

ANXIOUS FOR NOTHING

FINDING CALM IN A CHAOTIC WORLD

Philippians 4:6

"Be anxious for nothing." (NKJV)

Philippians 4:4–7

"Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and petition, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (NKJV)

The presence of anxiety is unavoidable, but the prison of anxiety is optional.

John 16:33

To be anxious for nothing, we must stabilize our soul with the sovereignty of God.

Ephesians 1:11

"[Our God] works out everything in conformity to the purpose of his will." (NIV)

Proverbs 21:30

"There is no wisdom, no insight, no plan that can succeed against the Lord." (NIV)

Hebrews 1:3

1/ **C**elebrate God's goodness.

Celebrating God's goodness happens when hard circumstances are followed by a "but God."

Romans 8:28

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." (NIV)

2/ **A**sk God for help.

Philippians 4:6

"Be anxious for nothing, but in everything by prayer and petition, with thanksgiving, let your requests be made known to God." (NIV)

Worry is our emotions telling us that we are being invited to pray.

Worry is 'unconscious blasphemy' against God because it shows a lack of trust in God's care for us. - Oswald Chambers

3/ **L**eave my concerns with God

Prayer is not simply voicing your concerns to God, but trusting that God cares enough to take them on.

Proverbs 12:25

"Anxiety weighs down the heart, but a kind word cheers it up." (NIV)

4/ **M**editate on good things.

Philippians 4:8

"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." (NIV)

Finding calm in a chaotic world means not only leaving our concerns with God, but then filling our mind with good things.

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