.**
  2. **Anxiety can destroy our ability to enjoy the beauty of the day.**
  3. **Anxiety can ruin your ability to rest well.**
  4. **Anxiety denies one’s ability to express faith and trust in God.**
  5. **Anxiety/worry and worship cannot mutually work to glorifying God.**
- E. This is the reason **Jesus** addresses in His teaching. Mt. 6:25-34
  1. Worried about your life, (Mt. 6:25)
  2. Worried about what you will eat, (Mt. 6:25, 31)
  3. Worried about what you will drink, (Mt. 6:25, 31)
  4. Worried about what your body, (Mt. 6:25)
  5. Worried about what you will wear, (Mt. 6:25, 31)
  6. Worried about tomorrow, (Mt. 6:34)
- F. Jesus responds with comparing humans (God greatest creation) to lesser valued things.
  1. Look at the birds. (Mt. 6:26)
  2. Look at the lilies. (Mt. 6:28-30)
- G. Jesus reminded the Jews (his covenant people) that worry/anxiety is a practice of people who don’t have God. The charge can be stated, “If you are worshiping God almighty, why are you worrying?” (Mt. 6:32)
- H. Jesus argues that worry won’t add any value to your life at all! There is not real fruit in worry and anxiety. In fact, it only hurts you. (Mt. 6:27,31).
- I. Jesus said, don’t do it! (Mt. 6:34)
- J. Our aim ought to be a kingdom forward focus! The passionate mental aim of every believer is to respond to the challenges of life with a heart for the kingdom. (Mt. 6:33).
- K. We must be about seeking the kingdom despite the context!

### III. THE IMPRESSIVE COVERAGE (PHIL. 4:7)

*And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

- A. The counter response that Paul gives to anxiety is a worshippers practice of prayer, petition and praise! (4:6-7)
1. ***In everything pray!*** (4:6) The significance of the word used for prayer here is that it is a celebratory term. The word speaks of adoring and honoring God. It is the occasion of giving God laud and speaking well of who God is. Consider how we can be blessing in your time of worship by just making God big in your heart and mind. Thinking about WHO HE IS! Your way maker, promise keeping, healing, shepherd, who created all, is in all, and in control of all, angels answer to him, storms stand still when he whispers, death backs up at his command, Satan can't beat him, time can't stop him, distance doesn't matter, no problem too big for my God, no issues surprise my god, he loves me regardless of my love for myself, he is undeniably the universal intergalactic champion of our this reality and the next! MY GOD! That is who you are!!!
  2. ***In everything Supplication!*** (4:6) Why supplications? Supplications or petitions is the word we do think of when we hear prayer. It is the request part of prayer. Except, the term speaks of our ability to talk to God about someone else. Notice, when you can take time to pray on behalf of another, that prayer assaults your narcissistic and selfish tendencies. Said another way. Praying for other people's issues puts your life into perspective. When I am before God on behalf of you then many of the things, I thought were issues for me are all that bad.
  3. ***In everything thanksgiving!*** (4:6) Thanksgiving is the fuel of a worshipper. The psalms and Scripture are filled with the fundamental posture of thanksgiving before God for all that He is and has done. Additionally, when we are thankful, we are mindful of the gifts and the gift giver. The human condition makes us fully aware of how disrespectful it is for people to be ungrateful to you for the things you have done. Imagine the creator's feelings about your gratefulness of lack thereof.
  4. ***Request.*** (4:6) One's request is on the end as both a posture of humility and a means to crystalize the issues before them. When you have made God big, made yourself small, prayed for others, thanked God for being good and remembered all He has brought you though then when you ask for whatever you ask for, you do so with full assurance of God's means.
- B. Promise of Peace. (4:7)
1. Peace is more than the absence of war. We live in a world that will always have issues and trouble. So, peace doesn't mean the absence of trouble. It is not the absence of a virus, the absence of the ramifications of the virus, the absence of economic downfall, the absence of being isolated, the absence of having trouble in your body, the absence of having more questions than answers. No! It's not that!
  2. Peace is the notion that in the middle of all that comes with all life's stressors, I still have this imperturbable trust and reliance of God that gives me assurance of His promises, power and personal responsibility over my life. That is peace. God

will cover every detail of my life no matter how the storm-tossed details flurry all around me.

C. Our Position of being in Christ is the location for God's active shepherding and oversight to my well-being.

1. God will guard my heart. My feelings are covered by God! (4:7b)
2. God will guard my mind. My thoughts are covered by God! (4:7b)
3. The two most potentially devastating aspects of my existence are guarded by a God who will watch over me.

**CONCLUSION:** I shared with you that my grandmother had a deep sense of peace that wasn't rarely moved by the dynamics of life. What gave her the peace she had, was her relationship with God. She was a worshipper. She served and followed God and her life was dictated by that reality. This passage reminds us that we can all have that same sense of peace but one needs to be "IN CHRIST JESUS!"