

Anxious for Nothing: Meditate on Good Things

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philipians 4:4-8

Introduction: What did I get myself into?

1. Think about what you think about.

- ***Above all else, guard your heart for everything you do flows from it.*** Proverbs 4:23 NIV
- ***Be careful what you think, because your thoughts run your life.*** Proverbs 4:23 NCV
- ***You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds.*** Ephesians 4:22-23 NIV
- ***Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*** Romans 12:2 NIV

2. How do we disarm anxiety?

- ***The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.*** John 10:10 NIV

- ***Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*** Philippians 4:8 NIV
- ***“When he lies, he speaks his native language, for he is a liar and the father of lies.”*** John 8:44 NIV
- ***Anxiety weighs down the heart...*** Proverbs 12:25 NIV

3. Keep C.A.L.M.

- ***“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.*** John 15:5 NKJV
- ***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*** Galatians 5:22-23 NASB
- ***For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*** Romans 6:23 NIV

Celebrate God’s goodness (Philippians 4:4)

Ask God for help (Philippians 4:4)

Leave our concerns with God (Philippians 4:6)

Meditate on good things (Philippians 4:8)

Conclusion: Take the first step.