

*Celebrating 50 years of Proclaiming Christ*  
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# Five Antidotes to Anxiety

Philippians 4:5



- Let your moderation be known unto all men. The Lord *is* at hand.  
<sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.



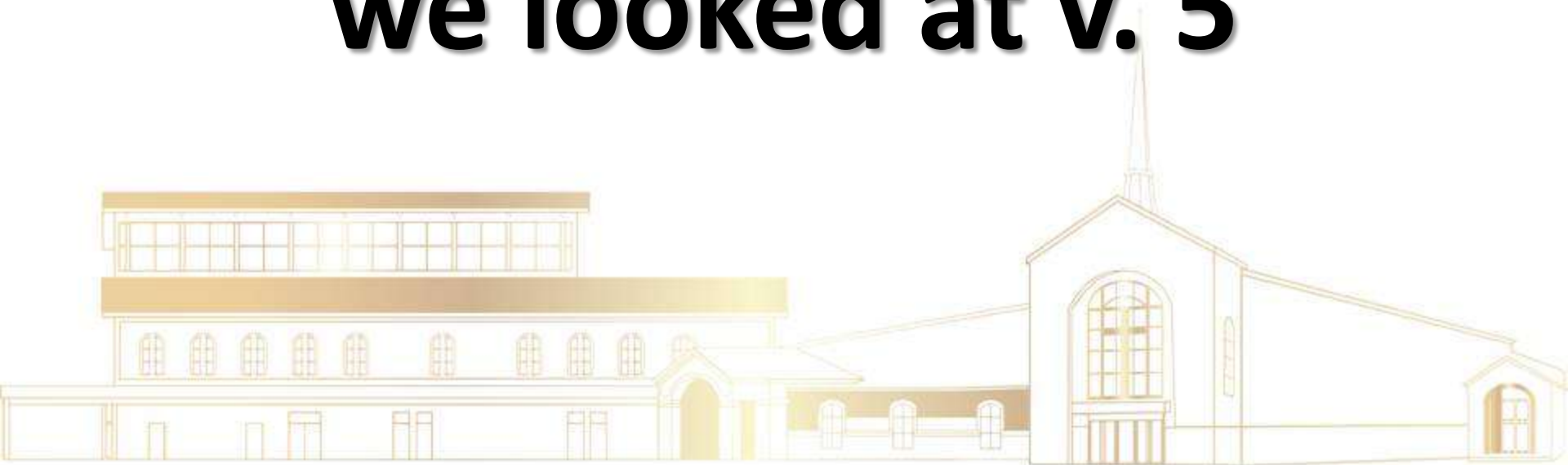
# New English Translation



- **Let everyone see your gentleness. The Lord is near! <sup>6</sup> Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. <sup>7</sup> And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.**

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**The week before  
Resurrection Sunday  
we looked at v. 5**



# Philippians 4:5 (AV)



- Let your moderation be known unto all men.
- **The Lord *is* at hand.**

The Net Bible says  
**The Lord is near!**

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**The Lord is near!**

**Therefore...**



# Philippians 4:5b-6a

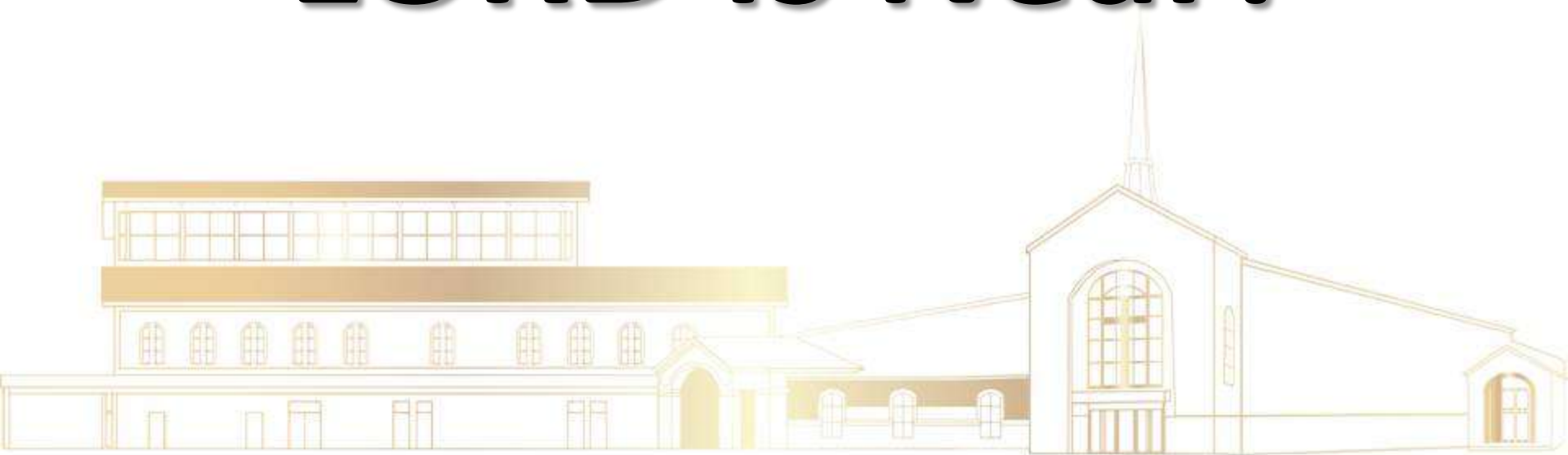


- **The Lord is near!** do not be anxious about anything,

**Make the connection!**

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**Antidote #1 is the  
LORD is Near!**





# Commentary

**The reality of God's abiding presence is supposed to significantly reduce my levels of anxiety in difficult situations. Why?**

**Turn to Psalm 23**



A Psalm of David. <sup>1</sup> **The LORD *is* my shepherd; I shall not want.** <sup>2</sup> **He maketh me to lie down in green pastures: he leadeth me beside the still waters.** <sup>3</sup> **He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.** <sup>4</sup> **Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me.** <sup>5</sup> **Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.** <sup>6</sup> **Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.**

**Why?**



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**Why? Because  
The Lord is My  
Shepherd!**



# John 10:11

Jesus said:

- I am the good shepherd:
- the good shepherd gives his life for the sheep.



Philippians 4:5b



- **The Lord is near!**

**How near?**

# 1 Corinthians 6:19

- Or do you not know that your  
body is a temple of  
the Holy Spirit within  
you, whom you have from God?  
You are not your own,



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**This constant abiding  
presence of the Lord  
through His Spirit is a  
source of  
comfort and concern.**



**Comfort** because My Lord the Lord is with me. I am not alone. He is always near!

**Concern** because He is also near when I take Him to the bar to chase woman (or men) and get drunk. **Concern** when I am lying in bed with someone I am not married to. **Concern** when I am rude and inconsiderate. **Concern** when I am apathetic...Etc. Etc. Etc.





# Philippians 4:6a



- do not be anxious about anything,

Turn back to **Matt 6 v. 25** for the ultimate teaching on anxiety.

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# Matthew 6

## The Sermon on the Mount



“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet **your heavenly Father** feeds them.



**Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life?**

**<sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these.**



<sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'



- For the Gentiles [unbelievers] seek after all these things, and your **heavenly Father** knows that you need them all.



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**Antidote #2 is the  
Sovereign God of the  
Universe is your  
heavenly Father.**



# Philippians 4:6



- **but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**
- **Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God.**



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## **Notice**

**How Paul describes prayer:**

**Let your requests be  
known to God.**



# Philippians 4:6



- **but in everything**
- **Instead, in every situation,**

**With the Lord nothing is too big and nothing is too small for your Father.**

**Worry about**  
**Nothing!**  
**Pray about**  
**Everything.**



**Make no mistake about it!**

**Christians are supposed to let God know what is on their heart.**

**Supplications, petitions, requests all describe the same thing—asking God for something.**

**Ask!**



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# Turn Back to Matthew 6:7-8



# Matthew 6:7–8 (ESV)

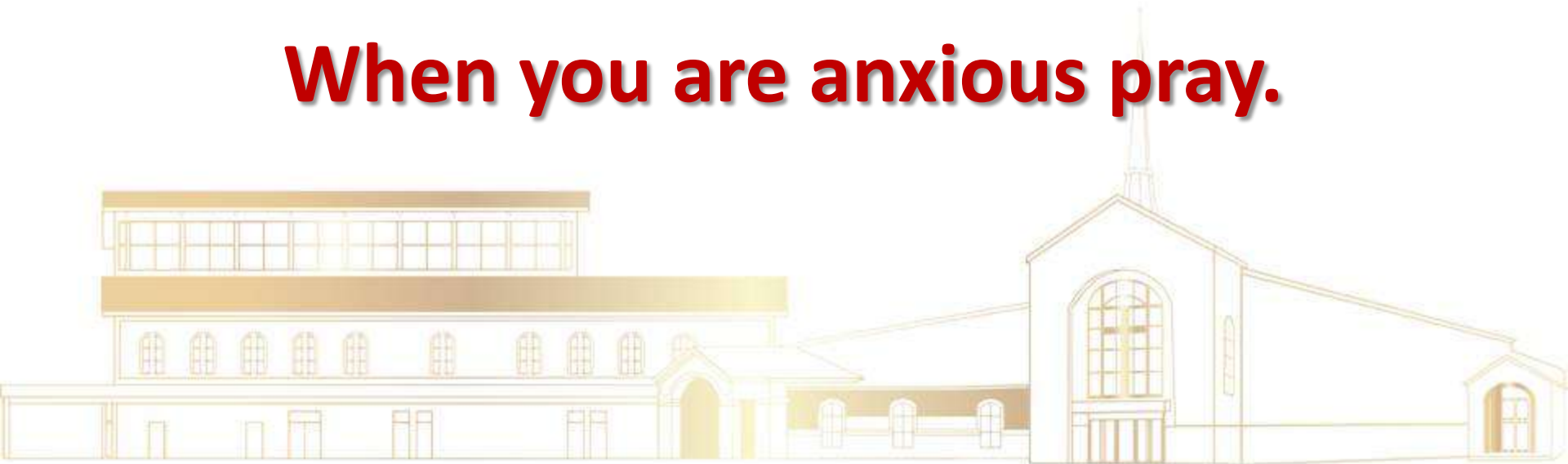
- “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.



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# **Antidote #3 is PRAYER!**

**When you are anxious pray.**



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# Let's look at the Model Prayer taught by Jesus





<sup>9</sup> After this manner therefore pray ye: **Our**  
**Father** which art in heaven,

Hallowed be thy name. <sup>10</sup> Thy kingdom come.

Thy will be done in earth, as *it is* in heaven. <sup>11</sup>

Give us this day our daily bread. <sup>12</sup>

And forgive us our debts, as we forgive our  
debtors. <sup>13</sup>

And lead us not into temptation, but deliver us  
from evil:

For thine is the kingdom, and the power, and the  
glory, for ever. Amen.



**<sup>9</sup> After this manner therefore pray ye: Our Father  
which art in heaven, Hallowed be thy name. <sup>10</sup>**

**Thy kingdom come. Thy will be  
done in earth, as *it is* in heaven. <sup>11</sup>**

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**Our goal must be to  
align our “asks” with  
God’s will.**



**We must ask:**

**Why am I making this  
request?**

**Why I am making this  
petition?**



# James 4:2-3

- You desire and you do not have; you murder and envy and you cannot obtain; you quarrel and fight. You do not have because you do not ask; you ask and do not receive because you ask **wrongly**, so you can spend it on your passions.



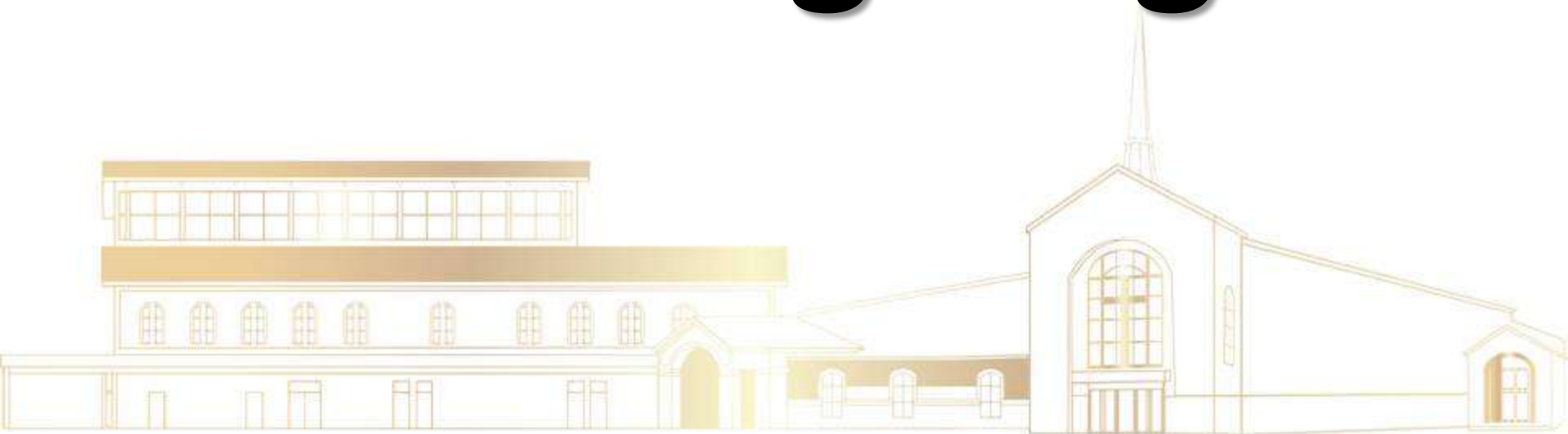
# **Antidotes to Anxiety are:**

- 1) The Lord, your Shepherd, is near!**
- 2) The Sovereign God of the Universe is your heavenly Father.**
- 3) Prayer. Let your requests be known to God.**



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**Antidote #4 is  
thanksgiving.**



# Philippians 4:6



- but in everything by prayer and

supplication **with**

**thanksgiving**



# Thanksgiving

- Is the cognitive or verbal expression of appreciation for a benefit received.



**Have you ever given  
serious consideration  
to how much you  
have been a recipient  
of God's grace?**



# 1 Thessalonians 5:18

- In everything give thanks:
- for this is the will of God in Christ Jesus concerning you.



**I need to say  
'thank you' more  
often.**

**Do you?**

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**On multiple occasions  
throughout the gospels  
Jesus expresses 'thanks'**



# John 11:41

- Then they took away the stone *from the place* where the dead was laid.
- And Jesus lifted up *his* eyes, and said, **Father, I thank thee that thou hast heard me.**



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**Why is expressing  
GRATITUDE  
such a big deal?**



**Expressing**  
**GRATITUDE**  
**cognitively**  
**creates**  
**perspective.**





# Ephesians 5:19-20

- addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

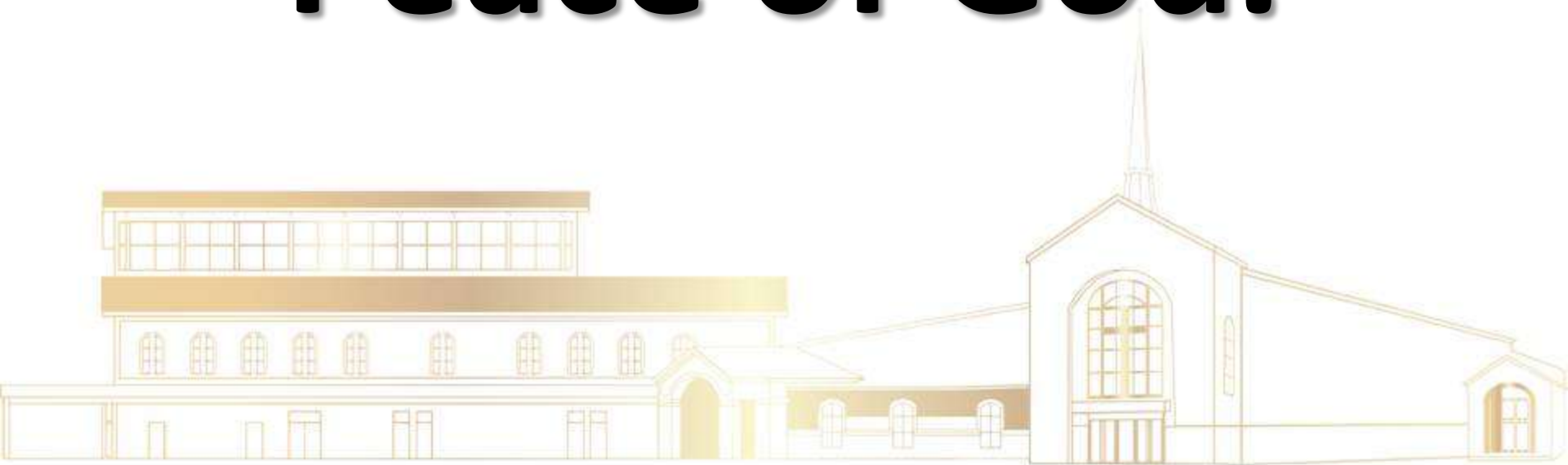


**Count your  
blessings, name  
them one by one,  
count your many  
blessings...**



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**Antidote #5 is the  
Peace of God.**



# Philippians 4:7



- **And the peace of God,**  
**which passeth all**  
**understanding, shall keep your**  
**hearts and minds through Christ**  
**Jesus.**

# Peace



- **freedom from  
disquieting or  
oppressive thoughts or  
emotions**

**Merriam-Webster**

# Colossians 3:15

- And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

