



“JOY in Anxiety” (Philippians 4:1-9)

Anxiety issues in our modern times are out of control. The key to finding joy (peace) in anxiety is learning how to apply cosmic (eternal) principles to common (temporal) places through spiritual disciplines. You must get good at applying who Christ is and what He has done for you specific to where your heart is most restless.

How Can You Have JOY (Peace) in Anxiety?

- **Stand Firm in the Lord.**

1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

Eph6:10-18; 1Tim 6:12

- **Be at Peace with Everyone.**

2 I entreat Euodia and I entreat Syntyche to agree in the Lord.

3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. Rom12:18; Matt 5:23-26, 18:15-20

- **Practice the Presence of God.**

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand.

Is41:10; Ps16:8,11; 1Cor7:29-31

- **Choose Not to Worry but Pray.**

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Pro12:25; Ps55:22; 1Pet5:7; Matt 7:7-11

- **Guard Your Thoughts.**

7 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Pro4:23; 2Cor10:5

Practice These Things and the God of Peace and the Peace of God will be with you!

9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. John 14:27

Growing Notes

- 1) Anxiety issues in our modern times are out of control. Why do you think this is true? What do you find yourself most anxious about? Our modern culture addresses the symptoms but God's Word deals with the cause of our anxiety. Explain.
- 2) Read Philippians 4:1-9. What stands out to you from this text? What does it mean to Stand Firm in the Lord (v1; Eph6:10-18; 1Tim 6:12)? Why is this important to overcoming anxiety? What does it mean to Be at Peace with Everyone (vv2-3; Rom12:18)? How does unresolved conflict increase our anxiety?
- 3) What does it mean to Practice God's Presence (vv4-5; Is41:10; Ps16:8,11)? How will this make bad time durable and good times leavable (v5; 1Cor7:29-31 moderation)? What does it mean to Choose not to Worry but Pray (v6; Pro12:25; Ps55:22; Matt 7:7-11)? How does knowing that God always has my best interests at heart help me to pray with thanksgiving?
- 4) What does it mean to Guard your Thoughts (v7; Pro4:23; 2Cor10:5)? How will this help in dealing with anxiety? What will happen if we practice these things (vv7, 9; John 14:27)? Review the list. Which one(s) are strengths and which one(s) are growth areas? Pray.

