

Steve Whitacre
SESSION 3 | Anxiety

I. What Is Anxiety?

II. Where Does Anxiety Come From?

III. How Do We Treat Anxiety?

Philippians 4:4-7

Rejoice in the Lord always;
Again I will say, rejoice.

Let your reasonableness be known to everyone.

The Lord is at hand

do not be anxious about anything

but in everything

by prayer and supplication with thanksgiving

Let your requests be known to God

And the peace of God (which surpasses all understanding)
Will guard your hearts and your minds in Christ Jesus.

1. Presence of God

2. Comprehensive Language

3. Commands to Obey

REJOICE

“Genuine Christian joy is not inward-looking. It is not by concentrating on our need for happiness, but on the needs of others, that we learn to rejoice.” Moisés Silva, *Philippians*, 194.

LET YOUR REASONABLENESS BE KNOWN

DO NOT BE ANXIOUS

PRAY

“The real significance of this stylistic richness is not what it says about the theological components of prayer (or the psychological makeup of human beings) but rather about the great importance that Paul attaches to the believer’s prayer life.” Moisés Silva, *Philippians*, 195

“DO NOT BE ANXIOUS” IN EVERYDAY LIFE

- Determine what, exactly, you are anxious about.
 - Determine what is within your control and what is not
 - Entrust to the Lord
 - Look outward not inward
 - Be patient
 - Find a foothold
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