

Be Anxious for Nothing

What does Paul mean when he says, “be anxious for nothing”?

- Philippians 4:6-7
- I don't think he means “never get anxious”
 - Paul has daily anxiety for the churches (2 Corinthians 11:24-29)
 - Jesus in the garden (Mark 14:33; Luke 22:44)
- I think what Paul means is “don't stay anxious”
 - I think that fits with the Greek tense, which is present active imperative
 - Plus his next phrase makes it seem like he's giving instructions on what to do when you do get anxious, implying he expects anxiety to come up
- Anxiety is going to come up, and to think it won't is unrealistic, but to expect to not stay anxious, that should be normal for Christians

How to deal with worries, fears, and anxieties when they come up

- Find out what you're actually worried about
- Plan (Proverbs 22:3)
 - What can I do to prevent this from happening?
 - What can I do to make things better if it does happen?
 - What can I do to make things better if it already has happened?
- Pray (Philippians 4:6-7)
 - Pray for help
 - Pray for wisdom
 - Pray for perspective
- Give thanks
- Think through how the truth applies to your fears
- **Whether you journal, pray, plan, meditate, or some combination, either way, take the time to slow down and address your anxiety**
 - Just 10-15 minutes can make a big difference

Truths to help us deal with fears

- God works everything together for your good (Romans 8:28)
- God will never let anything ultimately bad happen to you
- No matter what happens, God will keep you, and you will be ultimately blessed (1 Corinthians 1:4, 8)
- No matter what happens, you have worth, are worthy, and are loved

Conclusion

- The Bible doesn't tell us to never get anxious
 - Instead it teaches us to not stay anxious
- Start confronting your anxiety when it comes up