



THE ANTIDOTE TO ANXIETY

Philippians 4:4-9

THE ANTIDOTE TO ANXIETY

Letter to the Philippians

JOY

1:4, 18, 25-26; 2:2,16-18,28 ; 3:1, 4:4, 10.

THE ANTIDOTE TO ANXIETY

- Philippians 4:4

Rejoice in the Lord always: and again I say, Rejoice!

THE ANTIDOTE TO ANXIETY

“Christian joy is not the temporal kind, which comes and goes with one’s circumstances; rather, it is predicated altogether on one’s relationship with the Lord, and is thus an abiding, deeply spiritual quality of life. It finds expression in “rejoicing,” which is not a Christian option, but an imperative.”

Gordon D. Fee, *Paul’s Letter to the Philippians*, *The New International Commentary on the New Testament* (Grand Rapids, MI: Wm.B. Eerdmans Publishing Co., 1995), 404.

THE ANTIDOTE TO ANXIETY

- Philippians 4:5

Let your moderation be known to all men. The Lord is at hand. (KJV)

Let your gentle spirit be known to all men...(NASB)

Let your reasonableness be known to everyone...
(ESV)

THE ANTIDOTE TO ANXIETY

- Philippians 4:4

Rejoice in the Lord always: and again I say, Rejoice!

= sufficiency in Christ

THE ANTIDOTE TO ANXIETY

Actively rejoice in the Lord always:

1. Stop worrying & release the anxiety to Him (6)

THE ANTIDOTE TO ANXIETY

- Philippians 4:6

Be careful for nothing... (KJV)

Be anxious for nothing...(NASB)

do not be anxious about anything...(ESV)

Be anxious = be pulled in different directions / torn apart

Worry (Old English root) = strangle!

THE ANTIDOTE TO ANXIETY

- Philippians 4:6

Be careful for nothing...

- Matthew 6:25

Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

THE ANTIDOTE TO ANXIETY

- Philippians 4:6

“Be careful for nothing...”

NOT = Careless

NOT = Do not think

= STOP Being torn apart in your heart and mind.

..STOP WORRYING!

THE ANTIDOTE TO ANXIETY

Stop worrying & release the anxiety to Him

1. Stop being torn apart
2. Bring all concerns to the Lord

THE ANTIDOTE TO ANXIETY

- Philippians 4:6

...but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

THE ANTIDOTE TO ANXIETY

Prayer – the approach

- Talk to God in everything!

THE ANTIDOTE TO ANXIETY

Jeremiah 20: Jeremiah's way out of depression - talking to God

Expression of intense emotions:

A. Antagonized by his enemies

B. Betrayed by his friends

C. Felt Deceived by his God

The depths of his depression (14-18)

A. He regrets his birth,

B. He resents his life (his calling)

THE ANTIDOTE TO ANXIETY

Prayer – the approach

- Talk to God!

Supplication – the request

- Ask God for supply!

Thanksgiving – the attitude

- Believe in God!

THE ANTIDOTE TO ANXIETY

Philippians 4:7 – The Antidote

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

THE ANTIDOTE TO ANXIETY

Philippians 4:7 – The Antidote

And the peace of God, which passeth all understanding...

= surpasses every (human) reason, that excels beyond all, more wonderful than we can imagine

THE ANTIDOTE TO ANXIETY

Philippians 4:7 – The Antidote

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

= GUARD – active (Like soldiers watching over a fortress)

- Protecting emotions and thoughts
- in the sphere of our union in Christ

THE ANTIDOTE TO ANXIETY

Actively Rejoice in the Lord always:

1. Stop worrying & release the anxiety to Him
 - a. Stop being torn apart
 - b. Bring all concerns to the Lord
 - Prayer (Talk), Supplication (Ask), Thanksgiving (Believe)
2. Concentrate on the right thoughts

THE ANTIDOTE TO ANXIETY

Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

THE ANTIDOTE TO ANXIETY

Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

THE ANTIDOTE TO ANXIETY

Philippians 4:8

1. True = Avoid self-deceit
2. Honest (Honourable) = Noble, dignified, worthy of respect
3. Just = Right in conformity with God's standards
4. Pure = Wholesome, unmixed with questionable morality
5. Lovely = Promotes love and harmony
6. Of good report (repute) = positive & constructive

HOW DO WE COPE?

PHIL 4:8

Wholesome thought life

These 6 objects of thought are

excellent and praiseworthy.

On these continually think / reason

THE ANTIDOTE TO ANXIETY

Rejoice in the Lord always:

1. Stop worrying & release the anxiety to Him
2. Concentrate on the right thoughts

THE ANTIDOTE TO ANXIETY

- Philippians 4:9

Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.