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UNITY. HUMILITY. JOY

# The Antidote to Anxiety

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# Philippians 4:1 (ESV)

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

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## Philippians 4:4-9 (ESV)

Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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# Philippians 4:4-9 (ESV)

<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable,

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# Philippians 4:4-9 (ESV)

if there is any excellence, if there is anything worthy of praise, think about these things.

<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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**Rejoice**

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## Romans 8:35, 37-39 (ESV)

Who shall separate us from the love of Christ?  
Shall tribulation, or distress, or persecution, or  
famine, or nakedness, or danger, or  
sword?...<sup>37</sup> No, in all these things we are more  
than conquerors through him who loved us.

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## Romans 8:35, 37-39 (ESV)

<sup>38</sup> For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup> nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

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**<sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand;**

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**No to anxiety, yes to prayer**

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## Philippians 4:6-7 (ESV)

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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# Philippians 4:8 (ESV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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**Think**

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**“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problem of**

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yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you...

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: 'Why art thou cast

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down'—what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: 'Hope thou in God'—instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what

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God has done, and what God has pledged  
Himself to do...”

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# Practice

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If you would like to talk to Chuck about the sermon, please feel free to call him, email him or friend him on Facebook.



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Chuck Newkirk

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